Abriendo Puertas
Opening Doors

WELCOME

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

zoom

Material:

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

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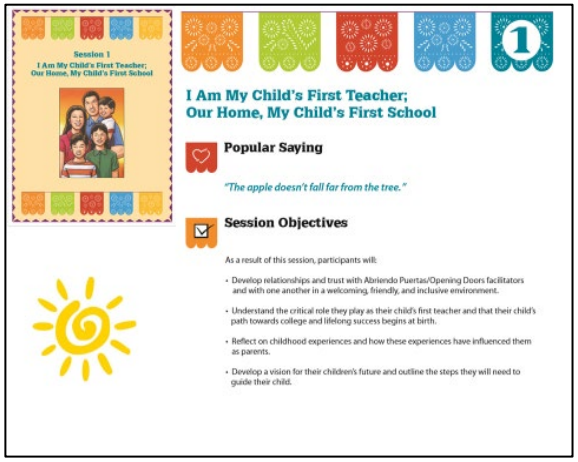
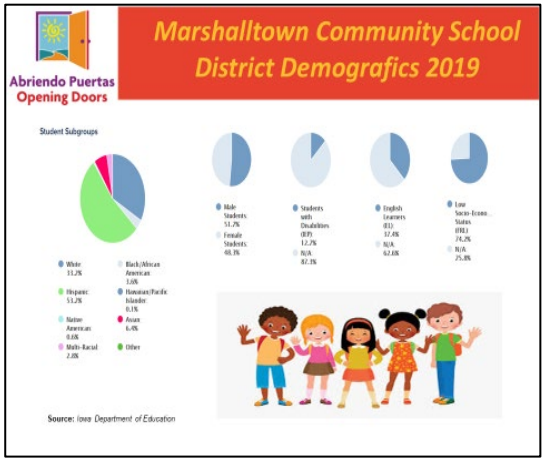
Delivery of Class

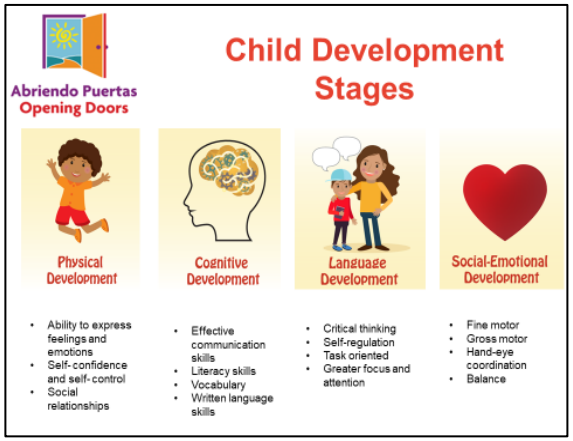
- We used 2 methods to facilitate classes:
  1. Using the video, while pausing for discussion and screening sharing to watch short videos.
  2. Using a Power Point and screen sharing for short videos .

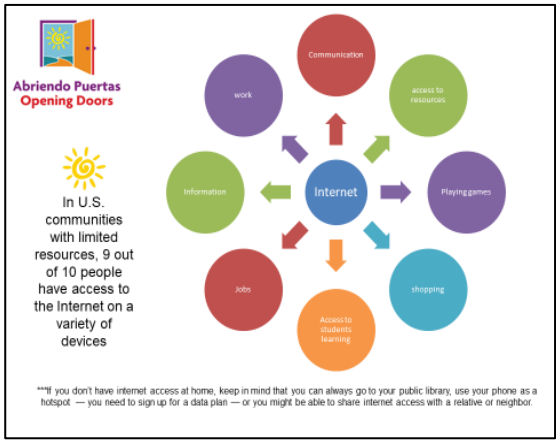
- Classes were twice a week for 5 weeks for about 45 min. to an hour.

- Classes we offered in multiple languages.









AP/OD Activities

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Using Technology

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 grad a food item with a label!

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

Sample label for Macaroni & Cheese

Nutrition Facts
Serving Size 1 cup (228g)
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 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	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 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

1. Start Here
2. Check Calories
3. Limit these Nutrients
4. Get Enough of these Nutrients
5. Footnote
6. Quick Guide to % DV
   - 5% or less is Low
   - 20% or more is High

USDA, Center for Nutrition Policy and Promotion.

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HOMEWORK!

Session worksheets:

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