

Person no. 1.

- I think that this is a program that can help both caregivers and clients in building good relationships, giving capital to the growth of the child, enriching the competencies of the child and the family for the next path
- The program did not change my relationship with the child, I have used these topics before due to further training,
- The content of the meetings was relevant and the homework was ok.
- I think that for some participants it was uncomfortable when they had to refer to their own childhood.
- The group functioned well
- The leaders led the group with openness, respect and support.

Person no. 2.

- Participating in the course was very valuable to me.
- The course content was structured, well thought out and practical.
- All the exercises encouraged personal reflection and built an atmosphere in the group.
- It definitely changed my relationship with the child, positively.
- Thanks to the course. I gained the ability to build a relationship with the child, awareness of how I can cope in difficult and everyday situations.
- I gained a lot from the meetings.
- I try to be more understanding towards the child and attentive to his needs.
- All the topics were important.
- The homework was good and helped to consolidate the topics, great that we could discuss them later on the forum.
- All the exercises and tasks were important and it is hard for me to point out if there could have been anything more.
- The group was great.
- The leaders led the group wonderfully, always prepared, smiling and attentive to what was happening in the group.
- Great that the leaders reflected and summed up our statements.

Person no. 3.

- Participating in the group was a positive experience for me.
- It changed my relationship with the child in such a way that, in addition to what I say, I started to pay attention to how I modulate my voice, whether I have a friendly look and facial expressions.
- I took away from the meetings reflections on my attitude in building relationships with other people.
- It is difficult to say whether the child benefited from it.
- The topics discussed reminded me that in contact with other people, small elements are important, such as showing interest, eye contact, gesture language, being attentive to the words I hear and say.
- I did not manage to complete all the tasks, e.g. recording a video of the interaction with the child.
- I liked working in pairs and the exercise for the whole group at the beginning of the classes.
- The group was active, people were eager to share their experience, the classes were led by two people, one online.
- Both leaders were focused and open to the people in the group.
- I can recommend the course to others.
- I liked the different forms of exercises and the short film about helping a child to spread their wings. The space for free speech as needed and the freedom and voluntariness in speaking up were important to me.

Person no. 4.

- I think the course is important for people who have their own children, but also for people who work with children.
- The relationship is now more conscious.
- The course helped me understand my own and my child's behavior.
- I gained a lot of knowledge about healthy and good relationships.
- The voices of other participants were also very important.
- I think my child benefited from it, the benefits are for me and the child.
- All topics were important.

- The quality of the relationship and self-awareness improved.
- The homework helped me stop and think about myself and the relationship with the child. The homework and the group were ok.
- The group was well-coordinated and open.
- The leaders led the group in great detail, the instructions were clear. You could feel cared for, listened to. The leaders listened very carefully and referred to the group.
- I can recommend the course to other parents.
- Thank you for all the meetings, for the knowledge you shared, for your professional approach, for your tact during the classes, I attended with pleasure.

Person no 5.

- Useful and promising training.
- Did not change the relationship with my child.
- From the meetings I took away a reminder of the importance of mindfulness and attentiveness in relationships.
- My child benefited from the fact that I attended the group.
- The homework was interesting and challenging.
- It seems to me that the conversations would have been enough - without other exercises
- The egroup functioned well.
- The leaders were professional, energetic and factual.
- I can recommend the group to other parents.
- Thank you.

Person no. 6.

- Participating in the group was interesting, useful and also very comfortable and safe for me.
- In our group it was easy to open up, and for me the atmosphere was important. I think it had to do with both our group and the subject of ICDP.
- I think the meetings changed my approach to the child, I became even more attentive to words and actions towards the child. I told the child that I was taking part in such a course and she was very interested, thanks to this she actively participated in meetings with me and answered questions.
- I became even more attentive to her and supported her in various situations.
- The topics of the classes were important. The tasks were important, they helped to better understand the subject of the classes.

- In the group we discovered scenes, watched short films, listened to different stories. All this helped to experience and feel the subject better. I think it is important. and I wish there was more of it.
- The group functioned well. the group was hardworking, warm, open, active, and it was also easy to express yourself in it. you wanted to come to it, I think it is important and these are the postulates of icdp.
- I can recommend the group to others.
- I would like to express my gratitude to you, Lidia and Iza, for your great work, for working with all your heart, it was visible. you sowed very important and necessary seeds that can help many families, and you also touched the deep strings of my heart. your work remains in my heart.
- Thank you!

Person no. 7.

- Participating in the course was important.
- It encouraged me to be more mindful in the relationship and to work on the relationship.
- I gained knowledge and greater sensitivity from the meetings.
- My child benefited from this, because I am now more mindful.
- I was able to pay attention to the multifaceted nature of the relationship with the child.
- Doing homework was not easy, but it was satisfying.
- If there was more time, there could have been a few more scenes.
- The group worked willingly, sharing their experience and relationships.
- Sometimes it was difficult to step out of adult roles and into the roles of children.
- The leaders led the group with commitment, openness and mindfulness.
- I recommend icdp to others.