

November 15, 2025



AP-OD Family Connections

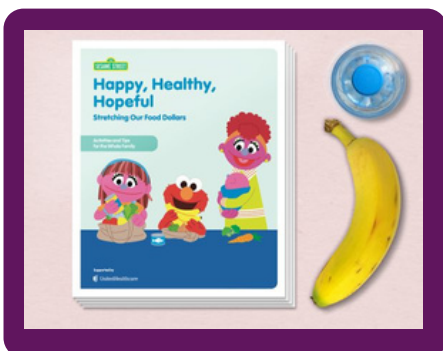
Message from AP-OD

Standing together matters now more than ever. We are honored to stand alongside families and partners who share hope, strength, and the resources that make a difference every day. Thank you for being part of this community of care and compassion.

Many families are currently experiencing hardships such as food insecurity, housing challenges, or other unexpected needs. You are not alone.

Here are some resources from our partners at **Sesame Street in Communities** that may help support children and families who may be experiencing food insecurity:

Happy, Healthy, Hopeful Activity Book



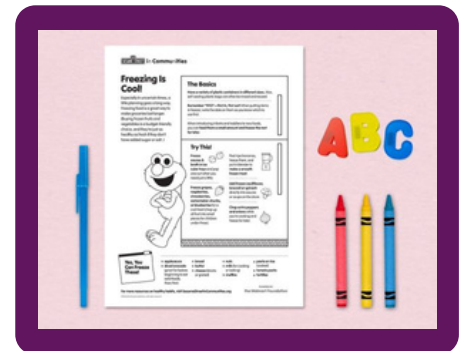
Tips and activities to help families build healthy relationships with food.

Eating Well on a Budget



Simple, nutritious meal ideas that fit every family's budget.

Freezing is Cool



Creative ways to prepare and preserve healthy foods.

For local resources like food pantries, housing, employment, health services, or other social supports, check out findhelp.org.

Together, we can create a network of care where every family feels supported, nourished, and hopeful. Thank you for being part of this journey and for sharing it with your children, your family, and your community.

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

Guiding Children to Use Technology with Purpose

Technology is part of daily life and families thrive when they use it in ways that reflect their values. By setting routines, modeling positive choices, and staying curious, parents show their children how to use technology to connect, learn, and grow.

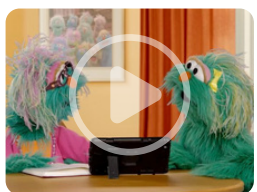
Explore these inspiring videos from Sesame Street in Communities to keep the conversation going at home:



C is for Choices — Discover how making small choices together can build healthy screen habits.



Bring the Energy — See how patience and positivity can make screen-time transitions smoother.



Talk About It — Turn what your family watches into meaningful conversations and learning.



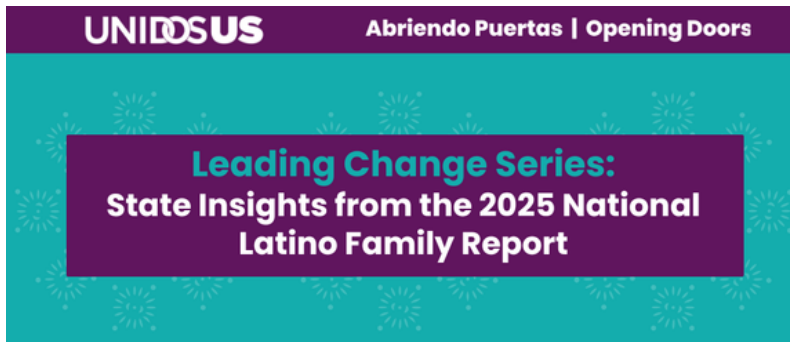
Learn Along the Way — Keep learning together as technology and family needs evolve.

When families talk, share, and learn about technology together, children see that technology isn't just about screens—it's about connection, creativity, and care.

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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 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](#)



Community Building

Honoring Veterans and Their Families

At AP-OD, we believe strong families build strong communities. This month, we honor our veterans and military-connected families whose courage, care, and resilience inspire us all.

Sesame Workshop's [Veterans Resources](#) offer free bilingual tools to help families navigate life transitions and strengthen connections. Explore short videos, printable activities, and articles designed to help parents and young children grow together through change.



Saying "Unity creates strength."