



### **Academic success**

*Education is important because it opens doors to better employment opportunities and improves quality of Life. It also promotes the full development of human potential to apply them in daily life.*

#### **Expanding Vocabulary**

Participants are encouraged to actively participate in the acquisition of new vocabulary to use with their children. Activity examples that they can use at home to help children expand their vocabulary are provided.

#### **Enriching Writing**

Parents participate in different activities that can be applied at home to improve the ability to communicating through writing.

#### **Reading Comprehension**

Reading is the foundation for success in school and in life. This seminar provides strategies for parents to form good reading habits with their children thus helping them improve their study skills and broaden their knowledge.

#### **Homework: Parents to the rescue**

The importance of using teaching resources that are available to develop positive attitudes of responsibility, discipline, and time management are highlighted.

#### **Strategies for Excelling in exams**

Examples of different tests, methods, and suggestions to develop critical and analytical thinking are presented, considering factors such as support resources, time management, and anxiety management.

#### **Math Games**

Games and mathematics have common features. Learn how games can help peak interest and enthusiasm for mathematic themes.

#### **Basic Math**

Creative ideas are introduced to create a positive attitude towards mathematics and encourage learning. Exercises and problems to solve everyday situations and basic operations, such as addition and subtraction are performed.

#### **Multiplication and Division**

Creative ideas to instill a positive attitude towards mathematics are explored. Exercises and problems to solve everyday situations using multiplication and division operations are presented.

#### **Fractions and Percentages**

Suggestions on how to use basic fractions and percentage exercises to solve everyday situations

#### **Forming Future Scientist**

Ideas on how to explore the wonderful world of science as a family are presented.

#### **Science Projects**

The scientific method is explained. This is the basic format used to create science projects.

#### **Connections School to home**

The importance of working together with the school to create an inclusive environment that enhances the learning process is highlighted.

#### **Learning Styles**

Different learning styles are explained for parents to recognize which is dominant in their children and the factors that influence for better learning.

#### **Destination: The University**

Best practices for motivating and supporting your child to achieve a college education are discussed.

#### **Bullying and Conflict Resolution**

Details on the most common forms of harassment or "bullying" are discussed. Origins, consequences and prevention strategies are provided.

## **Family Discipline**

*Parents learn effective techniques to create an atmosphere of discipline, self-control, and positive values. Techniques on the mastery of emotions, attitudes and actions are presented.*

### **Responsible and Successful Children**

The basic factors for raising children with positive values, success and happiness in their personal and professional development are presented.

### **Children and Social Networks**

Parents receive recommendations for positive and safe use of technology.

### **Creating Family Values**

Common situations of everyday life are represented using basic values to analyze the importance of parents as role models.

### **Family Communication**

Parents receive strategies for achieving a healthy and effective communication with their children that they can apply in their daily lives.

### **Academic Socio-Emotional Support**

We all face challenges and problems in life. To address them, we need to strengthen and improve ourselves. Participants are encouraged to grow as individuals so they can emotionally support their children.

### **Positive reinforcement**

Providing positive experiences and stimuli provides a healthy environment for the formation of high self-esteem in our children. Best practices are discussed.

### **I am the first Teacher**

Strategies to help boost self-esteem are highlighted. The importance of being your child's first teachers is promoted.

### **Effective Time Management**

Time management is essential to the fulfillment of goals. Best practices on how to teach your children good time management skills are discussed.

### **Fun Activities for Summer Vacation**

Families receive ideas and suggestions for summer activities to enjoy together.

## **Nutrition and Physical Fitness**

### **Healthy Eating and Food Demonstration**

Participants will learn about the various factors that affect the way we eat. Participants learn strategies that they can use to eat healthier through a food demonstration.

### **Creating a Weekly Family Menu**

Parents will learn strategies to plan a weekly family menu that is healthy, in order to ensure proper nutritional consumption for the family.

### **Eating Healthy on a Budget**

Parents will learn how to shop for healthier seasonal food products and preventing food waste, while remaining budget friendly.

### **The Importance of Family Physical Fitness**

Parents will learn about the benefits of physical fitness on one's health while demonstrating activities that they can do at home with their families in order to increase physical fitness.

## Visual Arts

*Art is the expression of a culture in different ways with an aesthetic and communicative purpose.*

### Family Tree

In this workshop participants discussed the importance of family communication and create a project that includes the representation of their immediate family.

### Olinala Jewelry Boxes

This project is based on the folk art tradition of creating pieces with lacquer and intricate geometric and organic designs. Participants will learn more about the origins of this art practice which comes from the state of Guerrero in Mexico while decorating a cardboard jewelry box with traditional designs.

### Aluminum Nichos

Based on the ancient practice of embossing in Pre-Hispanic and European traditions, participants will emboss a piece of work on aluminum using different tools and techniques to create a *Nicho*. A presentation on the origins and modern practice of this art form is included.

### Bark Paper paintings

Bark paper was used in indigenous cultures to create *codices*, books that recorded their history and traditions. In modern folk art, this paper is used as a canvas to create beautiful colorful paintings of flora and fauna. Participants will create their own piece on bark paper.

### Party Décor

Tissue paper flowers and tissue paper banners are two of the most popular forms of decoration for celebrations in Mexico. Participants will learn how to create different versions of each and take-home examples that can be recreated with their families.

### Folk Art Inspired Picture Frames

The vast diversity that exists in Mexican folk art is presented to participants and then used as inspiration to create their own designs to be painted on to a picture frame.

### Talavera Vases

Participants will receive a medium sized papier-mache vase to be decorated with *Talavera* designs in cobalt blue paint.

### Tin Milagro Magnets

Using different embossing techniques, participants will create magnets out of aluminum sheets.

## Spring / Summer - March to June

### Felt Door Hangers

Door hangers are made using felt to create flowers and butterflies to be placed on decorative rope.

### Floral Wreaths

Using different floral accents, these crowns are created to be displayed as the centerpiece to the front door of your home.

## Fall / September - Mid November

### Fall Themed table Centerpieces

This session focuses on the history and importance of this celebration in our country. To accompany the presentation, a center piece for your dining table is created.

## December seminars dates

### Aluminum Ornaments

Aluminum Ornaments are created using embossing techniques and finished off with stained glass paint.

### Holiday Wreaths

With the use of different embellishments, these beautiful wreaths are created to be used as the focal point of the front door of your home.