

Parents' University

09 SEPT TUESDAY <i>Kindergarten</i> Separation without Anxiety	30 SEPT TUESDAY <i>Middle & High School</i> Contextualised Learning: What Meaningful Learning Looks Like at Home	02 OCT THURSDAY <i>Kindergarten</i> Discipline at Home	09 OCT THURSDAY <i>Whole School</i> Learning at ITJ	14 OCT TUESDAY <i>Whole School</i> Your Children Are Not Born with a CHIP... You Put It In
21 OCT TUESDAY <i>Kindergarten</i> How We Learn to Read and Write in Kindergarten	28 OCT TUESDAY <i>Elementary</i> The power of Reading	11 NOV TUESDAY <i>Whole School</i> Life After 40	25 NOV TUESDAY <i>Middle & High School</i> Learning and Assessment in the IB	02 DEC TUESDAY <i>Whole School</i> How to Talk as a Couple to Raise Children Better

13
JAN

TUESDAY
Middle & High School

Risk Prevention

15
JAN

THURSDAY
Kindergarten

How We Learn Mathematics in Kindergarten

20
JAN

TUESDAY
Elementary

Sexuality (Years 1 to 5)

27
JAN

TUESDAY
Elementary

Pre-adolescence: Resilience in Challenging Environments

10
FEB

TUESDAY
Kindergarten

I take care of Myself

12
FEB

THURSDAY
Middle School Elementary

Supporting My Children's Emotional Development to Prevent Bullying

17
FEB

TUESDAY
Elementary

Making Maths Relevant

24
FEB

TUESDAY
Middle & High School

The Art of Being Present as Parents

03
MAR

TUESDAY
Whole School

Learning at ITJ

10
MAR

TUESDAY
Whole School

Suicide Prevention

24
MAR

THURSDAY
Whole School

Activate Your DOSE (Dopamine, Oxytocin, Serotonin, Endorphins)

14
APR

TUESDAY
Upper Elementary Middle School

Teenage Brain: Understanding Your Child

05
MAY

TUESDAY
Kindergarten Lower Elementary

Respectful Parenting: Creating Connection with Boundaries

19
MAY

TUESDAY
Elementary 5^o & 6^o Middle School

Anxiety and Mental Health in Teenagers

09
JUN

TUESDAY
Kindergarten Lower Elementary

Independence and Autonomy

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- **Separation without Anxiety – Led by Alejandra Díaz**

Strategies to make farewells and adaptation to new environments, such as starting kindergarten, a calm and positive experience for both children and parents.

- **Contextualised Learning: What Meaningful Learning Looks Like at Home – Led by Mario Londoño**

Practical advice for supporting Middle & High School students at home, connecting school learning with everyday experiences to make it more relevant and engaging.

- **Discipline at Home – Led by Daniela Lucero Flores**

Practical tools for setting clear, consistent, and positive boundaries at home, encouraging self-regulation and respect in children.

- **Learning at ITJ – Led by Ceci Saucedo**

An overview of how learning takes place at ITJ, the methods and strategies we use, and how families can best support the process.

- **Your Children Are Not Born with a CHIP... You Put It In – Led by Armando Novoa**

A reflection on the parents' role in setting limits and forming habits that help children grow into secure and responsible individuals.

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- **How We Learn to Read and Write in Kindergarten – Led by Gina Cruz**

An insight into the process of literacy development at ITJ, showing how these skills are nurtured in a natural and engaging way.

- **The Power of Reading – Led by Miriam Guillen**

The importance of reading for children's academic and emotional growth, and simple ways to encourage a love for reading at home.

- **Life After 40 – Led by Lucila Cabáñez**

A look at the psycho-emotional changes that often occur after 40 and how they may affect family dynamics, with strategies to navigate them positively.

- **Learning and Assessment in the IB – Led by Paul McLean & Omar Álvarez**

An explanation of how learning and assessment work in the International Baccalaureate programme, helping parents understand the process and its aims.

- **How to Talk as a Couple to Raise Children Better – Led by Manuel Hernández**

Communication tools for couples to stay aligned in parenting, avoiding mixed messages and strengthening teamwork at home.

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- **Risk Prevention**

Guidance on identifying physical, social, and digital risks faced by adolescents, and how to prevent them within the family setting.

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- **How We Learn Mathematics in Kindergarten – Led by Karla De la Peña**

A presentation of the playful and practical approach we use to develop mathematical thinking in young children.

- **Sexuality (Years 1 to 5)**

A session designed for primary students, guiding them and their parents through sexuality education in a respectful and age-appropriate way.

- **Pre-adolescence: Resilience in Challenging Environments – Led by Mayra Acosta**

Strategies to help children face pre-adolescence with emotional tools that allow them to adapt to social challenges confidently.

- **I Take Care of Myself – Led by Daniela Lucero Flores**

Fun and practical activities for teaching kindergarten children about physical and emotional self-care.

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- **Supporting My Children's Emotional Development to Prevent Bullying – Led by Gabriel Perea**

How to strengthen children's emotional intelligence to reduce the risk of bullying and promote healthy relationships.

- **Making Maths Relevant – Led by Mauricio Soto**

Ways to make mathematics meaningful and applicable to real life, motivating children to enjoy and value what they learn.

- **The Art of Being Present as Parents – Led by Liliana Zúñiga**

A reflection on the importance of mindful presence in the relationship with children, and how quality time strengthens family bonds.

- **Learning at ITJ – Led by Ceci Saucedo**

A second opportunity to learn about ITJ's educational methodology, ensuring the whole school community understands our holistic approach.

- **Suicide Prevention – Led by Sulema Rojas Román**

How to identify warning signs early and provide timely support to prevent suicide among young people.

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- **Activate Your DOSE (Dopamine, Oxytocin, Serotonin, Endorphins) – Led by Martha Tapia**

Practical techniques and habits to naturally boost these “happiness chemicals” and improve emotional wellbeing.

- **Teenage Brain: Understanding Your Child – Led by Lucía Hefferan**

A session explaining the neurological changes in adolescence, helping parents better understand their child's behaviour and improve communication.

- **Respectful Parenting: Creating Connection with Boundaries – Led by Roxsana Lozano & Daniela Lucero**

Strategies for building a close and respectful relationship with children while maintaining clear and consistent limits.

- **Anxiety and Mental Health in Teenagers – Led by Claudia Enríquez**

How to recognise early signs of anxiety and mental health issues in adolescents, with guidance on how families can offer support.

- **Independence and Autonomy – Led by Ligia Olmedo**

Helping children progressively develop independence and responsibility in a safe and supportive way.