ICDP – International Child Development Programme,
was developed by Professor Karsten Hundeid and Professor
Henning Rye at the University of Oslo in the 1990s.

ICDP's founding principles are rooted in the International
Convention on Human Rights and the Convention on the
Rights of the Child.

The programme is based on a humanistic tradition in which
empathic understanding of children and young people is an
important element.

In 2018, the programme was in use in 43 countries.

In Norway, the Directorate for Children, Youth and Family
Affairs (Bufetat) is responsible for making the programme
available in all Norwegian municipalities. Training and
monitoring of group leaders is delegated to Bufetat's Parent
Support National Competence Centre.

WE COME FROM MANY COUNTRIES
WE ARE ALL PARENTS.
WE ALL LOVE OUR CHILDREN.
WE FIND IT TO BE AN AMAZING, WONDERFUL AND
DIFFICULT JOB, IN A NEW COUNTRY.

icdp
International Child
Development Programme

## Discussion Groups

- for parents who have children between 0 and 18 years
- and have moved to Norway from another country

RAKKESTAD
mangfold og samhold

# ICDP - Confident Parents - Confident Children!

This is a service for those who want to talk about the challenges and joys we face as parents.

In ICDP groups, we share the nice moments we have with our children and youth, and we support each other in the difficult situations.

The course is free for anyone living in Rakkestad municipality.

The course consists of 12 sessions and lasts up to 2 hours each time.

We use film, conversation and written material.
(available in 13 different languages).

You can decide how much you want to talk about and share at the meetings.

The course is given by two certified trainers in
ICDP - International Child Development Programme

All participants who take part in the programme receive a course certificate at the end.

The course is held at the Family Centre at Skogveien 9.

Are you interested? Would you like to know more?

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