

# AP-OD Family Connections

## Message from AP-OD

As we begin a new year, we want to take a moment to reflect on the strength, dedication, and love that parents and caregivers bring to their families every day. At AP-OD, we are inspired by you and your commitment to your children, your communities, and to building a brighter future together.

As we move into this next chapter, AP-OD remains dedicated to walking alongside you — offering tools, resources, and spaces where parents' voices lead the way. Together, we will continue to strengthen families, uplift communities, and create opportunities for children to thrive. We look forward to another year of learning, connection, and shared success.

## AP-OD Parent Spotlight



### Be a Voice for Families — There's Still Time to Join!

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 programs, materials, and outreach.

Members meet monthly in **bilingual (English/Spanish) Zoom sessions** to offer insight on what families need most and how AP-OD can continue supporting parents as leaders in their homes and communities. To honor the time and expertise of parents and caregivers, a stipend will be provided for participation in each scheduled monthly, one-hour virtual meeting.

**There's still time to participate!** The first meeting of the year will be on January 28 at 3:30 pm PT, and we would love to welcome new parent leaders from across the country.

**Are you an AP-OD parent graduate?** Your voice can uplift families, strengthen communities, and inspire change nationwide. [Fill out the interest form to be part of the 2026 Advisory Group.](#)



## Tip of the Month



### Create a Family Plan to Reach Your Dreams

The beginning of a new year is a natural time to reflect, set intentions, and think about what we hope for our children and families. But it's also important to remember that **there is no "perfect" time to start, any moment is the right moment to take a step forward.**

This month, we invite you to use our Family Plan to Reach Our Dreams printout, a simple reflection tool that is used during Session 1 of the AP-OD curriculum, that helps turn your hopes into meaningful action. It walks families through four easy steps:

- 1 Your Dreams for Your Children** — Name what you hope for their education, happiness, health, and future.
- 2 Your Family Goals** — Turn dreams into clear, achievable goals that reflect your family's values.
- 3 Your Support System** — Identify the people, programs, and community resources that support your family.
- 4 Your Next Step** — Choose one small action you can take now to move closer to your dreams.

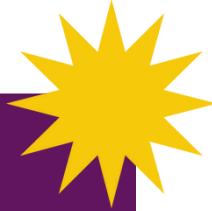
**Remember:** you are your child's first and most important teacher. Every choice you make and every routine you create helps open doors of opportunity for your children. [\*\*Download and use the Family Plan printout with your family this month.\*\*](#)

[\*\*Download the Family Plan printout\*\*](#)

January 15, 2026



# Upcoming Events and Workshops



## Setting And Reaching Financial Goals In 2026

January 21, 2026 | 3:00 pm ET / 12 pm PT

Setting financial goals is one thing, reaching them is another – especially when “life happens!” Join this workshop to learn how to be sure the financial goals you are setting are realistic and achievable, how to be prepared for what may attempt to derail your progress, and strategies to keep you moving forward. Hosted by [GreenPath Financial Wellness](#).

[Register](#)

**FREE WEBINAR**

NATIONAL CACFP ASSOCIATION

**Supporting Emotional Well-Being with SESAME WORKSHOP**

Monday, January 26  
2:00 pm - 2:30 pm Eastern

Presented by Antonio Freitas, MST



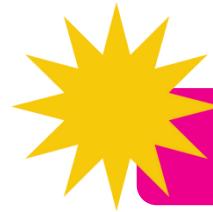
cacfp.org

## Supporting Emotional Well-Being with Sesame Street in Communities

January 26, 2026 | 2:00 pm ET / 11:00 am PT

Join Sesame Street in Communities to explore free resources that help children name big feelings, build healthy coping skills, and strengthen bonds with the caring adults around them. Hosted by [National CACFP Association](#).

[Register](#)



## Community Building

### We Want to Hear From You!

As we begin a new year, we want to thank you for being an important part of the AP-OD community and for reading and sharing this newsletter. Your ideas, experiences, and voices continue to guide and strengthen our work.

As we look ahead to 2026, we would love your input on the topics, resources, and stories that would best support your family and community in the year to come.



**[Click to share what you'd like to see in the 2026 issues of Family Connections](#)**



"A journey of a thousand miles begins with a single step"