

Curriculum Sessions

Abriendo Puertas/Opening Doors is a 10-session curriculum centered on the cultural values, strengths, experiences and deeply held goals of parents. The curriculum consists of the following topics: early childhood development, early reading, good health, social and emotional well-being, early math, transition to kindergarten, and leadership and advocacy. Throughout the curriculum “participants” is used as an all-encompassing word that includes parents and other adult caregivers. Below are highlights of each session.



Session 1

I Am My Child's First Teacher; Our Home, My Child's First School

Popular Saying: “The Apple Doesn’t Fall Far from the Tree”

This session introduces the Abriendo Puertas/Opening Doors curriculum, goals, and objectives. The concepts of parents being their child's first teacher and the home as their child's first school are discussed. Also discussed is, the importance of how parents take on the role of leaders in the home by communicating or conveying family values, establishing good communication, using positive discipline, setting goals, and developing and implementing a family action plan. A Parent Session 1 Survey(pre-survey) will be conducted so that the program's local impact can be measured.

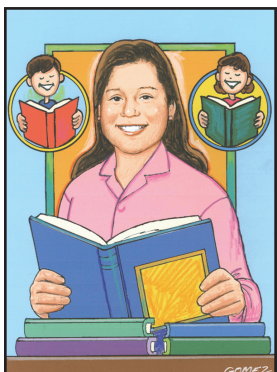


Session 2

My Child's Growth and Development

Popular Saying: “What Begins Well, Ends Well”

This session focuses on how parents can use daily routines to stimulate healthy brain development in their children ages 0-5 through positive relationships and back and forth interactions. The facilitator will share existing resources and services in the local community to support early childhood development.

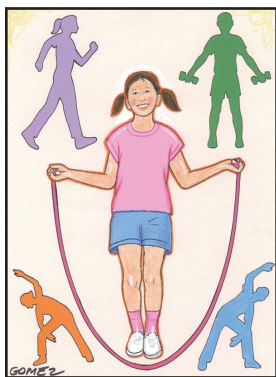


Session 3

Power of Words

Popular Saying: “The More That You Learn, The More Places You Will Go”

In this session, parents will gain practical tips for turning daily routines into opportunities for reading and language development. The session will also explore the benefits of bilingualism and inform parents about how to advocate for their child's educational rights.



Session 4

Healthy Body/Healthy Mind - Part 1: Nutrition & Physical Activity

Popular Saying: "Better Safe Than Sorry"

In this session, parents will learn the importance of balanced nutrition and physical activity. They will find out how to promote healthy habits in their home and learn about healthy recipes as well as programs available in their local community.



Session 5

Healthy Body/Healthy Mind - Part 2: Social-Emotional Well-Being

Popular Saying: "Each Mind is a World unto Itself"

In this session, parents will explore ways of taking care of their children's social-emotional well-being, as well as their own. They will practice parenting strategies to help their children be self-reliant, confident, and socially competent. This session introduces the parent created Abriendo Puertas/Opening Doors video: Small Children: Big Feelings on the importance of social-emotional well-being. Parental self-care is also explored.

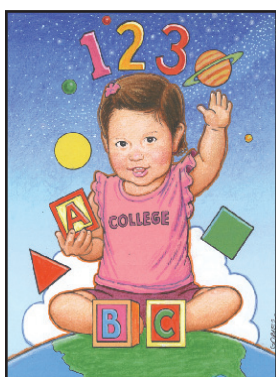


Session 6

My Child, Media and Technology

Popular Saying: "The Future Belongs to Those Who Prepare for It Today"

In this session, parents will be informed and encouraged to embrace media and technology to prepare their children to succeed in the digital age. Parents will also learn: how to identify quality media choices, serve as good role models, use developmentally appropriate media and technology with children 0-5, ensure technology serves as a tool for reaching educational goals, guidelines as well as the challenges and fear about technology will also be addressed, and support will be given.

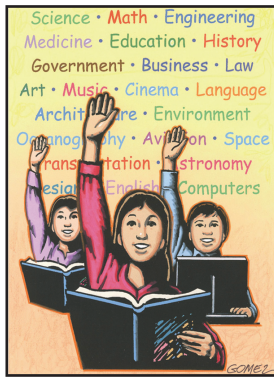


Session 7

Count With Me

Popular Saying: "A journey of a thousand miles begins with a single step"

In this session, parents will view videos and engage in discussions that demonstrate math is everywhere in the world around them. Fun play and learning activities will be shared to show parents how they can take advantage of daily routine activities that will help their children have fun while doing math. This session introduces the parent created Abriendo Puertas/Opening Doors video: Count With Me on the importance of introducing math into everyday activities and Ready Rosie videos that demonstrate ideas for activities parents can do any time to promote early math in a fun and engaging way with their children. This session also includes the Abriendo Puertas/Opening Doors Count With Me Bingo game. Parents will gain knowledge about the importance of early math skills and reinforce this knowledge by playing the Abriendo Puertas/Opening Doors Count With Me Bingo game.

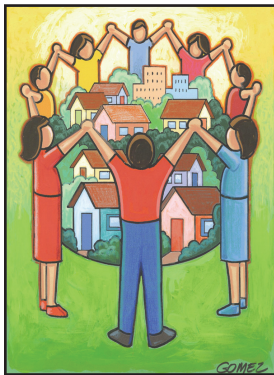


Session 8

Let's Get Ready for School

Popular Saying: "Knowledge is Power"

In this session, parents will gain practical tips for daily routines and learning activities they can use at home to support their child's transition to school. Parents will be informed about how to assess and select local options for high quality early care and education and kindergarten and how to advocate for their child's educational needs. Facilitators will encourage parents to sign a Parent Reading Pledge Card to signal their commitment for their child's learning. This session introduces a parent created Abriendo Puertas/Opening Doors video: Transition to Kinder on the importance of preparing children to be ready for school. In addition, this session promotes Ready4K, a texting program that sends you three text messages a week. The messages give fun facts and tips on how to help your child get ready for Kindergarten in simple, easy, everyday ways.



Session 9

Champions for Our Children's Future

Popular Saying: "There is no worse struggle than the one never waged"

In this session, parents will deepen their view of themselves as leaders and advocates in their homes, schools, and communities. Parents will strengthen leadership and advocacy skills to solve problems and challenges in a variety of community settings. This session introduces another parent created Abriendo Puertas/Opening Doors video: Parent Power on the important role parents play as champions for their children, families, and community.



Session 10

Yes, We Can! Graduation

Popular Saying: "Success Knows No Bounds"

This session is a special celebration that honors each participant with a certificate for their participation, recognizing their commitment to lead and advocate on behalf of children. During the celebration, parents will share the positive changes they are making in their homes, schools, and community as a result of participating in the Abriendo Puertas/Opening Doors program. This session also includes the Abriendo Puertas/Opening Doors Bingo game. The game was developed with feedback from more than 200 parents and educators and an analysis of the effects of the game when played with parents and their young children. The Bingo game connects the values, concepts, and fundamental objectives of the curriculum with the hopes and skills of families. A Parent Session 10 Survey (post-survey) will be conducted so that the program's local impact can be measured.