

# AP-OD Family Connections

## Message from AP-OD

Children look to the adults in their lives for reassurance. Even during difficult moments, small acts—listening, staying connected, and offering comfort—help children feel safe and supported. There is strength in the routines you create, the conversations you share, and the love you show every day.

As families prepare for the unexpected or work toward recovery, being informed and supported can make a difference. Planning ahead, leaning on community resources, and asking for help when needed are all signs of resilience and leadership.

Together, we can continue building hope, supporting one another, and moving forward—one step at a time.

## AP-OD Parent Spotlight



***"Life right now is a challenge, and it doesn't seem to be getting any easier. But I think our mentality of really being there for our kids is what's going to help us get through the next several years and beyond."***

**— Hector, Father of one**



Read [Hector's story](#) about navigating fear, family, and resilience in immigrant communities.

# Tip of the Month



## Small Steps, Stronger Support

Standing together matters now more than ever. Many families are facing challenges like rising food costs or unexpected expenses—and you are not alone. Even small steps can help families feel more supported and hopeful.

Our partners at Sesame Street in Communities offer family-friendly resources to support food security and well-being:



**Happy, Healthy, Hopeful Activity Book** – Activities that help children build healthy relationships with food.



**Eating Well on a Budget** – Simple, nutritious meal ideas that stretch your budget.



**Freezing Is Cool** – Creative ways to save food and reduce waste.

For additional support, the **Financial Wellness Guide** from Mental Health America shares practical tips for managing money stress and planning ahead. Families can also find local resources—like food pantries, housing, and health services—through **findhelp.org** and **211.org**.

Together, we can create a community where families feel supported, nourished, and hopeful.



February 15, 2026



# Upcoming Events and Workshops



## **Brazelton Touchpoints Center Parenting While Black Series**

### **Episode 3: Afrofuturism as a Space of Black Parental Socialization**

Monday, February 23, 2026 | 3–4 pm ET / 12–1 pm PT

Join us for a conversation on Afrofuturism and how imaginative and creative work focused on Black liberation can empower our children. Together, we will discuss how art, storytelling, and thinking about Black liberation can create the vision and resilience needed to build toward transformation.

## **Brazelton Touchpoints Center Parenting While Black Series**

### **Episode 4: Supporting Black Children's Agency and Self-determination**

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

In this conversation, we will focus on practical frameworks and strategies that support Black children's self-determination and how we as adults can cultivate environments where our children develop strong senses of agency.

[Register](#)

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## Community Building

### Share Your Story — Help Us Celebrate Families

At AP-OD, the power of family stories helps us learn, grow, and strengthen our community together. Your experiences, challenges, and successes make a difference, not just for your family, but for others who are walking a similar path.

We invite you to share your AP-OD story; how the program has shaped your family, your goals, or your leadership journey. **If your story is selected to be published, you will receive a \$50 gift card.** When families share their voices, we all benefit from connection, inspiration, and shared wisdom.



Tell us your story [here](#).



**Saying** ""Where there's a will, there's a way.""