



Abriendo Puertas
Opening Doors



OUR MISSION:

To involve parents and communities
in their children's education to
achieve lifelong success.



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Preparing for class



Be sure parents have the proper equipment for class:

- Computer/phone/tablet
- Internet
- Communication Platform app



Material:


- Binder
 - Session title, objective, and dicho
 - Documents, worksheets, resource sheet
- Pen/pencil and highlighter
- Loterias
- Community and district data







Delivery of Class

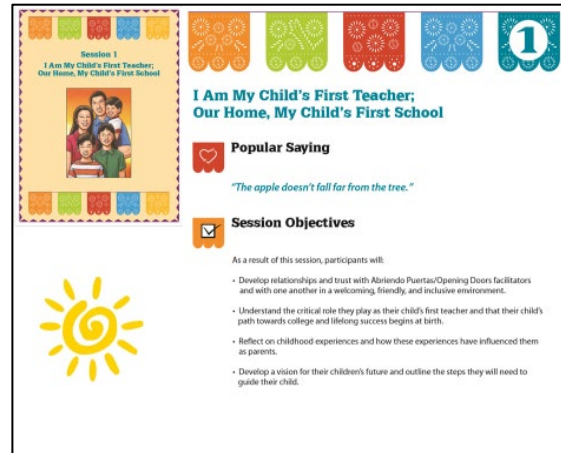
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 We used 2 methods to facilitate classes:

1. Using the video, while pausing for discussion and screening sharing to watch short videos.
2. Using a Power Point and screen sharing for short videos .

 Classes were twice a week for 5 weeks for about 45 min. to an hour.

 Classes we offered in multiple languages.



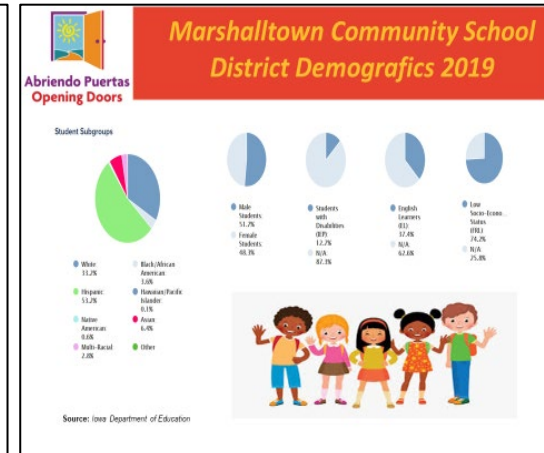
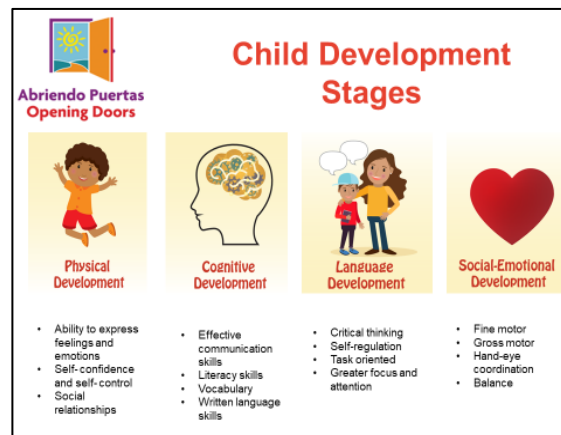
Session 1
I Am My Child's First Teacher;
Our Home, My Child's First School

Popular Saying
"The apple doesn't fall far from the tree."

Session Objectives

As a result of this session, participants will:

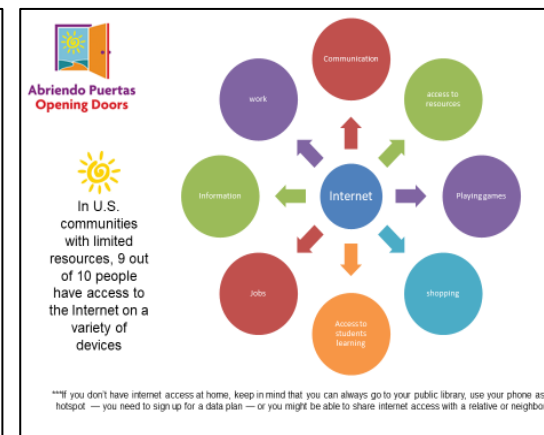
- Develop relationships and trust with Abriendo Puertas/Opening Doors facilitators and with one another in a welcoming, friendly, and inclusive environment.
- Understand the critical role they play as their child's first teacher and that their child's path towards college and lifelong success begins at birth.
- Reflect on childhood experiences and how these experiences have influenced them as parents.
- Develop a vision for their children's future and outline the steps they will need to guide their child.

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Child Development Stages

- Physical Development**
 - Ability to express feelings and emotions
 - Self-confidence and self-control
 - Social relationships
- Cognitive Development**
 - Effective communication skills
 - Literacy skills
 - Vocabulary
 - Written language skills
- Language Development**
 - Critical thinking
 - Self-regulation
 - Task oriented
 - Greater focus and attention
- Social-Emotional Development**
 - Fine motor
 - Gross motor
 - Hand-eye coordination
 - Balance



AP/OD Activities



Using Technology

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Now, I am going to read some statements. Please let me know if you have done any of these activities by saying **YES!**:

- Used a smartphone to text, email, or look up information on the internet.
- Taken photos or made videos using a smartphone.
- Watched videos on YouTube, downloaded music, used Skype or Facebook.
- Used a GPS in the car.
- Shopped online.
- Played video games on a phone, tablet, or computer.
- Downloaded the Vroom app and signed up for Vroom text.
- Communicated with your families using apps (example: WhatsApp Messenger).
- Have looked at websites to help my children.



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Parental Self-Care

One proven way to relax is through the practice of meditation



Close your eyes and take in a nice deep breath. Allow your tummy to fill up like a balloon, and then exhale slowly.

Do this five times to really relax your whole body completely.



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Healthy Shopping



Go grab a food item with a label



Limit the extras.
Drink and eat beverages and food with less sodium, saturated fat, and added sugars.

- 1 Start Here
- 2 Check Calories
- 3 Limit these Nutrients
- 4 Get Enough of these Nutrients
- 5 Footnote

Sample label for Macaroni & Cheese

Nutrition Facts	
Serving Size 1 cup (225g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 2g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 51g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a diet of other people's misdeeds.

	Calories: 2,000	2,500
Total Fat	Less than 60g	80g
Sat Fat	Less than 30g	35g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	25g

6

Quick Guide to % DV

* 5% or less is Low

* 20% or more is High




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HOMWORK!



Session worksheets:


- During class time, worksheets were talked about and utilize for parents to do as homework and share during the next class.



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Review Session 1

Participant Handout: Tree of Hopes and Dreams
Vision for My Children



- ☀️ What are two goals you identified for your family?
- ☀️ What steps did you take in the last week to move toward these goals?