

# AP-OD Family Connections

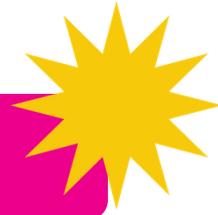
## Message from AP-OD

In moments when families may feel uncertainty, your presence, your voice, and your leadership matter more than ever. Children look to the adults in their lives for reassurance. Through everyday routines, conversations, and acts of care, you are already creating safety and stability.

In this issue, we acknowledge the power of connection and the strength that already exists in families and communities. From Jennifer's story of leading in her community to practical tools for talking with children about their fears, we are reminded that strong families are built in small, consistent moments. Listening, caring for one another, and staying engaged are powerful acts of leadership.

As you read, we invite you to reflect on the ways you are shaping your family's sense of safety and belonging. Together, we continue building resilient families, connected communities, and hopeful futures, one step at a time.

## AP-OD Parent Spotlight



### Leading with Safety and Community

Jennifer, a lifelong New Yorker now raising her two daughters in Brooklyn, is intentional about building the kind of neighborhood life she wants for her children—one rooted in trust, connection, and safety.

Having grown up in city housing where safety was often a concern, Jennifer is determined to create a different experience for her girls.

***"We try to give our girls more of what we didn't have. If they see me volunteering and showing up, hopefully they'll pay that forward."***

By staying engaged, knowing her neighbors, and teaching her daughters to speak up and look out for others, Jennifer models everyday leadership—proving that strong families help create safer, stronger communities.

# Tip of the Month



## Creating Safety Through Connection

In moments of uncertainty, children look to the adults in their lives for guidance and reassurance. As a parent and leader in your family, you already have powerful tools:

-  **Listen with care** and invite your child to share what they're feeling.
-  **Validate their emotions**, reminding them that it's okay to feel scared sometimes.
-  **Model calm and problem-solving**, showing how your family works through challenges together.



These small, intentional conversations build trust, strengthen resilience, and help children develop confidence in themselves and in the caring adults around them.



We invite you to watch [PBS KIDS Talk About: Scary Things](#) from PBS KIDS with your child to get the conversation started. The video features real families talking about fears and how open conversations help children feel safe and supported.

You can continue building on those moments of connection with resources from Sesame Workshop:



### Beautiful ME

Encourages self-worth and confidence



### Giving Yourself a Hug

A gentle tool for self-soothing



### Learning How to Count, Breathe, Relax

Teaching calming techniques families can do together



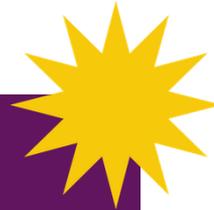
### Crayon Power

Uses creativity to help children express big feelings

February 27, 2026



# Upcoming Events and Workshops



**Brazelton Touchpoints Center Parenting While Black Series**  
**Episode 4: Supporting Black Children's Agency and Self-determination**  
Monday, March 2, 2026 | 3–4 pm EST/ 12–1 pm PST

In this conversation, we will focus on practical frameworks and strategies that support Black children's self-determination and how we as adults can cultivate environments where our children develop strong senses of agency.

[Register](#)

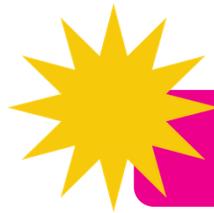


**AI & Youth Safety: What Happens When Tech Talks Back Presented by [Operation Parent](#)**  
Tuesday, March 31, 2026 | 1:00 pm EST

Explore how kids use AI, from chatbots to digital companions, and what it means for their safety, emotions, and development. Dr. Michael Robb of Common Sense Media shares research and practical tips for talking with kids about AI in honest, age-appropriate ways that build critical thinking instead of fear. Live captions will be available in English and Spanish.

[Register](#)

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## Community Building

### Share Your Story and Help Us Celebrate Families

Every family's experience carries lessons. Your story matters, and what you've learned can help another family feel seen, supported, and encouraged.

We invite you to share your AP-OD story. How has the program shaped your family, your goals, or your leadership journey? What changes have you noticed at home or in your community? What would you want other parents to know?

**Families whose stories are selected will receive a \$50 gift card as a thank you for sharing your experience.** When families share their voices, we all benefit from connection, inspiration, and shared wisdom.



Ready to share? Submit your story [here](#).

Prefer to talk it through first or have questions? Connect with us at [info@ap-od.org](mailto:info@ap-od.org). We're here to support you in sharing your story in a way that feels comfortable and meaningful.



**Saying** "Every step, no matter how small, brings us closer to the goal."