



AP-OD Family Connections

Message from AP-OD

As we head into the final stretch of summer, we're reminded that some of the most powerful lessons happen in the smallest moments — reading a book together, counting steps on a walk, or sharing stories at the dinner table.

In this issue, we're celebrating the everyday ways families grow, learn and connect. Whether it's through playful conversations, caring routines, or simply being present, these moments help build a foundation that lasts a lifetime.

We're also sending out one last call for the **#APODSummer Challenge!** We invite you to share yours before the month ends.

Thank you for all the ways you show up, connect, and lead as a family. The love and learning you build together today will echo for generations to come.

Parent Spotlight



Angelica is a proud mother of three and recent AP-OD graduate! She joined the program with her husband in search of support for their son. Through AP-OD, Angélica says she discovered powerful ways to connect more deeply with her children. She shared that one of the greatest takeaways was learning how to build trust through open conversations and create routines that promote responsibility and family unity.

"Every lesson mattered," she said; a reminder that small, intentional actions can transform a family's path forward.



Tip of the Month

Turn Everyday Moments into Lifelong Learning

You don't need special tools or extra time to support your child's development — the everyday things you already do together are full of learning. Whether you're cooking dinner, folding laundry, or walking to the store, everyday routines are filled with opportunities to help your child grow. Talking, counting, observing, and playing during these regular activities helps build language, problem-solving, and social-emotional skills — all while building a stronger bond.



Try this:

While brushing teeth, ask your child, "What else do we do every day to take care of ourselves?" or while setting the table, count how many forks you need and talk about who each one is for.

Want more easy tips like these?

✔ Download the free [Vroom app](#) for fun, brain-building activities.

✔ Or sign up to receive personalized tips by text once a week:

- Text **DOOR** to 48258 for English
- Text **PUERTA** to 48258 for Spanish



When we learn together as a family, we build skills, connection, and confidence that last a lifetime.



July 30, 2025



Upcoming Events and Workshops



Parent & Facilitator Power Sessions: Conversations with AP-OD

Did you know AP-OD hosts bi-monthly Power Sessions for parents and facilitators? These 45-minute sessions are your space to connect, share, and grow with our vibrant AP-OD community.

What to expect:

- Practical tools to support your child's success
- Updates from AP-OD and fellow facilitators
- Real conversations that celebrate family voices
- Connection with a nationwide network



Next Session: August 26, 2025 at 11am PT/ 12pm MT/ 2pm ET

[Register Here](#)



Community Building

LAST CALL: #APODSummer Challenge!

Summer is flying by, but there's still time to share your favorite summer moments! For the last days of July, we invite you to share a photo of your favorite summer moment — reading a book, enjoying the outdoors, cooking together, or using our [2025 Summer Resources Guide](#).

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!

Stay connected with us all year long:

[Instagram](#) | [Facebook](#) | [TikTok](#)



Closing Saying "What we learn as a family lasts a lifetime."