LEARNING OPPORTUNITIES FOR HISD PARENTS
The courses below are designed for Houston ISD parents, families, and caregivers.

- **New: Two-Way Communication Best Practices for Parents:** Participants will be able to strengthen their overall communication skills by learning two-way communication best practices to foster positive relationships in their interactions. This includes learning protocol and communication channels within HISD.

- **New: Plugged-In Parents: Cyberbullying and Digital Conflict:** Participants will learn to identify what cyberbullying and online harassment is while learning tools and strategies to keep their kids safe when interacting online.

- **New: 3 Tips for Raising Happy Successful Children:** Participants will identify how to raise happy and successful children using research-based techniques, including the agile programming for family’s model, learning how to run successful family meetings, and using constructive conversation to make positive life decisions. These helpful tips and strategies teach accountability, empowerment and effective decision-making skills.

- **New: Nutrition Basics:** As part of our Health Awareness Series, participants will learn the basics of nutrition by understanding the importance of eating healthy, reading nutrition facts labels, nutrients, and promoting healthy eating habits within their families.

- **New: Math 1, 2, 3: Understanding Today’s Math:** Participants will be guided through the math their child is learning nowadays. Using everyday activities, participants will learn how to support academic success at home.

- **New: Positive Parent Partnership:** Participants will learn strategies and to identify solutions to enhance positive communication and parent involvement in their children’s lives.

- **New: Thriving Series: Finding Ways to Save:** As part of our Thriving Series, participants will learn tools and resources to help them make wise choices about their money.

- **New: Vaping: E-Cigarettes and JUUL- What You Should Know:** As part of our Health Awareness Series, participants will become aware of the surge in usage of e-cigarettes and JUUL among youth and what can they do to combat and prevent this dangerous practice.

- **New: Life Happens! Understanding Teen Changes:** Participants will become aware of the four developmental changes students face throughout the school years and learn how to help students during these changes.

- **New: HISD 101: Fundamental Resources for Parents:** Participants will get an overview of key resources and programs available for them to support learning at home.
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A Parent’s Lens: Parent-Teacher Conferences: Participants will be able to maximize parent-teacher conferences by learning:
- What to expect at a parent-teacher conference.
- What to do before, during and after a parent-teacher conference.
- Importance of school attendance.

Math Literacy: Learn strategies to help support math problem-solving skills at home using activities that promote developing understanding to start mastering math concepts.

Literacy at Home: Learn strategies to help support reading and writing at home using activities that promote developing understanding reading, writing, and comprehension skills to start mastering literacy concepts.

Books Alive! Families learn Read Aloud strategies using everyday objects, tone, manipulatives, and differentiated level questions to change outcomes, make predictions and engage in retelling stories. These activities promote higher level thinking, problem-solving, listening, reading, oracy, and writing skills.

Back to the Future: Music & Movement Games: Families will participate in a variety of games and activities taking a trip down memory lane and play old-school indoor and outdoor games via the use of music and manipulatives. These activities will promote hand-eye coordination, problem-solving skills, both gross and fine motor development, coordination, and health awareness while having fun!

Your Story, My Story, Our Story: The Power of Oral Storytelling: Families will be guided to share their stories of perseverance, grit, and testimony to their children using oral storytelling strategies such as oral preparation (voice, body language, audience, characters, pacing) and story preparation (story selection, plot, and dynamics). These activities promote listening, speaking, reading, writing and critical thinking skills.

Affirmations! Our Words & Actions: Families learn fun and intentional strategies from Love & Logic, PBIS, and Logical Consequences models to help build students’ self-esteem while encouraging desired behavior and promoting a strong positive parent-child/adolescent relationship. Parents will leave with activities to implement right away.

People & Places: Sharing Our Culture: Participants will learn and share their cultural rituals, songs, chants, nursery rhymes, and compile into a story to share with their children. These activities will not only promote unity among the community, but it will encourage cultural awareness and sensitivity to others via fun and engaging traditions.