

Summary Note — ICDP Group Meeting Cycle (Nurseries)

Period: 24 February – 28 April 2026, 6 sessions x 2h plus 2 consultation sessions x 2h

Facilitator: Izabela Wójtowicz with Lidia Duda

Group: 12 participants, childcare workers from a nursery in Gdańsk

Certificate of completion: 10 people

Certificate of attendance: 2 people

What participants valued most

- Exchange of experience among caregivers — the group gave participants the chance to compare observations, learn about different approaches to working with children, and simply meet new people from other nurseries. Several participants named this as one of the most valuable parts of the course.
- Practical, applicable tools — this was not purely theoretical knowledge: participants noticed a real change in their daily work — greater mindfulness about the words used with children, calm, composure, and a better understanding of emotions and boundaries.
- Variety of methods — videos, role-play, pair work, poems and stories were generally well received as a way to enrich the group discussions.
- Atmosphere — by far the most recurring theme. Participants repeatedly highlighted the professionalism, commitment and warmth of the facilitator (Izabela Wójtowicz), describing her as someone who "keeps control of the time and material," leads sessions "in a substantive and professional way," while doing so with a smile and positive energy.

What was challenging

- Homework assignments — the most frequently mentioned issue: lack of time to complete them, or simply forgetting about them ("it slipped my mind").
- Recordings and role-play — for some participants, acting out scenes or making recordings (especially given GDPR regulations in public institutions) was difficult or uncomfortable.
- Methods that "aren't for everyone" — one participant noted explicitly that group discussions worked great for her, but videos were "not for me" — so despite generally positive reception, visual methods did not resonate equally with everyone.

New needs and interests that emerged

- A hunger for deeper knowledge — one participant wrote explicitly that the course "gives fuel to keep searching for information and deepening one's knowledge" — a signal that for part of the group, the 8 sessions were just the beginning.
- A desire for further editions/continuation — there was a clear request for another course, ideally in a face-to-face format.

- A proposal for new working methods — one caregiver suggested introducing case analysis (of a specific child, parent, or family) instead of, or alongside, role-play — a more practical, "case-study" approach.
- Carrying the knowledge into private life — several participants noted they had begun applying the course's tools with their own children as well, not just professionally — showing a need for this knowledge to extend beyond the training room.
- A call for the training to become standard — two participants stated directly that "every caregiver/every teacher should have contact with a course like this."

Something exceptional that stood out

The most moving passage comes from one participant, who described a concrete, tangible change in her relationship with a child: the boy began approaching her, hugging her, sitting on her lap, and telling other children "that's my auntie." At the start of the course, this relationship was marked by considerable distance. Over time, as the caregiver paid even closer attention to how she engaged with the child, she began to observe tangible shifts in the caregiver–child bond within just a few weeks.

Key figure: 12 out of 12 respondents (100% "YES") would strongly recommend the ICDP group to other parents/caregivers — a remarkably unanimous result for a tool as subjective as an evaluation survey.