

October 15, 2025



AP-OD Family Connections

Message from AP-OD

As we reflect on Hispanic Heritage Month, we honor the families who carry culture forward every day, through stories told at bedtime, recipes passed down with love, and songs sung together at home. Our heritage is more than history; it's a living legacy built through connection, learning, and pride.

At AP-OD, we're inspired by parents and caregivers like you who nurture that legacy with every conversation, tradition, and act of love. Together, we celebrate the strength, resilience, and beauty of our community; this month and always.



AP-OD Parent Spotlight

Darlyn, a proud Honduran mother of five from Richmond, Virginia, recently completed the AP-OD program. Over ten weeks of learning and connection, she discovered new ways to support her children and gained confidence as a parent.



"I learned many things. They touched on many topics that were helpful to me and my family, and most importantly, I felt safe."



Her story reflects the spirit of Hispanic Heritage Month as a celebration of community, culture, and the power of parents learning from one another and growing together.



Tip of the Month



Celebrate Culture Through Art, Music, and Family Traditions

As Hispanic Heritage Month comes to a close, it's the perfect time to reflect on all the ways we can celebrate our culture year-round. One of the most powerful ways to help children connect with their roots, or learn about others', is through creativity and hands-on experiences that spark curiosity and pride.

Try this: Choose one simple activity to do together this week. Make colorful papel picado, create a family heritage tree, cook a favorite family recipe, or dance to your favorite Latin music. These small, joyful moments help children see culture not just as history, but as something alive and growing within them.

Each activity is an opportunity to talk, share stories, and celebrate who you are as a family.

Visit our blog for more fun, family-friendly ideas:



[Explore the blog](#)

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Upcoming Events and Workshops



Join our partner, Brazelton Touchpoints Center, for Parenting While Rising to Child Developmental Challenges Series: Holding On to Hope and Confronting Grief

October 20, 2025
3 pm ET | 12 pm PT

Families of children with serious medical and developmental challenges face complex systems of care while carrying deep emotional weight. Join to hear Lori Ann share her daughter's story, and her own evolving insights, and advocacy journey.

Spanish language translation and captioning available.

[Register](#)

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Community Building

Celebrating Our Legacy

We thank you and everyone who joined us in celebrating Hispanic Heritage Month, and encourage you to continue celebrating the roots, values, and stories that strengthen our families. Our culture lives on in every word, song, recipe, tradition, and language we share with our children.

We invite you to reflect and share:

What legacy do you want to pass on to your children?

Post your response (a photo, story, or short reflection) and tag us @ap_od_national with #APODHeritage.



Closing Saying “We are all a part of one another’s story — bound by love, tradition, and shared hope.”

— Sonia Sotomayor