



## Abriendo Puertas/Opening Doors [www.ap-od.org](http://www.ap-od.org)

*“Tell me and I will forget; show me and I may remember; involve me and I will make it mine.”*

**Mission and Vision.** Launched in 2007, Abriendo Puertas/Opening Doors (AP/OD) is the nation's first evidence-based parent leadership program designed by and for Latino parents with children ages 0-5. The mission of AP/OD is to support parents as leaders of their families and as their child's first and most influential teacher. AP/OD uses a two-generation approach that builds parent leadership skills and knowledge to promote family wellbeing and positive outcomes for children. AP/OD believes that parents, as leaders of their families, can be powerful agents of change in the lives of their children as well as their community. To that end, AP/OD provides space for families to build knowledge, practice and social capital with information, resources and activities they can use on a daily basis.

**Issues Addressed, Population Served & Goals.** AP/OD addresses the "opportunity gap" that creates barriers for many Latino, lower income and immigrant children from succeeding in school and beyond. AP/OD supports the efforts of parents to overcome this challenge by delivering an effective, widely-adopted and well-respected multi-session curriculum that addresses early childhood development, school readiness and parent engagement - all known to be significant factors in children's life-long academic and life success. 90% of the families who participate in the curriculum program are low-income Spanish-speaking Latinos with children ages 0-5.

**Two independent evaluations** underscore the positive impact of the AP/OD program. A 2012 UC Berkeley study found that parents made significant gains in their knowledge about early childhood development, language and literacy, school preparation, and confidence in parenting and advocacy skills. According to the Social Impact Exchange, only 2% of non-profits have conducted a random-control trial. In 2014, Child Trends released the report of a random control study of AP/OD. The results confirm that participating parents demonstrated significant growth in parenting practices that promote school readiness.

### **Recognitions**

- 2018 Child Care Exchange Doyen in Early Care and Education
- 2017 Campaign for Grade Level Reading Champion
- 2017 New Profit Proximity Accelerator
- 2016 Champion of Children's Wellbeing by Ashoka Changemakers and Robert Wood Johnsons Foundation
- 2015 White House Initiative on Educational Excellence for Hispanics "Bright Spot"
- 2015 White House Initiative on Educational Excellence for Hispanics Commitment to Action Recognition
- 2015 The James Irvine Foundation Leadership Award
- 2014 White House Cesar E. Chavez Champion of Change Award
- 2012 Champions for Children Award
- 2012 Campaign for Grade- Level Reading Bright Spot Program



**Service Model.** In the last ten years, AP/OD has trained over 1,800 facilitators in more than 500 family-serving organizations and has provided its curriculum to over 80,000 families in 386 cities across the country. The curriculum program is taught by local facilitators trained by AP/OD’s national team in a 3-day institute that prepares and certifies them to deliver the curriculum sessions. Local facilitators are staff members and parent leaders sent to AP/OD’s institutes by community organizations, schools and agencies. Participation in an institute enables these AP/OD partner organizations to acquire the curriculum as a program for ongoing use in their own communities, to leverage and grow it within their own contexts, and to be part of an active national network dedicated to building parent leaders.

### ***Abriendo Puertas/Opening Doors Curriculum***

The curriculum is grounded in research, reflects parent input, and uses the “popular education” approach to engage parents. Each of the ten curriculum sessions is grounded in a “dicho” or popular saying and incorporates culturally familiar activities and data. The 10-session curriculum, available in both Spanish and English, promotes school readiness, family well-being, and advocacy by addressing best practices in brain development, key aspects of early childhood development (cognitive, language, physical, and social/emotional), early literacy, bilingualism, early math, positive use of technology, attendance, civic engagement, parent leadership, goal setting, and planning for family success.

### ***What’s new in the updated curriculum - Abriendo Puertas/Opening Doors, 3rd Edition***

- Vroom is integrated throughout the curriculum. Vroom helps give parents and caregivers a picture of what is happening in a young child’s brain what they can do to help that brain grow.
- Session 6: A session on the positive use of technology helps parents understand technology’s best uses. Abriendo Puertas/Opening Doors collaborated with Common Sense Media and the Joan Ganz Cooney Center to develop the Apps en Familia written guide. The guide helps families select and use technology for learning.
- Session 7: A session designed to help parents introduce their preschoolers to basic math concepts such as sequence, shapes, size, order, numbers, and counting games and more that can be incorporated into daily life.
- Session 8: A session on the transition to kindergarten that includes early care and education and helps parents navigate the connections from Early Head Start, Head Start, and Transition to Kinder.
- Four new bilingual short videos are included:
  - Cuenta Conmigo/Count With Me
  - Transition to Kindergarten
  - Parent Power
  - Small Children: Big Feelings
- A new survey tool that enables partner organizations to monitor and evaluate Abriendo Puertas/Opening Doors impact on the parents in their programs and share their results.

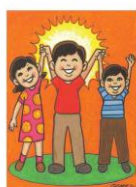
## ***Abriendo Puertas/Opening Doors, 3rd Edition 10-Session Overview***



FAMILY

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

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. 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.



### **Session 2: My Child's Growth and Development**

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 including early detection and services for children with special needs.



READING

### **Session 3: Power of Words**

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



EXERCISE

### **Session 4: Healthy Body/Healthy Mind Part 1: Nutrition & Physical Activity**

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 health programs available in their local community.



POSITIVE PATRICIA

### **Session 5: Healthy Body/Healthy Mind Part 2: Social and Emotional Well-being**

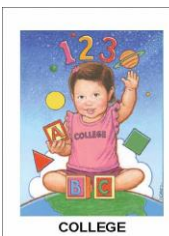
In this session, parents will explore ways of taking care of their children's mental and emotional well-being, as well as their own. They will practice parenting strategies to help their children be self-reliant, confident, and socially competent. This session introduces the Abriendo Puertas/Opening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



MEDIA

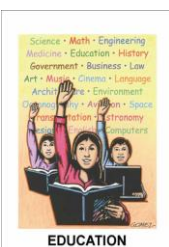
### **Session 6: My Child, Media and Technology**

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, and ensure technology serves as a tool for reaching educational goals.



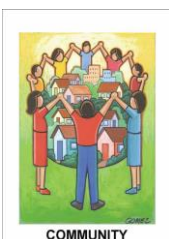
### Session 7: Count With Me

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 Abriendo Puertas/Opening Doors video: Count With Me on the importance of introducing math into everyday activities and Ready Rosie videos that demonstrate ideas parents can do at home 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 Loteria 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 Loteria game.



### Session 8: Let's Get Ready for School

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 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 support for their child's learning. This session introduces an Abriendo Puertas/Opening Doors video: Transition to Kinder on the importance of preparing children to be ready for school.



### Session 9: Champions for Our Children's Future

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 an Abriendo Puertas/Opening Doors video: Parent Power on the important role parents play as champions for their children, families, and community. This session also includes the Abriendo Puertas/Opening Doors Loteria 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 Loteria game connects the values, concepts, and fundamental objectives of the curriculum with the hopes and skills of families.



### Session 10: Yes, We Can!

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

