

ICDP (International Child Development Programme) used as parental guidance with caregivers of special needs children (age 0-5).

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Introduction:

The way mothers, fathers and other caregivers nurture and support children in the early years is among the most decisive factors for healthy child development, with lifelong and intergenerational benefits for health, productivity and social cohesion. The International Child Development Programme (ICDP) is a psychosocial preventive programme directed towards parents and other caregivers, aimed at improving childhood conditions. The programme is a sensitization programme by which the caregiver goes through a process of becoming more sensitive and aware of the child's qualities and needs, as well as aware of her own ability to provide loving care and guidance. The ICDP programme has been developed by experts from many countries and is based on research.

Aims and Objectives:

Improving caregiver/child interaction to promote better psychosocial development in children.

Metod: Case Report.

In Gamle Oslo we use the 8 themes for good interaction from ICDP as a framework for discussion and sharing in groups of parents of special needs children. In meetings, we often experience that parents express that they feel unsure about how to meet their child's needs and how to communicate when the child does not speak or behave differently from other children. We invite to ICDP group meetings. Data is collected using questionnaire.

Results:

After 10 group sessions of 2 hours, the majority of parents report that they feel more confident in their role as caregivers. They engage more actively with the child and feel more sensitive and aware of the child's qualities and needs. They find it useful to meet other parents and exchange ideas.

<http://www.icdp.info/programme>

<http://www.icdp.info/>

<http://www.icdp.info/api/media/media/841>

https://www.who.int/mental_health/media/en/29.pdf