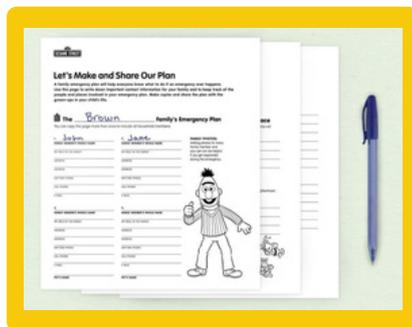


AP-OD Family Connections

Message from AP-OD

Families across the country are facing many challenges right now. From changes in our communities, unexpected events, and daily pressures can make life feel uncertain or overwhelming. For many families these challenges are part of everyday life. It's okay to feel tired, worried, or not to have all the answers. Finding ways to feel more grounded and supported can make a real difference. Preparation doesn't mean expecting the worst, it means giving yourself and your children reassurance. Whether you're planning for the unexpected or recovering from a difficult situation, children look to their parents and caregivers for calm, comfort, and guidance. Even simple conversations and small steps can help children feel safer and more secure.

Creating a family emergency plan together and packing an emergency kit can be meaningful ways to involve children, answer their questions, and remind them that their family is working as a team. Here are some family-friendly resources from Sesame Street in Communities and other family-serving organizations that make these steps feel manageable and supportive:



Make a Family Emergency Plan



Family Preparedness Toolkits

Remember, there is no “perfect” way to prepare. What matters most is showing your children that they are cared for, listened to, and protected.

Together, we can take small steps that build confidence, connection, and hope no matter what comes our way.



January 30, 2026



AP-OD Parent Spotlight

Share Your AP-OD Story

Every AP-OD family has a story worth sharing. Whether it's a small moment of growth, a new routine at home, or a leadership step you're proud of, your experience can inspire and support other families in our community. If you have participated in the AP-OD program, we'd love to hear from you! By sharing your story, you help lift up parent voices, celebrate community strength, and shape how AP-OD continues to support families nationwide.



Read [Angelica's story](#); a mother of three who shares how participating in AP-OD supported her growth as a parent and leader for her family, a great example of how everyday experiences can make a big impact.

Thank you for being part of the AP-OD community and for helping us highlight the power of families learning and leading together.

Are you interested in being featured? Share your story by filling out this short [form](#).

Tip of the Month

Healthy Habits for Lifelong Well-Being

Last month, we invited you to explore your family goals. One powerful area to build on this year is healthy habits.

Healthy habits are simple routines that help children grow strong, stay well, and learn how to take care of their own health over time.

Establishing healthy habits early can reduce the risk of illness and support your child's happiness and confidence. Good health involves more than just eating well — it includes movement, rest, hygiene, and emotional well-being too.





Tip of the Month

Here are some helpful resources from [Sesame Street in Communities](#) that you can use with your family:



Many Ways to Be Healthy — A fun guide to all the different ways families can stay healthy together; from food and movement to sleep, handwashing, and habits that help bodies and minds feel good.



Rethinking Rest — Tips and ideas to help children build routines around restful sleep, quiet time, and downtime, which are all essential ingredients for growth and well-being.

How you can use these with your family:

- ☀️ **Pick one healthy habit to explore together this week**, maybe a rest routine, a hand washing song, or a simple movement game.
- ☀️ **Keep it playful and encourage curiosity.** Children learn best when they enjoy the experience.
- ☀️ **Celebrate small wins.** Every step toward health is a step toward confidence and well-being.

Healthy habits don't have to be perfect, they grow over time, just like your children. Together, you are building routines that nurture body, mind, and heart.



Find more resources to help your family choose healthy habits that work for you on the [Sesame Workshops Healthy Habits topic page](#).

January 30, 2026



Upcoming Events and Workshops

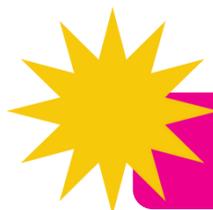


Parenting While Black Series Episode 1: AI, Social Gaming, and Social Media — Impacts on Black Children's Development

February 2, 2026 | 3–4 pm ET / 12–1 pm PT

This conversation will explore the promise and peril of Artificial Intelligence and social gaming technologies in Black children's lives. We will think together about the risks of digital spaces and how they may also foster connection. Hosted by the [Brazelton Touchpoints Center](#).

[Register](#)



Community Building

Help Guide Future Issues

If you haven't already, there's still time to share your input! As we plan for the 2026 issues of Family Connections, we'd love to know which topics, resources, and stories would be most helpful for your family and community.

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



Saying "Better safe than sorry."