

Early Care and Education Partners Online Meeting

*Reunión En Línea para Socios de
Educación y Cuidado Temprano*

September 2024

Jump into amazing tales



Every month get a free book for your child
from birth until their 5th birthday

How to register for The Children's Trust Book Club?

Parents may register by text or visiting The Children's Trust Website which includes all the information regarding this program:

Text:

**“Read” for Books in English, or
“Leer” for Books in Spanish
to 786.460.CLUB (2582)**

www.TheChildrensTrust.org/BookClub

Program Description

The Children's Trust Book Club mails free books to all parents with children ages birth through their 5th birthday living in Miami-Dade County. All book club members receive a new book every month in English or Spanish along with a guide for parents with activities, information and suggestions about how to share the book with their children. All books are selected specifically to help children develop their early reading skills for school readiness.



Current Eligibility

Florida students are eligible based on the following criteria:

- VPK children who are not yet making age-appropriate progress according to state assessments
- FAST Star Early Literacy

<https://www.newworldsreading.com/fl/en/enrollment.html>



**Reading
shapes who
we are.**

Help your kids read on grade level with Florida's FREE at-home book delivery program.

- VPK - 5 students can apply to receive free books and reading activities each month during the school year from this state-created program.*
- Students can choose books that match their interests.
- Books and activities are available in English, Spanish, Haitian Creole, and braille.

*Visit [newworldsreading.com](https://www.newworldsreading.com) to see eligibility requirements.

**Families can
apply today:**

[newworldsreading.com/enroll](https://www.newworldsreading.com/enroll)



The logo for the Professional Development Institute is a blue speech bubble shape with a white outline. It is centered on a white background with a pattern of thin, curved green lines. The text "Professional Development Institute" is written in white, sans-serif font inside the blue shape.

Professional
Development Institute

Super STEM Saturday

Súper Sábado STEM

Samdi STEM



SAVE
the
DATE

Saturday, Sep. 28, 2024
8:30 a.m. - 12:30p.m.



4 In-Service Hours



Simultaneous Interpretation: English/Español/Kreyòl Ayisyen



Register Today!

<https://trainings.elcmdm.org/CourseView.aspx?ID=1696013>

The background features several concentric, curved lines in shades of green and light grey, creating a sense of motion or a circular path. A solid blue callout box is positioned in the center, containing white text. The box has a rectangular top and a pointed bottom, resembling a speech bubble or a callout.

VPK FAST and Instructional Hours

Test Administration Schedule for Progress Monitoring

Testing Schedule



Programs that have 83 or more instructional days follow the below test administration schedule:

- **PM1:** Is the first thirty (30) instructional days of the VPK class schedule beginning with the first VPK instructional day.
- **PM2:** Is the period of time in a VPK class schedule where at least 40% of the instructional hours have been completed and no more than 60% of the instructional hours have been completed.
- **PM3:** Is the last thirty (30) instructional days of the VPK class schedule ending on the last VPK instructional day

Programs (including Summer VPK) that have 82 or fewer instructional days follow the below test administration schedule:

- **PM1:** Is the first ten (10) instructional days of the VPK class schedule beginning with the first VPK instructional day.
- **PM2:** Is the period of time in a VPK class schedule where at least 40% of the instructional hours have been completed and no more than 60% of the instructional hours have been completed.
- **PM3:** Is the last ten (10) instructional days of the VPK class schedule ending on the last VPK instructional day.

Screening Windows and Class Calendars

Ignore Renaissance Default Dates for Screening Windows:

The Renaissance system has default screening windows or PM periods. These Screening dates are not the centers specific or accurate dates for each VPK Class and can not be altered.

VPK Class Calendars and Progress Monitoring Dates:

Progress Monitoring Dates and Deadlines are based on each VPK Class Calendar listed on the VPK App. Any Calendar changes will impact the classrooms Progress Monitoring Dates. Providers should try to maintain the same calendar, so the PM dates are not impacted.

Reporting Period

2023-2024 School Year

Custom...

All Time

2023-2024 School Year

Fall

Winter

Spring

Who should be Tested?

All Children Must Be Tested: Testing is mandatory for all children enrolled in the program. Parents cannot opt out of the testing process, as signing the VPK Certificate of Eligibility (COE) indicates acknowledgment and agreement that the child will be tested.

Practice Test: Prior to the official test, all children are required to take a practice test. Passing the practice test is required to proceed to the real test. A child must fail the practice test a *minimum* of 3 times before being designated a non-participant of “**Failed Practice**” or “**Non-English Speaker**”.

Assessment Inappropriate- The Star Early Literacy Assessment may not be appropriate for all VPK students. If you have a student with an Individual Educational Plan (IEP) or 504 Plan and the VPK Program Administrator determines this assessment will not meet the student’s needs, the student should receive a NPS of “**Assessment Inappropriate.**”

New Students and Re-enrollments

- 1. Can VPK programs assess a new VPK student that enrolls after the program year has already begun?**
 - Yes, VPK programs should administer the assessment after the new VPK students first instructional week to establish a beginning or baseline score for that student.
- 2. Should VPK Students who Transfer into my class from another school be tested?**
 - **VPK Re-enrollments:** VPK child Re-enrollments must be reassessed when transferred into their new school during a progress monitoring window, regardless if the child was tested or not at their previous school.



REQUIRED: STAR Parent Report

The Star Parent Report provides a printable informational letter for parents or guardians and is available in **English** and **Spanish**

Families must be provided with testing results within 7 days of administration

Documentation that the reports were provided to the parents should be maintained for monitoring purposes

[Star Parent Report Help File](#) .

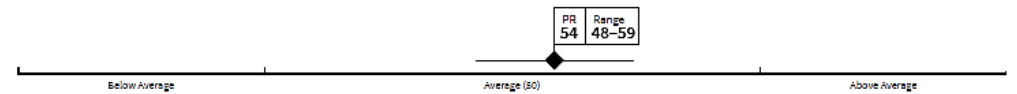
Parent Report for Melyssa Avery

Student ID: x123y4z5-a67b-8c9d-01f2-gh3456i7jklm

School	Teacher	Class	Grade	Test Date
East Elementary School	Albertson, J.	Class 16A, Albertson	3rd	October 13, 2021

Dear Parent or Guardian of Melyssa Avery:

Melyssa has taken a Star Reading computer-adaptive reading test. This report summarizes your child's scores on the test. As with any test, many factors can affect a student's scores. It is important to understand that these test scores provide only one picture of how your child is doing in school.



- 613 Scaled Score** Melyssa's Scaled Score is based on the difficulty of questions and the number of correct responses. The Unified Scale has a range of 0-1400.
- 54 Percentile Rank** Melyssa's skills are higher than 54% of students nationally in the same grade. This score is average. The PR Range indicates that if Melyssa had taken the test many times, most of his/her scores would likely have been between 48 and 59.
- 4.3 Grade Equivalent** GE scores range from 0.0 to 12.9+. Based on national norms, Melyssa's reading skills are at a level greater than a typical 3rd grader. The score does not necessarily indicate the ability to read independently at this grade level.
- 6.9 Instructional Reading Level** IRL is the grade level at which Melyssa is at least 80% proficient recognizing words and comprehending reading materials. Melyssa has achieved an IRL score of 6.9, which means he/she is at least 80% proficient at reading sixth grade level materials.
- 850L - 1000L Lexile® Range** The Lexile® Range spans reading levels that are appropriately challenging for reading practice. Melyssa should be selecting books in this range for optimal growth in reading. This range is approximate. Success at any reading level depends on your child's interest and prior knowledge of a book's content.
- 52.1 Normal Curve Equivalent** Melyssa's NCE score shows that 52.1% of students in the norms group in the same grade obtained lower scores than Melyssa did.

I will be using these Star Reading test scores to help Melyssa further develop his/her reading skills for reading practice at school. If you have any questions about your child's scores or these recommendations, please contact me at your convenience.

Teacher Signature _____ Date _____ Parent Signature _____ Date _____

Additional comments may be added on the back of this sheet

Training Documents Upload Required

VPK providers must upload the following three documents to the document library in the [Provider Portal](#) in the folder **2024-25 FAST Test Administrators**:

- 1. Valid Certificate or Transcript:** A certificate of completion or DCF Training Transcript reflecting the course titled "VPK FAST Star Early Literacy Test Administrators."
- 2. Test Administration and Security Agreement**
- 3. Test Administrator Prohibited Activities Agreement**

Providers are encouraged to scan and save the three documents as one file as *First and Last Name_VPK FAST Star Early Literacy Test Administrator_24-25* (Example: JaneDoe_VPK FAST Star Early Literacy Test Administrator_24-25)

Document Library Management

[FAQ]

Folder List

Folder Name	View	Upload	Date Updated	Updated By
2024-25 FAST Test Administrators (0 files)	View Files	Upload New File	4/16/2024	APenton@e
Accreditation and / or Gold Seal (1 files)	View Files	Upload New File	10/25/2016	OELAdmin

VPK Instructional Hours

□ Definition of Instructional Hour-

- Planned learning activities or experiences that implement curricula. (s. 1002.67(2)(b))
- The instructor must be actively engaged in the activities or experiences by teaching, guiding, interacting, supporting, or actively observing the activities or experiences throughout the instructional time. Planning periods or staff breaks cannot coincide with instructional time (S. 1002.55(3)(E), F.S., AND RULE 6M-8.410, F.A.C.,)
- All activities during VPK Hours listed on the VPK App must be instructional. This includes activities such as outdoor time and mealtimes if included during the VPK Schedule

MarcoPolo Learning Early Care & Education Partners Meeting

9/12/2024



The poster is for the MarcoPolo Learning app. At the top, it features the Early Learning Coalition of Miami-Dade/Monroe logo and the MarcoPolo For Families logo. Below this, it says "Sign-up is easy and free! ¡Regístrate fácil y gratis!". There are three app store download buttons: "Download on the App Store", "GET IT ON Google Play", and "available at amazon appstore". A central QR code is framed by a blue mouse character. To the left of the QR code, it says "1. Scan the QR code to download the MarcoPolo For Families app". To the right, it says "1. Escanea el código QR para descargar la aplicación MarcoPolo For Families". Below the QR code, it says "2. Use the below class code and complete your sign-up" and "2. Usa el código de la clase de abajo y completa tu registro". A box below contains the code "Code/ Código 6917". At the bottom, it says "MarcoPolo Learning" with the website "marcopololearning.com" and contact information "Questions? / ¿Preguntas? help@marcopololearning.com". The poster is decorated with several colorful cartoon animal characters in circular frames.

Early Learning Coalition of Miami-Dade/Monroe

MarcoPolo
For Families

Sign-up is easy and free!
¡Regístrate fácil y gratis!

Download on the App Store | GET IT ON Google Play | available at amazon appstore

1. Scan the QR code to download the MarcoPolo For Families app

1. Escanea el código QR para descargar la aplicación MarcoPolo For Families

2. Use the below class code and complete your sign-up

2. Usa el código de la clase de abajo y completa tu registro

Code/ Código
6917

MarcoPolo Learning
marcopololearning.com
Questions? / ¿Preguntas?
help@marcopololearning.com

MDCPS Transition to Kindergarten Ambassadors



2024-2025
TRANSITION TO KINDERGARTEN
LUNCH & LEARN



What Educators Should Know
about Intentional Teaching

3 hrs in person + activity = 0.5 CEUs

Register Soon!
Limited Spaces Available



Date: October 3rd



Time: 12:00- 3:00 pm



Location: North Glade ES
5000 NW 177 St
Miami, FL 33055



DCF Reference #:
11063-ENGLISH



Lunch will be provided!

For further information contact us:
sgutierrez@dadeschools.net



The background features several concentric, curved lines in a light green color, some solid and some dashed, creating a sense of depth and movement. A prominent blue callout box is centered on the page, containing the text 'Tripple P Program'.

Tripple P Program

What is Triple P?



Triple P stands for Positive Parenting Program. This is an evidence based, family support system designed to prevent – as well as treat – behavioral and emotional problems in children and teenagers.

You will learn to...

- Provide healthy food choices
- Increase children's physical activity
- Use positive parenting to promote healthy behaviour and have less stress as a parent/teacher



Program Overview



- 14- session program- made up of
- 10 group sessions and **4 telephone sessions**

Session 14 Program close and celebration



Sample HYBRID Agenda



- Session 1: Preparing for Change –
- Session 2: Understanding Nutrition –
- Session 3: Understanding Physical Activity –
- Session 4: Using Rewards and Modifying Recipes –
- Session 5: Limiting Sedentary Activities and Reading Food Labels –
- Session 6: Playing Active Games – **IN PERSON**
- Session 7: Providing Healthy Meals and Snacks – **IN PERSON**
- Session 8: Managing Problem Behavior –
- Session 9: Planning Ahead –
- Session 10: Phone Consultation (**no group session, phone calls**)
- Session 11: Phone Consultation (**no group session, phone calls**)
- Session 12: Phone Consultation (**no group session, phone calls**)
- Session 13: Phone Consultation (**no group session, phone calls**)
- Session 14: Celebration- **IN PERSON**

Nutrition Strategies



- How much added sugar is in your favorite drinks?
- Providing water as the main drink
- Reading food labels and more....



Being overweight means...



- Too much body fat
- Health problems such as asthma and joint pain
- Health problems later in life such as heart disease and Type 2 diabetes
- Emotional and social problems such as bullying and low self-esteem



Physical activity Strategies



- Playing active games (session 6)
- Encouraging your child to play sports and more....



Why choose Triple P



- Tools and techniques on how to handle difficult behaviors and nutritional issues
- Certificate of Completion
- Gift bag that include tons of surprises like AMC movie tickets
- Pollo Tropical gift card
- Raffles during our in person sessions
- **FREE!!**

Classes start in October 1, 2024



TO JOIN

Sabina Garcia 786-897-2980

sabgarci@FIU.edu

**Spanish Portion will begin
at 1:30 pm**

**La porción en español comenzará
a la 1:30 p. m.**

Reunión En Línea para Socios de Educación y Cuidado Temprano

Septiembre 2024

Brinca hacia cuentos increíbles



Recibe un libro gratuito cada mes
para tus hijos desde el nacimiento hasta su 5^o cumpleaños

¿Cómo Inscribirte en el Children's Trust Book Club?

Los padres pueden inscribirse por mensaje de texto o visitando la dirección web abajo, que incluye toda la información sobre este programa:

Enviar por Mensaje de Texto:
"Leer" para recibir libros en español, o
"Read" para recibir libros en inglés
al 786.460.CLUB (2582)

www.TheChildrensTrust.org/BookClub

Descripción del Programa

El Children's Trust Book Club envía libros gratis a todos los padres con niños desde el nacimiento hasta los 5 años que viven en el condado de Miami-Dade. Todos los miembros del Book Club reciben un libro nuevo cada mes en inglés o español junto con una guía para padres con actividades, información y sugerencias sobre cómo compartir el libro con sus hijos.

Todos los libros se seleccionan específicamente para ayudar a los niños a desarrollar sus habilidades de lectura temprana para la preparación para comenzar la escuela.



Elegibilidad

Los estudiantes de Florida son elegibles según los siguientes criterios:

- Niños de VPK que aún no están logrando progreso apropiado para su edad según las evaluaciones estatales
- FAST Star Early Literacy

<https://www.newworldsreading.com/fl/en/enrollment.html>

La lectura forma quienes somos.

Ayude a sus niños a leer al nivel de su grado con el programa de entrega de libros a domicilio de la Florida, el cual es totalmente GRATUITO.

- Estudiantes de VPK hasta quinto grado pueden solicitar libros y actividades de lectoescritura gratuitos de este programa creado por el estado para cada mes durante el año escolar.*
- Los estudiantes pueden seleccionar libros que coincidan con sus intereses.
- Los libros y actividades están disponibles en inglés, español, criollo haitiano y braille.

*Consulte [newworldsreading.com](https://www.newworldsreading.com) para ver los requisitos de elegibilidad.

**Las familias
ya pueden
registrarse:**

[newworldsreading.com/enroll](https://www.newworldsreading.com/enroll)



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Professional
Development Institute

Super STEM Saturday

Súper Sábado STEM

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SAVE
the
DATE

Saturday, Sep. 28, 2024
8:30 a.m. - 12:30p.m.



4 In-Service Hours



Simultaneous Interpretation: English/Español/Kreyòl Ayisyen



¡Regístrate hoy!

<https://trainings.elcmdm.org/CourseView.aspx?ID=1696013>



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VPK FAST and Instructional Hours

Las Ventanas para Administrar el VPK FAST Progress Monitoring (PM)

Testing Schedule



Los programas que tienen 83 o más días de instrucción siguen el siguiente programa de administración de pruebas:

- **PM1:** Los primeros treinta (30) días de instrucción del horario de clases de VPK comienzan con el primer día de instrucción de VPK.
- **PM2:** Es el período de tiempo en un horario de clases de VPK en el que se han completado al menos el 40 % de las horas de instrucción y no más del 60 % de las horas de instrucción.
- **PM3:** Los últimos treinta (30) días de instrucción del horario de clases de VPK terminan el último día de instrucción de VPK.

Los programas (incluido el VPK de verano) que tienen 82 días de instrucción o menos siguen el siguiente programa de administración de pruebas:

- **PM1:** Los primeros diez (10) días de instrucción del horario de clases de VPK comienzan con el primer día de instrucción de VPK.
- **PM2:** Es el período de tiempo en un horario de clases de VPK en el que se han completado al menos el 40 % de las horas de instrucción y no más del 60 % de las horas de instrucción.
- **PM3:** Los últimos diez (10) días de instrucción del horario de clases de VPK terminan el último día de instrucción de VPK.

Ventanas de Proyección y Calendarios

Ignorar las fechas predeterminadas de Renaissance para las ventanas de detección:

El sistema Renaissance tiene ventanas de evaluación predeterminadas o períodos de PM. Estas fechas de selección no son fechas específicas o precisas del centro para cada clase de VPK y no se pueden modificar.

VPK Calendario y Fechas de Progress Monitoring :

Las fechas y los plazos de seguimiento del progreso se basan en cada calendario VPK en el VPK-APP. Cualquier cambio en el calendario afectará las fechas. Los proveedores deben tratar de mantener el mismo calendario, para que las fechas de PM no se vean afectadas.

Reporting Period

2023-2024 School Year

Custom...

All Time

2023-2024 School Year

Fall

Winter

Spring

¿Quién debería hacerse la prueba?

All Children Must Be Tested: Se requiere que FAST Star Early Literacy se administre en todos los programas VPK a los estudiantes inscritos con certificados de elegibilidad válidos. Los proveedores pueden optar por administrar las evaluaciones Star (Star Early Literacy, Star Reading, Star Math) a los estudiantes que no son de VPK a su cargo. **El Star Early Literacy se tiene que administrar en Inglés.**

Practice Test: Antes del examen oficial, todos los niños deben realizar un examen de práctica. Es necesario aprobar el examen de práctica para pasar al examen real. Un niño debe reprobar el examen de práctica un mínimo de 3 veces antes de ser designado como no participante de **“Failed Practice”** o **“Non-English Speaker”**.

Assessment Inappropriate- La Evaluación Star de Alfabetización Temprana puede no ser apropiada para todos los estudiantes de VPK. Si tiene un estudiante con un Plan Educativo Individual (IEP) o un Plan 504 y el Administrador del Programa VPK determina que esta evaluación no satisfará las necesidades del estudiante, el estudiante debe recibir un NPS de **“Assessment Inappropriate.”**

Nuevos estudiantes y reinscripciones

- 1. ¿Pueden los programas VPK evaluar a un nuevo estudiante de VPK que se inscribe después de que el año del programa ya haya comenzado?**
 - Sí, los programas VPK deben administrar la evaluación después de la primera semana de instrucción de los nuevos estudiantes de VPK para establecer una puntuación inicial o de referencia para ese estudiante.
- 2. ¿Deberían ser evaluados los estudiantes de VPK que se transfieren a mi clase desde otra escuela?**
 - Niños de VPK deben reevaluarse cuando se transfieren a su nueva escuela durante un período de monitoreo de progreso, independientemente de si el niño fue evaluado o no en su escuela anterior.



Reportes Requeridos

Los programas VPK deben imprimir el STAR Parent Report

- Las familias deben recibir los resultados de las pruebas dentro de los **7 días** posteriores a la administración..
- El Informe Star Parent proporciona una carta informativa imprimible para padres o tutores y está disponible en **Inglés y Español**.
- Instrucciones: <https://help2.renaissance.com/reports/25027>.

¿Cómo deben documentar la entrega del STAR Parent Report?

- La mejor manera es que los proveedores impriman una copia del informe para que lo firme el padre y hagan una copia del informe firmado para el padre. El proveedor debe mantener una copia para sí mismo.

Student Avery, Melyssa
Grade 3rd Teacher Albertson, J. Class/Group Class 16A, Albertson

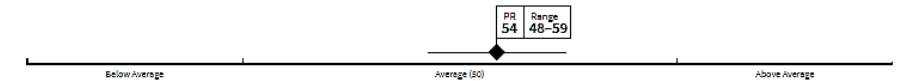
Parent Report for Melyssa Avery

Student ID: x123y4z5-a67b-8c9d-01f2-gh3456i7jklm

School	Teacher	Class	Grade	Test Date
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613 Scaled Score	Melyssa's Scaled Score is based on the difficulty of questions and the number of correct responses. The Unified Scale has a range of 0-1400.
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I will be using these Star Reading test scores to help Melyssa further develop his/her reading skills for reading practice at school. If you have any questions about your child's scores or these recommendations, please contact me at your convenience.

Teacher Signature _____ Date _____ Parent Signature _____ Date _____

Additional comments may be added on the back of this sheet

Documentos del acuerdo del administrador de la prueba

Los proveedores de VPK deben cargar los siguientes tres documentos en la biblioteca de documentos en el [Provider Portal](#) in the folder **2024-25 FAST Test Administrators**:

1. **Certificado Renaissance o expediente de DCF- Curso completado:"VPK FAST Star Early Literacy Test Administrators."**
2. **Test Administration and Security Agreement**
3. **Test Administrator Prohibited Activities Agreement**

Se anima a los proveedores a escanear y guardar los tres documentos como un solo archivo como *Nombre y apellido_VPK FAST Star Early Literacy Test Administrator_24-25* (Ejemplo: JaneDoe_VPK FAST Star Early Literacy Test Administrator_24-25)

Document Library Management

[FAQ]

Folder List

Folder Name	View	Upload	Date Updated	Updated B
2024-25 FAST Test Administrators (0 files)	View Files	Upload New File	4/16/2024	APenton@e
Accreditation and / or Gold Seal (1 files)	View Files	Upload New File	10/25/2016	OELAdmin


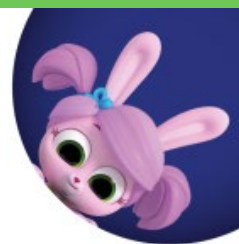
VPK Instructional Hours

□ Definición de Hora de Instrucción-

- Actividades o experiencias de aprendizaje planificadas que implementan currículos. (s. 1002.67(2)(b))
- El instructor debe participar activamente en las actividades o experiencias enseñando, guiando, interactuando, apoyando u observando activamente las actividades o experiencias durante todo el tiempo de instrucción. Los períodos de planificación o los descansos del personal no pueden coincidir con el tiempo de instrucción (S. 1002.55(3)(E), F.S., Y REGLA 6M-8.410, F.A.C.,)
- Todas las actividades durante las horas de VPK enumeradas en la aplicación VPK deben ser instructivas. Esto incluye actividades como el tiempo al aire libre y las comidas, si están incluidas en el horario de VPK.

MarcoPolo Learning Early Care & Education Partners Meeting


9/12/2024



MarcoPolo
For Families

Sign-up is easy and free!
¡Regístrate fácil y gratis!

Download on the App Store | GET IT ON Google Play | available at amazon appstore





1. Scan the QR code to download the MarcoPolo For Families app

1. Escanea el código QR para descargar la aplicación MarcoPolo For Families

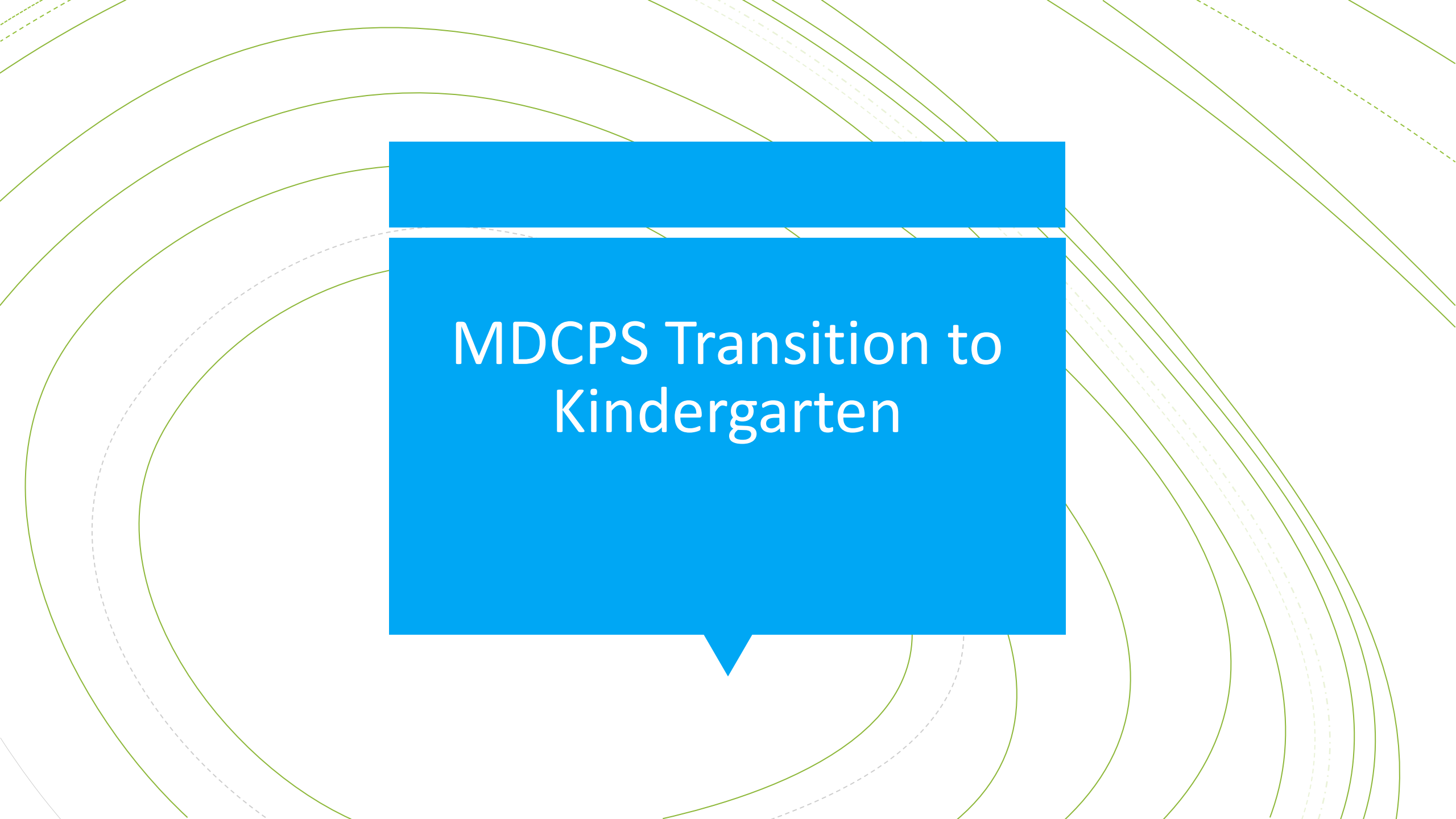
2. Use the below class code and complete your sign-up

2. Usa el código de la clase de abajo y completa tu registro

Code/ Código
6917



MarcoPolo Learning
marcopololearning.com
Questions? / ¿Preguntas?
help@marcopololearning.com

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MDCPS Transition to Kindergarten

2024-2025

TRANSICIÓN HACIA EL KINDERGARTEN

ALMORZANDO Y APRENDIENDO



Lo que los educadores deben saber
sobre la enseñanza intencional

3 hrs en persona + actividad= 0.5 CEUs

¡Regístrese pronto!
Plazas disponibles limitadas



Fecha: 4 de octubre



DCF No. de Referencia:

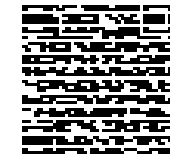
11065-SPANISH



Hora: 12:00- 3:00 pm



Lugar: North Glade ES
5000 NW 177 St
Miami, FL 33055



¡Se ofrecerá almuerzo!

Contáctenos para más información:
sgutierrez@dadeschools.net



DIVISION OF
Early Learning
LEARN FIRST. LEARN FOR LIFE.



The background features several concentric, curved lines in a light green color, some solid and some dashed, creating a sense of depth and movement. A prominent blue callout box is centered on the page, containing the text 'Tripple P Program'.

Tripple P Program

¿Qué es Triple P?



Triple P, significa Programa de Crianza Positiva (Positive Parenting Program). Este es un sistema de apoyo familiar basado en evidencia, diseñado para prevenir, así como tratar, problemas emocionales y de comportamiento en niños y adolescentes.

Usted aprenderá a ...

- Proporcionar opciones de alimentos saludables
- Aumentar la actividad física
- Utilizar la crianza positiva para promover un comportamiento saludable y tener menos estrés como padres/maestros



¿Cuánto duran estas sesiones?



- **14 sesiones** - compuestas por 10 sesiones grupales y **4 sesiones telefónicas** (no hay reuniones)

Sesión 14 (nos reunimos) Programa cierre y celebración

Ejemplo de la Agenda



- Sesión 1: Preparándose para el cambio –
- Sesión 2: Entendiendo la nutrición –
- Sesión 3: Entender la actividad física –
- Sesión 4: Uso de recompensas y modificación de recetas:
- Sesión 5: Limitar las actividades sedentarias y leer las etiquetas de los alimentos –
- Sesión 6: Jugar juegos activos – **EN PERSONA**
- Sesión 7: Proporcionar comidas saludables y bocadillos – **EN PERSONA**
- Sesión 8: Manejo del comportamiento problemático –
- Sesión 9: Planeando con anticipación –
- Sesión 10: Consulta telefónica (no hay sesión de grupo, **LLAMADAS**)
- Sesión 11: Consulta telefónica (no hay sesión de grupo, **LLAMADAS**)
- Sesión 12: Consulta telefónica (no hay sesión de grupo, **LLAMADAS**)
- Sesión 13: Consulta telefónica (no hay sesión de grupo, **LLAMADAS**)
- Sesión 14: Sesión de conclusión y celebración – **EN PERSONA**

Estrategias de nutrición



- Cuanta azúcar hay en sus bebidas favoritas
- Suministro de agua como bebida principal
- Lectura de etiquetas de alimentos y mas....



Tener sobrepeso significa ...



- Demasiada grasa corporal
- Problemas de salud como asma y dolor en las articulaciones
- Problemas de salud más tarde en la vida como la enfermedad cardíaca y la diabetes tipo 2
- Problemas emocionales y sociales tales como intimidación y baja autoestima



Estrategias de actividad física



- Jugar juegos activos juntos (sesión 6)
- Limitación de la actividad sedentaria
- Proporcionando juegos activos
- Jugar con su hijo



Estrategias de crianza positiva



- Aumento de la autoestima de los niños
- Quiet time y time out...
- Problemas del comportamiento y como solucionarlos y mas....

¿Por qué elegir Triple P?



- Herramientas y técnicas sobre cómo manejar conductas difíciles y problemas nutricionales.
- Certificado de finalización
- Bolsa de regalo que incluye toneladas de sorpresas como entradas para el cine AMC.
- Tarjeta regalo Pollo Tropical
- Sorteos durante nuestras sesiones presenciales
- GRATIS!!

- Las clases comienzan el 1 de octubre de 2024.

- PARA UNIRSE:

- Sabina García 786-897-2980

- sabgarci@FIU.edu

Muchas gracias

