

AP-OD Family Connections

Message from AP-OD

In a time when so many families are facing stress, uncertainty, and unexpected challenges — from emergencies to everyday hardships — we want to remind you: you are not alone. At AP-OD, we continue to stand with you, offering support, community, and trusted tools to help you care for yourself and your loved ones.

Last month, we shared our [2025 Summer Resources Guide](#), packed with ideas for joyful learning and connection. This month, we're turning to resources that help us nurture emotional well-being because feeling safe, heard, and loved is just as important as summer fun.

Whether you're navigating a crisis or simply holding your family close, know that small acts of care make a big difference. Together, we're building strength, healing, and connection one moment at a time.

Parent Spotlight



“My family's number one rule is, being fortunate means being able to help others. I feel if we all thought like that of some sort, our world just might be OK one day. And that's all I really want for the champions of my future. My children!”



—Alexandra A., New Mexico mother of 3



Tip of the Month

Supporting You and Your Child in Tough Times

Emergencies, whether a natural disaster, community crisis, or personal hardship, can be scary and confusing for young children. But even in uncertain moments, families can be a powerful source of calm, comfort, and healing.

This month, we're highlighting trusted resources from Sesame Workshop to help parents and caregivers support their little ones through difficult experiences with love and understanding.

Here's what you can do:



Create a sense of safety: Reassure your child that they are safe and loved. Keep routines whenever possible and offer extra hugs and quiet time.



Talk about feelings: Help your child name their emotions with simple words like "scared," "sad," or "confused." Let them know it's okay to feel that way — and that you're there to listen.

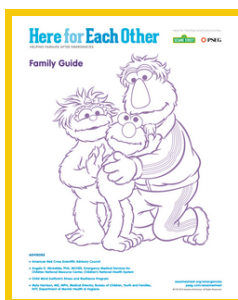


Care for yourself, too: Children notice when the grown-ups in their lives are overwhelmed. Take small moments to breathe, rest, and connect with others. Your calm helps them feel secure.

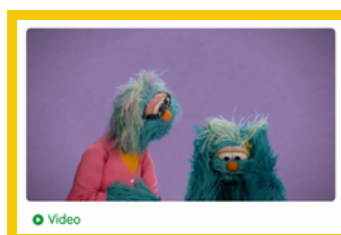


Use story and play: Reading, drawing, or playing together can help children express what they're feeling in a safe way.

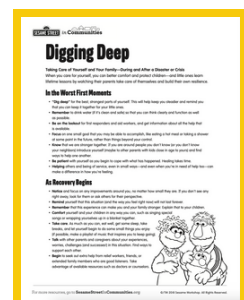
Explore these resources from Sesame Workshop:



**Here for Each Other
Family Guide (Printable)**



**Here for Each Other
Video Segments**



**Self Care: During
& After a Crisis**

July 15, 2025



Upcoming Events and Workshops



Bimonthly Parent & Facilitator Power Sessions: Conversations with AP-OD

August 26, 2025 | 11am PT | 12pm MT | 2pm ET

We will share valuable insights, engage in thoughtful discussions, and highlight the latest topics impacting our community.

Spanish interpretation available

Register

Community Building

Summer Challenge Reminder: Share the Moments That Matter Most

Even during uncertain times, there are small moments that bring us comfort, connection, and joy — reading a favorite book, cooking a family meal, or simply enjoying time together.

That's what our **#APODSummer Challenge** is all about. For the month of July, we invite you to share a photo of a meaningful summer moment with your child — especially those that reflect care, comfort, or connection. Whether you're using our [2025 Summer Resources Guide](#) or simply creating calm in your own way, we'd love to see it!

Tag us @ap_od_national with #APODSummer

Let's show how AP-OD families care for one another, and are always here for each other. Your photo could be featured in our next newsletter or on social media!



Closing Saying "We're stronger when we stand together."