

August 15, 2025



# AP-OD Family Connections

## Message from AP-OD

Back-to-school season is here! A time full of new beginnings, learning, and growth. For young children, whether they are starting daycare, preschool, or school for the first time, these transitions can bring both excitement and anxiety. And for parents, it can feel like a big adjustment too.

At AP-OD, we believe that families thrive when they have the right tools and support. That's why this issue is dedicated to helping you and your child navigate back-to-school with confidence. Inside, you'll find tips for creating smoother morning routines along with other trusted resources to support families during these transitions.

Together, we can make this season not just about getting ready for school — but about building resilience, confidence, and joy in learning.

## Parent Spotlight



Javier Dominguez, a proud father of four from New York City, joined AP-OD after his wife encouraged him to give it a try. At first hesitant, Javier quickly realized the program offered more than parenting tips — it gave him patience, perspective, and a community to learn and grow with. One of his biggest takeaways was the importance of time and presence with his children:



***“The moment I get home, I disconnect from everything else and give my kids the attention they need — whether it’s homework, listening, or just playing. That’s changed not only my world, but the bond I share with my family.”***



From healthier routines to limiting screen time, Javier now sees himself not just as a parent, but as a role model and leader for his children’s future.

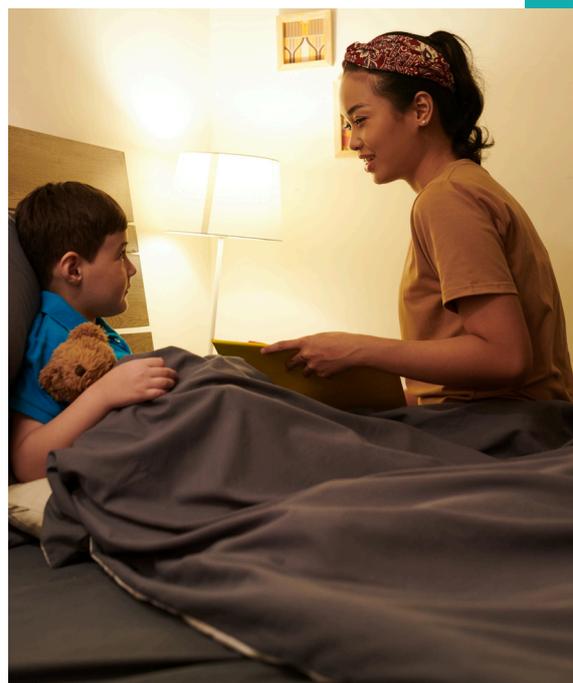


## Tip of the Month

### Smoother School Mornings Begin the Night Before

Back-to-school mornings don't have to feel rushed. A few simple changes the evening before can turn daily chaos into a calm routine:

-  **Prep what you can ahead of time** — lay out clothes, pack lunches, and set breakfast items ready the night prior. This helps everyone start the day with ease.
-  **Set consistent bedtimes and wake up a bit earlier**, if possible. A more rested household means plenty of time for morning peace.
-  **Start the day with positivity** — play cheerful music, share encouraging words, or try a family high-five to set the tone.



Every family's rhythm is unique — try one or two strategies and see how they transform your mornings.

You can access [Supporting Young Learners Every Step of the Way](#) — featuring this full blog and other helpful back-to-school resources.



August 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.

[Register](#)

## Community Building

### Share Your Best Back-to-School Tips!

Every family has little tricks that make the back-to-school transition smoother — whether it's a specific bedtime routine, a favorite breakfast that gets kids out the door, or a ritual that eases those first-day nerves.

We'd love to hear from you!

**Share your tried-and-true back-to-school tip** (with or without a photo) and tag us [@ap\\_od\\_national](#) on [Instagram](#) or [Facebook](#). Use the hashtag **#APODBacktoSchool** so our community can learn from your wisdom.



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