

May 31, 2026



# AP-OD Family Connections

## Message from AP-OD

As we close out **Mental Health Awareness Month**, it is important to remember that “more good days” does not mean perfection. Some days are filled with joy and laughter, while others may leave us feeling stretched thin, overwhelmed, or simply exhausted. Both are real. Both are valid.

Caring for your mental well-being is an act of love for yourself and your family. When you model healthy emotional habits and coping skills, your children learn to do the same. When parents and caregivers feel supported, they can continue to guide, nurture, and lead their families with confidence.

This month, we celebrated the strength it takes to show up for your children every single day and honored the wisdom parents already carry. Whether you are navigating big emotions at home, supporting a child through a difficult moment, or simply trying to find a quiet moment for yourself, you are not alone. This community is here, walking alongside you.

**More Good Days,  
Together.**



## AP-OD Parent Spotlight



When Oralia and Rogelio joined a local AP-OD program together, they discovered something many couples find through the program: participating as a team gave them a shared language and a shared vision for raising their children. They completed the program feeling more confident, more connected, and more aligned.

**Oralia's message to other parents and caregivers:**



**I highly recommend participating in the AP-OD program. It's a very useful program that helps parents grow and feel more confident in the ways that they support their children. And if they can do it with their partner, even better!**

**For Rogelio, the program reinforced the importance of his role as a father during his children's formative years.**



**Their early years are what will shape them. And during those early years, I want to be there for them. I want them to know that their mom and dad are by their side so that when they grow up, they'll become good people and always be okay.**

# Tip of the Month



## Storytime for Mental Health

Sometimes it's hard knowing where to start with discussing mental health with our young children. Topics can seem overly complicated, and it is not always easy to find the right words. But one tool that has been helping families do exactly that for generations is storytime.

Stories help little ones name their feelings, navigate big emotions, and know that they are not alone in what they experience. For parents and caregivers, storytime is also an opportunity to connect, listen, and model the kind of emotional awareness that builds healthy, thriving families.

Research shows that listening to stories helps children identify emotions, process new experiences, and develop empathy. These skills support their mental health and relationships throughout their lives.

And the best part? You don't need to have all the answers. Sometimes, a good book starts the conversation for you.

### Check out our Blog Books:

[More Good Days: A Bilingual Booklist to Support Your Child's Mental Health](#) for a carefully selected list of books in English and Spanish to help you get started.



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# Upcoming Events and Workshops



**The California Early Math Project presents: Early STEAM Summer Symposium: The Role of the Arts in Early STEAM**

**Friday, June 26, 2026 | 9 am – 2 pm PT / 10 am – 3 pm MT / 12 pm – 5 pm ET**

Explore fun, hands-on ideas for integrating science, technology, engineering, arts, and math (STEAM) into early learning! Join this FREE virtual symposium featuring engaging ideas, expert-led sessions, and practical activities for families with young children.

[Register](#)

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# 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!



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**Saying** "Self-care is how you take your power back." — Lalah Delia

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