



**Abriendo Puertas/Opening Doors**

Session 1: I am My Child's First Teacher; Our Home, My Child's First School

**Participant Handout: Tree of Hopes and Dreams**

**Vision for My Children**

**Goals**

**Next Steps**

**Next Steps**

**Values**

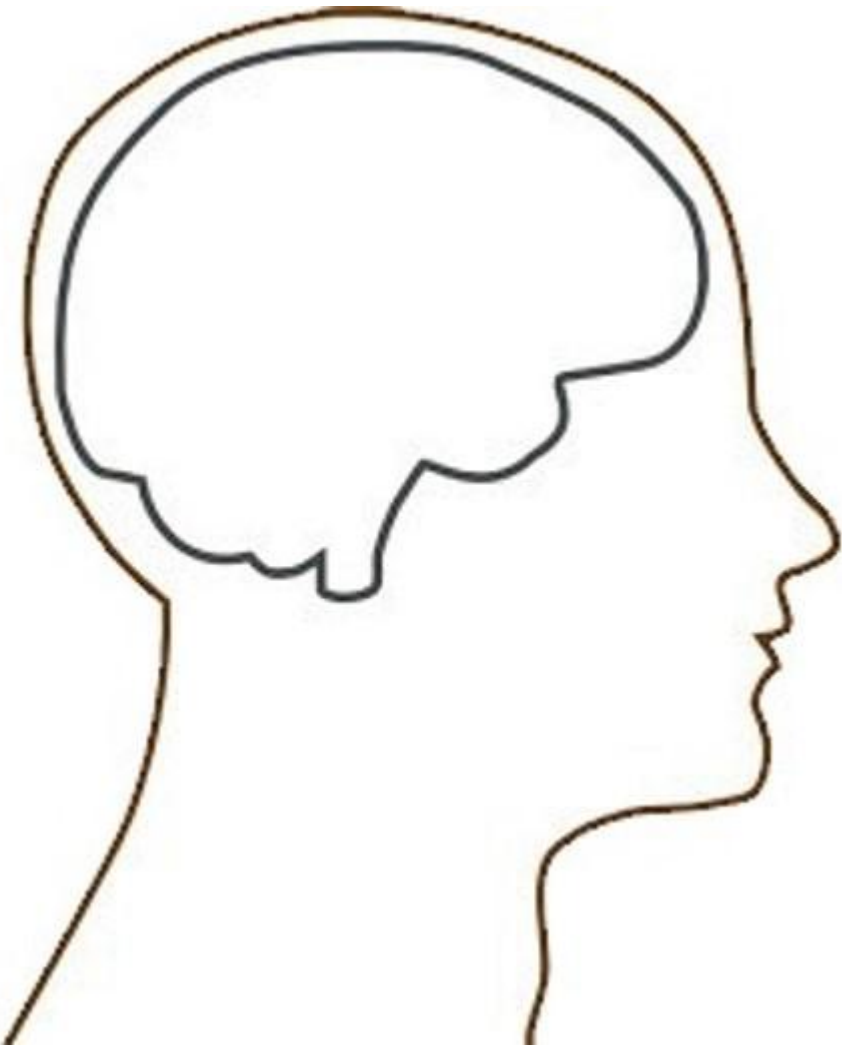
Your Name:

Your Children's Names:





**BRAIN A / CEREBRO A**



**BRAIN B / CEREBRO B**



# Session 2: My Child's Growth & Development

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Session 2: My Child's Growth and Development

Facilitator Resource:  
Four Areas of Child Development

Instructions: Cut out each symbol and tape on a flip chart paper.



Physical  
Development



Cognitive  
Development



Language  
Development



Social-Emotional  
Development

What are some examples of what are child is doing in each area of development?





# Session 3: Your Language Treasure Chest:

We invite you to share your experiences

**Group 1: Lullabies and Songs**

**Group 2: Poems, Jokes and Sayings**

**Group 3: Stories**

**Group 4: Family Memories**



## Session 4: Physical Development Standards

1. Children between 0-2 years are able to walk towards and item or person.
2. Children between 2-3 years old are able to jump on two feet and run in different directions or different speeds.
3. Children between 3-4 years old are able to walk up and down the stairs.
4. Children between 4-5 years old can balance on one foot, hold a big ball with both hands, gallop, slide, hop, roll or toss a ball, write or dress themselves.

What are 2-3 play activities or games that you can do with your child at home?





# Session 5: Your Child's Social Emotional Development

1. What can you do if your child is aggressive toward others?
2. How can you teach your child to respond when they are being treated aggressively?
3. If your child attends childcare or preschool, what are some of the things you can do if you think your child is being treated aggressively by other children?



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Session 6: My Child, Media and Technology

**Facilitator Resource:  
Cartoon 1**



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Session 6: My Child, Media and Technology

**Facilitator Resource  
Cartoon 3**

