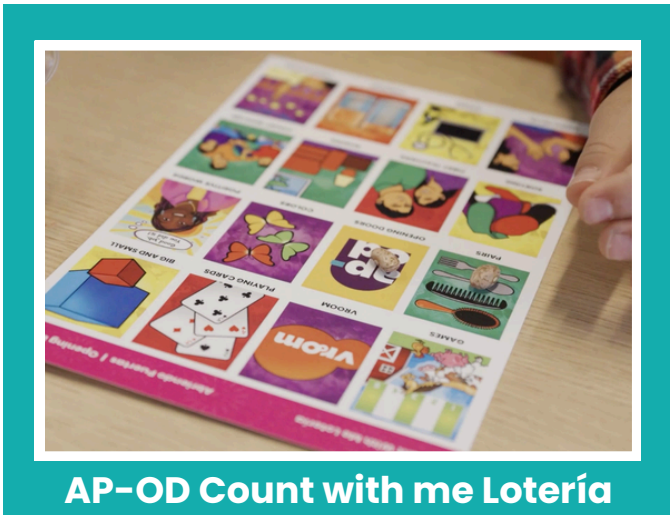


AP-OD Family Connections

Message from AP-OD

This month, we celebrated **Autism Acceptance Month**, a time to embrace every child's unique gifts and remind ourselves that inclusion and belonging are at the heart of what we do as parents and as a community. April is also **Mathematics and Statistics Awareness Month**, and we want to highlight some ways to rethink how we approach math at home.



Math begins early, it is not something that only happens in a classroom. Parents and caregivers play an important role in helping children build these skills, and it can happen anywhere long before a child can speak.

The everyday moments you share, counting their little toes, sorting toys, talking about shapes, or comparing sizes, help build your child's early math skills and confidence in ways that feel natural and meaningful.

In this issue, we explore some common math myths, share a short video on early math, and spotlight an incredible parent whose journey reminds us that when we open ourselves up to learning, amazing things happen.



April 30, 2026



AP-OD Parent Spotlight



Walking Through Open Doors

Lucy, a mother of four, joined AP-OD looking for what she describes as "the opportunity to do something for myself, something new, something to get myself out of my insecurities."

What she found was so much more. Through the program, Lucy discovered that the love and commitment she already brought to her family were powerful tools for change.

"We, as parents, are our children's first teachers," she shares, "and our home is where everything begins."

Her message to other parents:

"Give yourself that chance. Step out of your comfort zone. You have the opportunity if you walk through those doors that open for you."

Tip of the Month



Math is Everywhere And It Starts at Home!

April is Mathematics and Statistics Awareness Month and we are celebrating by busting some common math myths! **During Session 7: Count With Me** of the AP-OD curriculum, parents explore some surprising truths about early math. Here are three that might change the way you think about math at home.

Before diving in, check out this short video on early math and why YOU are your child's first math teacher.

Watch: Teaching Early Math (available in Spanish with English subtitles).



Tip of the Month



MYTH ❌

Children begin to learn math when they enter school.

FACT ✅

Early math begins at home — and it starts at birth!

From their very first days, babies are actively forming ideas about math through everyday experiences and interactions with the trusted adults in their lives. Children as young as 7 months already show basic numerical awareness. Try this: tell your baby they have two eyes, one nose, and ten tiny fingers!

MYTH ❌

Math is very difficult, especially for girls.

FACT ✅

Boys and girls have the exact same capacity to learn and excel in math.

What research does show is that math anxiety — the worry or stress we feel around math — can negatively impact a child's interest and performance. So the best thing we can do is approach math with confidence and curiosity!

MYTH ❌

Early math skills are not as important as early reading skills.

FACT ✅

Research shows that early math skills are actually the most consistently predictive of future academic success — even more than early reading!

Along with early literacy and attention skills, strong early math sets children up to thrive in school and beyond.

Remember: As parents, we can build on what we already do with our children to help them become comfortable with math and enjoy it. Counting shoes, sorting socks, noticing shapes — everyday moments are math moments!

If you need more ideas to get started, you can also check out early math resources from [PBS SoCal's Family Math](#).



April 30, 2026



Upcoming Events and Workshops



2026 National Latino Family Report Webinar

Thursday, May 28, 2026 | 10am PT/11am MT/ 1pm ET

SAVE THE DATE! AP-OD in collaboration with BSP research and UnidosUS will officially launch the 2026 National Latino Family Report. We will present the result of this one-of-a-kind survey that provides valuable insights into Latino families and caregivers with young children, their aspirations, and the opportunities for policy makers to deliver on some of the most impactful policies for the benefit of young children and their families.

[Register](#)



National Center for Family Learning presents: Engaging Families in Math through Storybooks

Thursday, May 28, 2026 | 11 am PT/12am MT/ 2pm ET

What if story time could also be math time? While math can feel unfamiliar, storybooks offer a powerful bridge by grounding mathematical ideas in stories families already know and love. In this webinar, Margaret Caspe, from the Center for Family Math, explores what family math looks like through shared reading across the many spaces where families learn including homes, libraries, schools, and community settings.

[Register](#)

April 30 , 2026



Community Building

We Want to Hear from You!

Have you used Sesame Workshop resources with your child? We're curious to know! [Take our quick one-question poll](#) and share your experience with our community.

A screenshot of a poll interface. At the top center is the 'apod' logo. Below it, the title 'Sesame Workshop Resources' is displayed. The main question is '1. Have you used any Sesame Workshop resources with your child?'. There are four radio button options: 'Yes, we love them', 'I've heard of them', 'This is new to me', and 'I'll check them out!'. At the bottom center of the poll area is a purple button labeled 'Done'.

[Take the poll](#)



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