

AP-OD Family Connections

Message from AP-OD

At AP-OD, we understand that parenting today comes with unique challenges, especially around technology. In today's world, screens are everywhere, but research shows children learn best from real-life experiences and what they see around them. As parents and caregivers, how we use technology sends powerful messages. By modeling balanced screen habits, setting clear limits, and engaging with children intentionally, we help them develop healthy digital habits that support learning, relationships, and well-being. AP-OD's goal is to support families in creating strong bonds, healthy routines, and safe, positive digital habits. That's why we'll be sharing resources on our social media from our friends at Sesame Street in Communities that help parents guide their children through the challenges and opportunities technology presents.

Remember: You are your child's first and most influential teacher. Your guidance, presence, and example matter more than any rule. Every screen-free moment you share builds connection, trust, and lifelong skills for your child.



AP-OD Parent Spotlight

Angélica, a proud AP-OD graduate, shared how the program helped her family grow closer and more intentional. One key takeaway for Angélica was learning how to guide her children's use of technology with care and awareness. She now helps them use technology safely while also prioritizing moments that build responsibility, bonding, and love at home.

"I felt supported and strong. Everything we learned was so important for our family," she shared.



Tip of the Month

Helping Families Build Healthy Digital Habits

Parents want their children to feel connected to family, friends, and the world around them. Technology can be a great tool for connection when used with purpose and care. Helping children understand how and when to use screens builds lifelong habits that support their learning, relationships, and well-being.



Check out these short videos from **Sesame Street in Communities** to help your family find balance and joy in screen time:

Making Connections



Learn how children can use screens as a tool for connection

Switch It! Routine



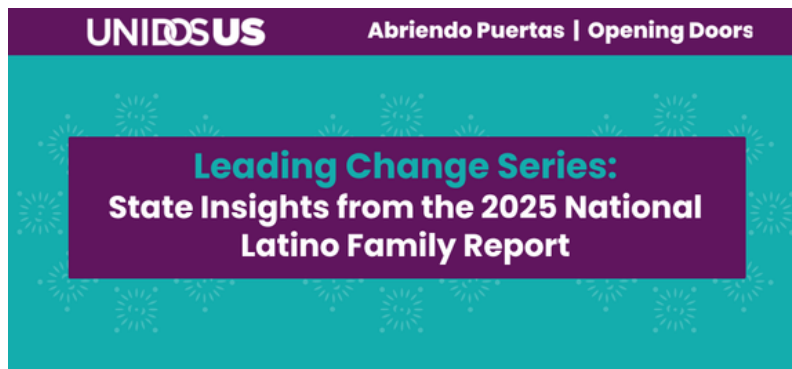
Learn a simple way to help children manage big feelings when it's time to turn off screens.

Every small step counts. When we guide our children with love and consistency, we help them grow healthy relationships with others and with technology.

October 30, 2025



Upcoming Events and Workshops



Leading Change Webinar Series: State Insights from the 2025 National Latino Family Report

Join AP-OD and UnidosUS for a four-part series highlighting findings from the [2025 National Latino Family Report](#) with state-specific data from:

November 5, 11 am PST: Leading Texas into a Brighter Future

November 19, 11 am PST: New Mexico

December 3, 10 am PST: Florida

December 10, 11 am PST: Los Angeles County

Live Spanish interpretation will be available.

Register

October 30, 2025



Community Building

Screen-Free Family Challenge

For the month of November, we invite families to take part in our **#APODScreenFreeChallenge**! Choose one time each day to turn off screens and do something fun together, like read a book, cook, dance, or play outside.

Share a photo of your favorite screen-free moment and tag us **@ap_od_national** with **#APODScreenFreeChallenge**.

As a community, let's inspire each other to create meaningful moments, no screens required!



Closing Saying "The future belongs to those who prepare for it today. "