

**Findings from the ICDP Course 2026 Participant Surveys
(Aga/Radek`s Group, Ania/Monika`s Group)**

Aga/Radek`s Group – 9 evaluation surveys

Ania/Monika`s Group – 9 evaluation surveys

How often did the group meet?

every week

Do you think the group size was:

just right – 100 %

How large was the group?

14 people - Aga/Radek`s Group

13 people - Ania/Monika`s Group

What do you think about participating in the ICDP group?

I think this course is especially needed for parents of children in daycare and preschool

It was a valuable experience, and I would recommend it to others

I`m very grateful for the course. The atmosphere was amazing, and the knowledge was conveyed in a very practical way :)

Very valuable to me

It was very valuable

I`m very satisfied

I really appreciated the group sessions and the effectiveness of the work

I`m very glad I took part in this training. It was an opportunity to reflect on my interactions with my child, do exercises, and share experiences with the other participants. I think parents of young children should familiarize themselves with and practice the material covered in the training.

A great experience

I think it was a very enriching and interesting experience

"Very interesting classes.

The material was presented clearly and organized well. There was a lot of empathy, understanding, and room for personal input."

I guess I was expecting something different

I'm glad I was able to be part of this group

Very helpful

A good experience

A very close-knit and active group. The class duration was appropriate for maintaining engagement (2.5 hours is enough to keep everyone's attention). Interesting content, a very collaborative approach from the facilitators, and an atmosphere conducive to sharing experiences.

It inspires reflection

An interesting experience that broadened my perspective. I definitely recommend it to all parents. It made me admit to myself, "I'm wrong sometimes too" and "I lose my temper sometimes." And it helped me realize that I sometimes need to rest in order to have the strength to be supportive. The workshop motivated me to introduce "family walks" into our routine, which are scheduled once a week and are mandatory—and they're a wonderful time for relaxation in the woods and interesting conversations without any stress.

It offers new perspectives on a given thing, situation, or emotion. It broadens knowledge and skills

I'm glad I was able to participate in my ICDP group. Although I already knew and was aware of many of the things covered in the course, what was particularly valuable to me were the other participants, who shared their experiences with me and broadened my horizons.

Participating in the icdp group was an incredibly valuable experience for me. Through our work in the group, I was able to examine my own reactions and patterns and how they affect the quality of my relationship with my child.

Has this changed your relationship with your child in any way?

No, because I apply these values in my daily interactions with my child

Probably yes, but I'm waiting to see how it plays out over the long term

It helped

Yes, it changed it for the better.

Thanks to the training, I understand my child's perspective better.

Yes, it has given me a new framework for understanding my child.

I try to consciously apply the principles I learned in the training, which allows for a better relationship with my child and more peace in our interactions.

Yes, it's an opportunity to reinforce the belief that both my child and I have the right to be ourselves.

It prompts me to reflect more often on my child's behavior and the situation at home.

It has made a difference—I get less frustrated with my child, and it's easier for me to get along with my child.

"I think so.

I've become more open."

It's made me more mindful.

I try to be more mindful of children.

Yes.

I've realized that it's not about patience, but about understanding.

I notice more nuances in my relationships with the children in my care. It's also allowed me to safely push my own boundaries when interacting with a child, so I can give them more attention.

Definitely, not just with children

Definitely yes. I meant to work with a specific child in the group, and the exercises helped me get along better with the children in the group and with my own daughters.

Yes, I have more patience, I give them attention, and I don't do things for them

I chose the child I worked with because, out of all the children at the children's home, I found it hardest to build a relationship with him. ICDP gave me the space to process my own feelings, but it also expanded my skills and allowed me to approach this relationship differently and learn how to work with this particular child.

I think participating in the course helped me develop greater mindfulness, patience, and sensitivity toward the child's emotions. Since I began working on my relationship with this child, I've noticed a significant improvement in our communication, as well as greater openness toward one another—both on my part and on the child's part.

Did you gain anything from the ICDP group meetings?

Yes

A lot of useful knowledge and a sense of community :)

Yes, the course was very practical, and I'll apply what I learned in my future work

Knowledge and tools for effective communication with my child and building better relationships

A wealth of knowledge and skills, as well as wonderful relationships with the other participants

Ideas and methods for spending time with children

A more structured understanding of the subject, as well as new friendships and wonderful memories

Yes, the conviction that knowledge about parent-child bonding needs to be shared with other parents.

The ability to take on different roles

That's what I took away—it's important to connect emotionally with the child, and to spend time together and follow the child's lead. I'm taking the image of the little house with me as a guide for the future.

I gained new perspectives from the participants. I took a lot of knowledge back to my workplace.

Paying attention to details and the words spoken

Knowledge and practical experience from the exercises

Sharing my own experience.

Mindfulness and the experiences of others

Organizing my knowledge, openness to noticing and appreciating small changes.

Becoming aware of many automatic behaviors (my own and others')

Motivation to take action. The belief that I can succeed (in building relationships with children who, for various reasons, are rebelling) if I work on it.

Well-being, relationships, and agency

The feeling that I'm doing a great job.

First and foremost, it reaffirmed and reinforced my belief in the importance of consciously and acceptingly building and strengthening relationships. In truth, I was already familiar with the idea of how to build and nurture relationships with a child in a healthy and patient way, but the course showed me how often I unconsciously slip into roles that close off dialogue instead of opening it up. It was also valuable for me to pause and reflect on everyday, small situations and realize how much of an impact they have on a child's sense of security and feeling understood. The course showed me that building relationships is a process that requires patience, mindfulness, and a willingness to reflect on my own reactions. I am very grateful for the opportunity to participate in the course.

Do you think your child benefited from your participation in the group?

Yes

Absolutely yes

That's a tough question; I can't really answer it

Yes, I've become a more aware parent

Definitely yes

Yes

I think so

"Yes, we made a video together :) And we appreciate each other's efforts."

Yes

So much

I think so. We've grown closer.

It's hard to say, but I hope so

Yes

Yes

I hope so.

Yes.

I hope so—I've learned to be more observant

Definitely my family and the kids at preschool.

Yes, even the adults in my personal life.

I think so; they may have experienced my more open attitude, which also contributed in part to their own openness.

I think the child I work with has gained a more mindful, open, and accepting caregiver who wants to be a supportive companion in building and nurturing our relationship together.

Were the topics discussed during the meetings important to you? If so, in what way?

Personal internal reflection

They concerned interpersonal relationships in general, so they were important and I see them as an additional language in which our species should communicate :)

Yes, they were relevant; it showed me how I can support a child in various ways

Yes, especially the topic of boundaries—I understood their importance in building a child’s sense of security

Yes, especially the part about emotional communication.

Yes

The topics covered are very close to my heart; learning about them and revisiting them during the sessions allows me to apply them more consciously

The opportunity to compare my approach to the child with the recommendations

Yes, they fostered empathy

Yes, they were very important; they really influenced my thoughts about my relationship with my child. I was eager to put the new knowledge and tips into practice after our group meetings.

They were important—they showed me how patience, commitment, following along, and understanding are vital in a child’s development.

They were, though I have mixed feelings.

Yes, they broadened my perspective on the child.

Structuring my approach and gaining new experiences.

“Yes, taking a step back.”

Very important. Not only in my interactions with children, but also in my daily work with parents and in helping them improve their parenting and caregiving skills.

Yes, they have an impact on all relationships and both perspectives

They made me realize anew that I should be important. And if I show interest and a genuine desire to help, I have a chance at success.

The topics revolved around a child’s emotional and perceptual development, which is extremely important in everyday educational work.

Yes, because as I mentioned earlier, even though I was already aware of many of these things, being able to name them and identify their foundations was important to me. The stories shared by other participants added significant value to this.

One exercise I found particularly valuable was transforming judgmental statements into supportive ones. Thanks to this exercise, I was able to see how often judgments appear in everyday communication—judgments that can shut a child off from dialogue and lower their self-esteem. I can see what a big difference it makes to consciously change a message into one that supports, acknowledges, and empowers a child, building their self-esteem and openness in the relationship. In addition, I’m very happy to have had the opportunity to participate in role-playing

scenarios where I could step into the role of a child and fully experience how a young person might feel in relationships where a caregiver observes, follows, and reinforces.

What do you think about the homework assignments?

Necessary, thought-provoking

I did some of them; I didn't have time for others, but later, during the workshops, I was always able to revisit them and work through them as we went along, either in pairs or in groups, so I think they were valuable.

They were okay.

They forced me to reflect outside of class.

Thanks to them, I was able to reinforce the topics.

They were necessary.

They forced me to delve even deeper into the topic. They weren't burdensome. A very cool idea.

It's good that they exist—they provide an opportunity to reflect on the topics discussed and put them into writing.

Interesting, to the point

They weren't always easy, but they contributed a lot to our group work and to sharing experiences and progress.

Substantive, creative.

Sometimes difficult to carry out.

They were important for building a relationship with the child.

They gave me food for thought.

It's sometimes hard to complete homework assignments when you only see the child once a week.

They were very organic in nature and fit naturally into my daily work. They provided a regular snapshot of the changes taking place.

Okay.

Some seemed impossible to carry out, but once implemented, they yielded surprising results (compliments).

The assignments required me to delve deeper into the subject. They hit the mark and allowed me to view my work with a child facing difficulties from the right perspective.

Most of them were casual and unobtrusive, but they encouraged me to reflect on my own time.

The homework assignments were accessible and thought-provoking. I particularly remember the homework assignment from the first class, when we were instructed to place the names of the children we work with inside a heart and analyze the nature of our relationship with them and how emotionally distant they are from us.

In your opinion, aside from group discussions, should other methods be used, such as:

role-playing, videos, poems, or stories? If so, which ones would you like to see more of?

Role-playing

With such a large group, this might have been difficult, but the roll-playing we did at the beginning were so short, and I think they went over well :)

Yes, the role-playing and videos, as well as the experiences of others, were valuable

No

more exercises

Everything except the role-playing

I think the class was well-led, and all the methods used helped us learn about and explore the topic

Role-playing—taking on the roles of a child and a parent; in the context of the role-playing exercises, it was fine

Mixing up pairs during the class

Yes, it would be great if there were more role-playing and videos.

Stories from the instructors' professional lives—the videos are definitely great, too.

No, I like the lecture format; I don't like exercises and assignments.

Videos, stories

Role-playing

It was okay.

There were enough role-playing and exercises to engage us in drama work. A good balance was maintained. I wouldn't change a thing.

More exercises as meaningful as the lifeline activity.

There were role-playings. There were videos. I missed the opportunity to create collages/mind maps ourselves.

They were carried out using active learning methods.

I'm not a fan of role-playing—it's hard for me to get into them—but it was good to observe the facilitators in the role-playing.

I think the workshop was varied, and the balance between the methods used during the sessions was maintained.

In your opinion, how did the group function?

High level

Great

Great ;)

Very close-knit and empathetic

The group was very close-knit, and there were no problems with completing homework or exercises.

The group was active and open to discussion

There was an atmosphere of kindness, mutual trust, and openness. I really enjoyed working in this group.

An open group, ready to share experiences, diverse, with a very good atmosphere!

Positive, interested

Very friendly and safe. I had a lot of trust in the facilitators and the group members.

Very open, engaged, cheerful, and supportive.

It ran very smoothly, and a supportive atmosphere developed.

We respected each other and were open to each other's needs; everyone was kind.

It was safe and empowering.

It went pretty well, but we could consider some kind of pairing or group drawing (e.g., beads from a bag, cards from Peter Pan); I had the impression that, despite suggestions, some people were always together.

The group gelled quickly; there was a lot of trust, and everyone was open and communicative.

Cohesive, kind, and an interesting exchange.

An open, honest group. The women candidly shared their experiences—not only the pleasant ones but also the difficult ones. This made us feel that “I have hard times too, and there's no shame in that.”

Great

I think the group was really well-matched, and the participants created a comfortable and fun atmosphere

I think the group opened up to each other quickly, which made the work in pairs and groups feel relaxed and safe. I liked how many of us are practitioners in various settings working with children and how many insightful comments were made during the workshop.

How did the facilitators lead the group?

Professional

Great—3x

Great, too ;)

Professionally, knowledgeably, and respectfully

Wonderful people with a wealth of knowledge. Everything was clear and straightforward.

In a clear and organized way; they made sure the atmosphere was positive

Professional, but also with a sense of humor

Knowledgeable, good rapport, plays a major role in creating a positive atmosphere in the group, respectful of participants, encourages them to make choices and stay engaged when they have doubts

With joy

With great attentiveness and openness. They were curious about the ideas and stories, engaged the groups, and made sure everyone had a chance to speak.

They listened very calmly; they were open, smiling, communicative, and empathetic.

Ania sometimes seems distracted, as if she doesn't quite grasp where she is, but she makes spot-on comments and observations.

In an open, kind, and substantive way.

Great.

Good :)

They gently managed the group's dynamics (keeping an eye on the time), didn't force anyone to speak up, but instead created the right atmosphere. They were engaged and shared their own reflections and experiences as well.

Nice, with real-life examples—sometimes a bit too calm.

The facilitation was interesting and motivating. Fun little skits with a touch of humor :)))

Top-notch

They tried to complement each other, though Monika was a bit more engaged

The group facilitators were incredibly warm and friendly people. They carefully moderated the group and made sure everyone had a chance to speak. The workshop also provided refreshments, which I consider a very hospitable gesture.

Would you recommend the ICDP group to other parents?

YES – 100 %

If you'd like to share anything else with us, there's plenty of space here :)

No

Overall, it was a great atmosphere—relaxed and enjoyable, yet with just the right amount of professionalism. Keep up the good work! Thank you for organizing this and for giving me the chance to participate :)

I recommend holding more training sessions like this :) It was really great, and I'm going to miss these meetings

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Congratulations to the facilitators for creating an atmosphere where we looked forward to the sessions with anticipation, and after each one, we were left wanting more :)

Thank you :)

I hope you enjoy a nice cup of coffee with the next groups 😊

Thank you for this time of growth together! May ICDP continue to spread further and further into the world

Keep leading the groups, shaping them. Keep growing.

I also hope your boss appreciates your commitment to running such a fruitful course."

Maybe it went on too long? Maybe fewer sessions, but longer ones? I think it would be easier to make time for it that way. Sometimes it's hard to carve out two hours every week, because for some people that takes up their entire workday

Thank you for the time we spent together

😊

Thank you :)

Thank you.

Thank you very much for the interesting training—I'll definitely recommend it! I'm confident I'll be able to share what I've learned with the parents at work.

Thank you.

I recommend it.

I'd like to sincerely thank you for the opportunity to participate in the workshop!