

AP-OD Family Connections

Message from AP-OD

This season reminds us of the power of gratitude, both in our families and in our communities. We are grateful for the parents, caregivers, and partners who make our work possible. Your strength, love, and dedication inspire us every day.

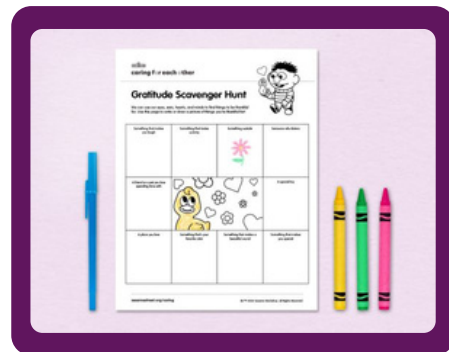
Gratitude grows when we practice it together. **Sesame Street in Communities** offers simple, joyful activities that help families slow down, connect, and notice the good around them:

Exercising Your Gratitude Muscle



A short activity to help children build the habit of recognizing moments, people, and experiences they appreciate.

A Gratitude Scavenger Hunt



A playful way for families to discover things they're thankful for right at home or in their community.

As we head into the holiday season, we invite you to take a moment with your family to reflect on something big or small that brings you joy. Together, we can nurture gratitude, connection, and hope, one moment at a time.

AP-OD Parent Spotlight

Be a Voice for Families!

At AP-OD, parents and caregivers are at the heart of everything we do. Through our National Parent/Caregiver Co-Creation Advisory Group, families from across the country share their voices, ideas, and lived experiences to help shape AP-OD's program, materials, and outreach.



Members of the group meet monthly in bilingual (English/Spanish) Zoom sessions to share insights on what families need most and how AP-OD can continue supporting parents as leaders in their homes and communities. Check out our blog ["A Year of Growth and Collaboration: Celebrating the Achievements of the AP-OD National Parent & Caregiver Co-creation Advisory Group"](#) to read about some of the amazing work the group has done!

Are you an AP-OD parent graduate? Your voice can uplift families, strengthen communities, and inspire change nationwide. We'd love to hear from you!

Fill out the interest form to be part of the 2026 Advisory Group



Tip of the Month

Strengthening Relationships Through Everyday Moments

Every moment with your child is a chance to connect, communicate, and grow together. When you describe what your child is doing, imitate their play, reflect on their words, and enjoy time together, you show them that their thoughts and feelings matter. These small actions help your child feel safe, confident, and loved.

Watch this short and inspiring video that shows how these simple interactions come to life at home:



The Importance of Parents as Role Models — Strengthening parent-child connection through everyday moments.

Explore more short videos from Sesame Street in Communities to see how you can use everyday interactions to build strong, loving relationships:



Parenting Moment: Describing — Support language and learning by talking about what your child is doing.



Parenting Moment: Imitating — Join your child's play to show that their ideas matter.



Parenting Moment: Reflecting — Help children feel heard and understood by repeating or rephrasing what they say.



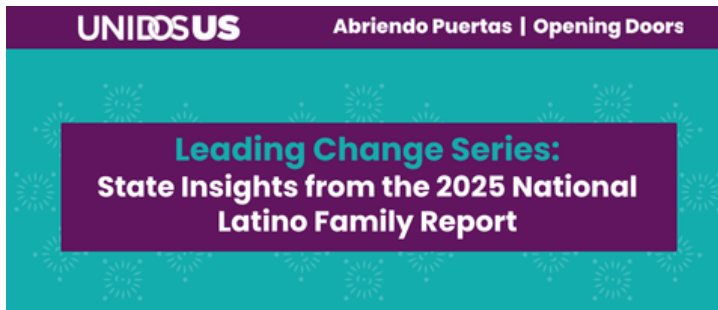
Parenting Moment: Enjoying — Celebrate the joy of simply being together.

When we connect with our children through everyday routines, we help them build trust, confidence, and a lifelong love of learning.

November 25, 2025



Upcoming Events and Workshops



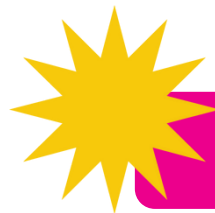
Leading Change Webinar Series: State Insights from the 2025 National Latino Family Report

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

December 10, 1 pm PST / 4 pm EST: Los Angeles County

Live Spanish interpretation will be available.

[Register](#)



Community Building

Support for Families in Need

We believe no family should face hard times alone. Whether it's food insecurity, unexpected costs, or other basic-needs challenges, strength comes from connection, and community makes all the difference.

Explore our latest blog, "[Resources to Support Families with Food and Basic Needs](#)" which offers a helpful guide with a list of trusted programs and services across Los Angeles County. It includes:

- Ongoing food pantries and fresh-produce distributions
- One-time pop-up events offering free meals, essential items, and groceries
- Easy-to-use search tools to find help when you need it

Consider sharing this guide with your friends, neighbors, and fellow caregivers so no one misses a chance to receive help. Together, we build a community where families feel supported, connected, and hopeful.



Saying "Gratitude unlocks the fullness of life. It turns what we have into enough, and more." -Melody Beattie