

May 15, 2026



AP-OD Family Connections

Message from AP-OD

May is **Mental Health Awareness Month**, and this year we are embracing a theme that speaks to all of us as parents and caregivers: **"More Good Days, Together."** We know that parenting is one of the most rewarding things in the world — and also one of the hardest. There are days filled with joy and laughter, and days that leave us feeling stretched thin, overwhelmed, or simply depleted. Both are real. Both are valid. What we want you to know is this: taking care of your mental well-being is not selfish. It is one of the most powerful gifts you can give your child. When parents and caregivers feel supported, they can continue to guide, nurture, and lead their families with confidence. When we model healthy emotional habits, our children learn to do the same. And when we lean on our community, we all rise together.



This month's issue is a reminder that you don't have to navigate the hard days alone. From mental health resources for the whole family to Yolanda's story of tirelessly advocating for her child despite barriers to accessing care and support — this issue is about resilience, love, and the strength it takes to keep showing up for our families.

We also want to hear from you!

Join the conversation on our social media accounts this month as we share tips, tools, and a community prompt to remind each other that self-care is community care.

AP-OD Parent Spotlight



Every Child Deserves a Chance

When Yolanda adopted her nephew Andrew as a toddler, she knew she wanted to give him more than just a loving home. She wanted to give him the individual care and support he needed to thrive.

What she didn't expect was how hard that would be to find.

Andrew needed speech therapy, mental health services, and a child care provider who would see him as an individual. But at every turn, Yolanda found doors closed. Income limits kept her family from qualifying for child care assistance. Private insurance blocked access to additional therapy. The system that was supposed to help families like hers simply wasn't designed for them.

But Yolanda's love for Andrew never wavered. She kept advocating, kept searching, and kept pushing for what he deserved.



Every child deserves a chance, Andrew should have been entitled to resources so he could get therapy to help him become a better student, a better person.

Read Yolanda's full story:

[How Accessible Child Care Would Transform Latino Quality of Life](#)

Part of the [2023 National Latino Family Report](#).

[Read the article](#)



Tip of the Month



Creating More Good Days Together

As parents, you pour so much of yourselves into your children. But taking care of your own mental well-being isn't a luxury, it's one of the most powerful things you can do for your family. When you feel supported, you show up stronger for the little ones who need you most.

This month, we've put together a collection of free resources to help you and your family build more good days — from self-care strategies and mindfulness tools to support for new parents and dads.

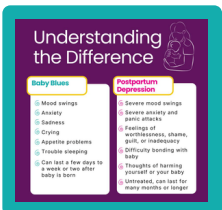
[Explore the full mental health resources blog](#)

Also, stay connected with us on social media! We'll be sharing mental health tips throughout May, including:



The Feelings Jar — a simple, fun activity to help your little ones name and express their emotions.

[Watch on Facebook](#)



Baby Blues vs. Postpartum Depression — what's the difference and when to seek support.

[Learn more on Instagram](#)



Follow us for more tips all month long!



[Follow us on Instagram](#)



[Follow us on facebook](#)

May 15, 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](#)

May 15, 2026



Community Building

Community Care Starts with Us

This month, we're inviting you to reflect and share with our community.

Finish this sentence:

"One thing I do to take care of myself as a parent is ____."

Share your answer in the comments on our latest Instagram or Facebook post. You might inspire another parent in our community! Every small act of self-care matters, and we love learning from each other.

Follow us on [Instagram](#) and [Facebook](#) to join the conversation!



[Follow us on Instagram](#)



[Follow us on facebook](#)



Saying "We don't have to do all of it alone.
We were never meant to."
— Brené Brown