



Abriendo Puertas | Opening Doors

EVALUATION REPORT AP-OD 3RD EDITION





EXECUTIVE SUMMARY

AP-OD (Abriendo Puertas/Opening Doors) offers a comprehensive 10-session parenting and advocacy program designed for low-income parents and caregivers of children ages 0 to 5. The program emphasizes the critical role of parents as their children's first teachers and aims to equip them with the knowledge and confidence needed to support their child's development. Since its inception, AP-OD has expanded nationally, adapting to diverse cultural and linguistic communities while also shifting between in-person and online formats since the COVID-19 pandemic.


This evaluation, based on a national sample of 3,136 parents and caregivers across 21 states, demonstrates that participants made significant knowledge gains across all ten program dimensions: Parenting, Early Learning, Language and Literacy, Nutrition and Physical Activity, Social-Emotional Development, Use of Technology, Math Development, School Readiness, Advocacy, and Confidence. Four of these dimensions showed moderate effect sizes, ranging from 0.502 to 0.607, while the remaining six were categorized as small but were close to moderate, with effect sizes between 0.479 and 0.499 (See Table 1). The impact of small and moderate effect sizes can be powerful; early elementary class-size reduction interventions in California typically have effect sizes of 0.15-.2 SD (small), and high-quality preschool interventions range from small to large (see Table 1). These findings are particularly significant given the program's large-scale implementation, demonstrating its ability to maintain effectiveness across different communities and delivery methods.



Table 1. Effect size of change scores from the pre- to post-surveys.

Dimension	Question Topics	Effect size ¹
Parenting	Supporting children’s learning and goal-setting to promote well-being.	Small
Early learning	Brain development and how children learn.	Moderate
Language & literacy development	Foundations for communication and how to foster stronger skills.	Small
Nutrition & physical development	Basic health information about diet and exercise.	Moderate
Socioemotional development	Children’s social-emotional skills development.	Small
Use of technology	Approaches to ensure children benefit from technology.	Small
Mathematical development	Mathematical learning and promoting strong math skills through everyday activities.	Moderate
School readiness	Helping young children prepare to succeed in school.	Moderate
Advocacy	Parents/caregivers’ rights in advocating for their child(ren).	Small
Confidence	Cultivating confidence in parenting, advocacy, and teaching skills.	Small

[1] These effect sizes are simple calculations of the magnitude of these “significant” associations, allowing readers to compare these magnitudes to other interventions. These levels of magnitude are considered small to large. Statisticians consider small effects to range from .20 to 0.49 SD, moderate effects to range between 0.50 and 0.79 SD, and large effect sizes to exceed 0.80 SD.



The study highlights several key conclusions. AP-OD has successfully scaled nationwide, engaging 258 program sites and 274 facilitators, while consistently yielding positive results. Originally developed for Latinx families, the program now serves a wide range of communities, with 81 percent of participants identifying as Spanish speakers and many others speaking Indigenous Latin American languages, Chinese, Hindi, and Tagalog. The program's training model, which prepares facilitators—often members of the communities they serve—to adapt sessions to local needs, has proven highly effective. Findings suggest that online facilitation can be as successful as in-person delivery, with some fully online participants demonstrating even greater learning gains. Despite the disruptions caused by the COVID-19 pandemic, including increased parental stress and the shift to virtual learning, the program continued to produce meaningful improvements in participant knowledge.

These results underscore AP-OD's effectiveness, adaptability, and potential for further expansion. The program's ability to foster significant learning gains across diverse settings suggests opportunities for ongoing refinement, targeted support for specific communities, and continued assessment of its long-term impact on families and early childhood development.

There is no guide to be a parent – to be a good parent. But there are resources. And there are other people who probably have the same struggles that I do. And this networking – getting to know other parents who have the same issues – it's important. My wife and I, if we need help now, we can reach out.

– Javier, parent

