

April 1, 2026



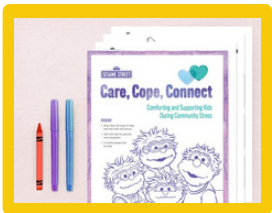
# AP-OD Family Connections

## Message from AP-OD

We know that many of you have been following the recent news about César Chávez, and that for many in our community, it has brought up deep pain, grief, and difficult questions.

We stand with those who have shared their experiences and believe in listening with care, honoring their voices, and supporting healing. We also continue to stand with the broader movement for farmworker justice, dignity, and the well-being of all families.

As we process this together, AP-OD remains committed to our core values: protecting children, uplifting families, and creating communities where everyone is safe, seen, and respected.



### Care, Cope, Connect.

If you are wondering how to talk to your children about what they may be hearing or feeling, our partners at **Sesame Workshop** offer a free, printable guide with parent tips and activities to help children feel safe and supported during difficult times.



If you or someone you know needs support, we encourage you to reach out to:

**RAINN National Sexual Assault Hotline** — 1-800-656-4673 (confidential, 24/7, available in Spanish) or Text "HOPE" to 64673

**Esperanza United** — a national resource addressing the challenges of gender-based violence, sexual assault, dating violence, and stalking.

We are here with you.

## AP-OD Parent Spotlight



### Starting Now

Edwin is a father of three daughters ages 1, 12, and 13. When he participated AP-OD, he came hoping to better support his youngest daughter's development. What surprised him was how simple meaningful learning could be. Empty paper rolls, handprint crafts, everyday objects transformed into moments of connection and play.

*"Because of the program, I was able to apply things that I wasn't able to apply with my older daughters — having more patience and understanding their developmental stages in detail."*

Edwin is candid about what it took to show up.

*"As a father, and perhaps because of my culture, we typically aren't involved. But if we want to be involved in our children's lives in the future, we need to start now."*

With encouragement from his facilitator, he began attending school meetings and raising his voice in decisions affecting his daughters; building a closer bond with all three in the process.

## Tip of the Month



### Building Your Child's Love of Reading — Right at Home

As we close out National Reading Month, we want to leave you with something simple and powerful: you don't need a lot of money, a big library, or a perfect reading voice to raise a reader. Learning happens anywhere, at any time, and your home is already full of opportunities.

## Tip of the Month



Here are a few ways to build literacy with your child every day:



**Visit your local public library.** Getting a library card is free, and it's an adventure. Let your child pick their own books, this gives them ownership and excitement around reading. Many libraries also offer free workshops and story times for the whole family.



**Create a home library.** It doesn't need to be a bookshelf. A cardboard box, a special drawer, or a basket works just as well. What matters is that your child has a place that belongs to them, where books feel special and accessible.



**Read or tell a story for at least 15 minutes a day.** Research shows that children who are read to or told stories for 15 minutes or more each day are significantly more likely to develop the literacy skills they need to succeed in school. And it doesn't have to be a book, a story from your own childhood counts too!

### Try to make your own book at home!

A fun and memorable activity that parents do during the third session of the AP-OD program is make a book together with their children with simple items they find around the house.



#### Here's how:

Gather a few sheets of paper, two pieces of construction paper for the cover, some old magazines, scissors, glue, and a piece of yarn. Stack the white paper between the two cover pages, punch holes along the side, and weave the yarn through to bind it together. Let your child choose pictures from the magazines to glue onto the pages or you can draw your own images! Then create a story together based on your pictures. Write the title on the front cover.

That's it, you've made a book together! Parents who have done this activity in the AP-OD sessions often share that it changes how they see themselves. You are not just reading to your child. You are an author, a storyteller, and a teacher. And so are they.

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# Upcoming Events and Workshops



## **Brazelton Touchpoints Presents: We Are AANHPI Families Series**

### **Episode 1: Love, Lost in Translation**

Monday, April 6, 2026 at 12pm PT

Love is an organizing framework: How is love experienced and expressed from a wide range of differing cultural and intergenerational perspectives among AANHPI children and families? Join us as we reflect together about how the multitude of senses of sight, sound, smell, touch and taste are woven into how love is expressed and how our senses are an integral part of how the action of love moves intergenerationally.

*Live Spanish translation and captioning available.*

[Register](#)

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## Community Building

### Share Your Story — Help Us Celebrate Families

As we close out National Reading Month, we are thinking about all the stories that live inside families, the lullabies passed down from grandparents, the sayings that shaped how you see the world, the bedtime rituals your children now ask for by name.

These stories are not small. They are the foundation of who your children will become.

We invite you to share your AP-OD story. How has the program shaped your family, your goals, or your leadership journey? What have you learned about your child or about yourself that you would want another parent to know? Every story shared is a gift to another family who may be walking a similar path and needs to know they are not alone.



Families whose stories are selected will receive a \$50 gift card as a thank you for sharing their voice. Ready to share? Submit your story [here](#). If you have questions or would like support telling your story in a way that feels comfortable and meaningful, reach out to us at [info@ap-od.org](mailto:info@ap-od.org).



**Saying** "Words are the wings we give our children."