

What parents and community partners say about Abriendo Puertas.

“Thank you ‘Abriendo Puertas’ for your service to our children, their parents and schools in Whittier City School District! Parents in the program are volunteering in our school library programs and are more actively involved in leadership roles in the school. They are working together to make our schools a better place for their children.”

Laurie Baccus
Director of Curriculum and Instruction
Whittier City School District

“Abriendo Puertas” is a program aligned with MALDEF’s vision to strengthen parents’ ability to advocate effectively to ensure a quality education for their children in pre-school and beyond... Abriendo Puertas teaches the topics in a culturally relevant manner, addresses parents’ questions and concerns, values parents’ strengths, and builds upon these strengths to increase their self-efficacy to help their children.”

Araceli Simeon-Luna
National Parent School Partnership Program Director
Mexican American Legal Defense and Educational Fund

“I wasn’t used to reading to my child... Now, after Abriendo Puertas, I read to him much more frequently and I try to be more animated. I have also been helping him more with his homework. Since I started, his teacher tells me that he has been advancing academically.”

Edelina

“Before Abriendo Puertas I did not realize I was feeding my family in an unhealthy way. That is not what I want for my family or for myself. I’m careful about how I choose, measure and prepare food now. I don’t want us to be one of the statistics on obesity or diabetes - they both run in my family. Now I’m more aware of what I can do everyday to prevent that.”

Leticia

Open Doors in your Community!



Building a Better Future Desarrollando un Futuro Mejor

Evaluation

The nation’s first evidence-based, comprehensive training program for Latino parents with children ages 0-5.

Abriendo Puertas was carefully developed and field-tested over a three-year period. Evaluated by leading researchers from UC Berkeley, Abriendo Puertas is evidence-based and validated as effective in strengthening parenting behaviors, building critical early childhood knowledge, and developing the leadership and advocacy skills of Latino parents.

Abriendo Puertas/Opening Doors Program

An initiative of

Families in Schools

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ABRIENDO PUERTAS



Abriendo Puertas Desarrollando un Futuro Mejor

Opening Doors Building a Better Future



**The nation’s first
evidence-based, comprehensive
training program for Latino parents
with children ages 0-5.**

WHAT

What is Abriendo Puertas?

All parents want what is best for their children.

Abriendo Puertas is an evidence-based parenting, leadership, and advocacy training program for low-income, primarily Spanish speaking parents of children from birth to five years of age.

The program, developed for and by Latino parents, aims to improve the outcomes of the nation's Latino children by building the capacity and confidence of parents to be strong and powerful advocates in the lives of their children.



Abriendo Puertas Curriculum

What makes Abriendo Puertas so successful? The curriculum is centered on the cultural values, strengths, and experiences of Latino families and uses popular education and folk wisdom. This approach engages parents at a very personal level and results in transformative learning.

The program is based on the premise that enhancing parenting skills early in a child's life leads to economic and societal benefits.

WHO

Who makes a difference in a child's life? PARENTS! – and those that work with them.

Parents are the most powerful people in the life of a child. They are their children's first teachers and their home is their children's first school.

Giving parents the knowledge, tools, and support early on can greatly enhance their ability to guide their children academically, support their social and emotional development, and promote good health. This all leads to better results for children.

Facilitator Training

Through the cost-effective train-the-trainer program, Abriendo Puertas fully prepares local community leaders to become facilitators in delivering the program to parents in their neighborhood.

Through the three-day training, facilitators will learn about the unique features of the Abriendo Puertas curriculum, including the following:

- ☞ Overview of the 10 sessions, which cover the important aspects of child and family well-being: good health, social and emotional well-being, school readiness, and the economic well-being of the family.
- ☞ An understanding of the cultural and linguistic relevance of the Abriendo Puertas curriculum, including its use of "dichos" or popular sayings, activities such as the Lotería game and how to create a safe environment for parent reflection.
- ☞ Popular education techniques and ideas for parent outreach and ways to engage local partners.



HOW

How does the program strengthen the capacity of parents?

An evaluation of Abriendo Puertas, conducted by UC Berkeley, shows the following results:



- ☞ Develops parents' knowledge of their rights and responsibilities in relation to their child's education
- ☞ Increases knowledge and confidence in parenting by setting and meeting family goals
- ☞ Connects parents to resources and services that support healthy families
- ☞ Shows parents how to navigate systems (e.g. health care, public schools)
- ☞ Prepares parents to advocate on behalf of their children
- ☞ Builds community support systems in their neighborhoods

Parent Resource Kit

Abriendo Puertas aims to make the parent training relevant and concrete. In addition to the learning that takes place during the workshops, parents also are provided with high quality resources they can keep and share with their family:

- ☞ Parent Toolkit, which they build, one session at a time
- ☞ Books, resources (library cards), DVDs, tips, contact numbers, referrals, and more
- ☞ Certificate of completion at a graduation ceremony