

AP-OD Family Connections

Message from AP-OD

From September 15 to October 15, we celebrate the history, culture, and contributions of Hispanic and Latino families across this country. Our work was born from the strength and wisdom of families, and everything we do is rooted in honoring the rich culture and traditions that parents pass down to their children every single day. This month is a reminder that our culture is a gift. The language you speak at home, the food you cook, the stories you tell, and the traditions you keep alive are all powerful ways you are already teaching your child who they are and where they come from.

As we begin the celebration of Hispanic Heritage Month, this issue brings together family-friendly museums and events, along with four simple tips for sharing your heritage with your little ones at home. We are also proud to spotlight Karen, a mother whose AP-OD journey grew from her own experience as a parent into leadership in her community.

Stay connected and follow us on [Instagram](#) and [Facebook](#) as we continue to celebrate Hispanic Heritage Month with more stories, resources, and inspiration for your family.



AP-OD Parent Spotlight



From Parent to Leader

Karen Vicente is a mother of two who joined AP-OD with a simple but powerful goal: to better understand her children and be the parent they needed at every stage of life.

Through the program, Karen discovered the importance of play and learned to honor each child's unique way of learning. Most importantly, she found the confidence to advocate for her family and her community.

That confidence grew into leadership and today, Karen serves on parent committees, advocates for early childhood programs, and encourages other families to find their own voices.

Karen's story is a powerful reminder that when we invest in parents, we create lasting change for children, families, and future generations.

Read Karen's full story: [From Parent to Advocate and Leader](#)

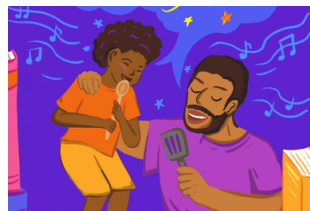
Tip of the Month



Celebrate Who You Are!

Hispanic Heritage Month is celebrated in the United States from September 15 to October 15. It is a beautiful time to honor the culture, language, and traditions that make each family unique. The culture you carry every day in your cooking, your music, your stories, and your language is one of the greatest gifts you can give your child.

Tip of the Month



Here are 4 simple ways to share your heritage with your little ones this month:

- 1 Tell Your Story** — Children love to hear about where their family comes from. Share a memory from your childhood, talk about your hometown, or tell them about a family tradition and why it matters. These simple conversations help your child build a strong sense of who they are and belonging.
- 2 Share Family Photos** — Pull out old photos or family albums and look through them with your child. Talk about the people in the pictures, where your family came from, and the special moments you want them to remember. Even a photo on your phone can spark a meaningful conversation. These small moments help your child feel connected to their roots and proud of who they are.
- 3 Bring Your Culture into Everyday Moments** — Play music from your home country during breakfast. Cook a family recipe together and talk about the story behind it. Sing a song you learned as a child. You don't need a special occasion, everyday moments are the most powerful classroom there is.
- 4 Read, Visit, and Explore Together** — Books, museums, and community events are wonderful ways to bring Hispanic heritage to life for young children. This month, cultural centers and libraries across the country are opening their doors with free, family-friendly activities for all ages.

Your culture is your child's foundation. Every story you share, every song you sing, and every tradition you pass down is building something that will last a lifetime.

Explore our [blog](#) for a list of family-friendly museums and events near you!



And don't forget to check the [AP-OD Family App](#) for even more Hispanic Heritage Month events happening right in your community!



September 16, 2026



Upcoming Events and Workshops



Your Free AP-OD Family Membership: How to Activate and Use It

September 22, 2026 | 11am PT/2pm ET

In this workshop, we'll walk you through everything your membership includes, like access to the AP-OD Family App and AP-OD Virtual Learning Account. Your membership will also help you stay connected with AP-OD and ongoing advocacy efforts.

NOTE: This workshop is designed for parents and caregivers who have completed the 3rd or 4th Edition AP-OD parent curriculum and have received a code to activate their AP-OD Family Membership.

[Register](#)



Family-to-Family Real Talk Series: Somos Familias Latinas

A free virtual conversation series from the Brazelton Touchpoints Center and The Children's Partnership that celebrates the strength, wisdom, and lived experiences of Latino families. Attendees will discuss the important roles that faith, solidarity, community care, and love play in familias latinas living in uncertain times. All conversations are offered in English and Spanish.

- ☀ September 28, 2026 – [Holding Our Families Together in Uncertain Times](#)
- ☀ October 19, 2026 – [Fe y Familia: Faith as a Foundation](#)
- ☀ November 9, 2026 – [Dime Con Quien Andas: Solidarity in Community and Collective Power](#)
- ☀ November 30, 2026 – [Con Amor y Sacrificio: The Guilt, Dignity, and Deep Love of Caring for Our Elders while Raising Our Children](#)

[Register](#)

September 16, 2026



Upcoming Events and Workshops



Family-to-Family Real Talk Series: Parents Rising to Child Developmental Challenges

A free virtual conversation series from the Brazelton Touchpoints Center that offers a warm and inviting opportunity for parents and families of children with differences in or challenges to their development to connect with each other. Through four engaging conversations with parents who know what it's like to raise children with developmental differences, challenges, delays, or disabilities, we share the unique and common experiences of loving and raising children whose developmental journey is delayed or atypical. All episodes have live Spanish translation and captioning available.

- ☀️ October 26, 2026 – [A Three-Perspective Approach: One Provider's Story of Neurodivergence, Parenting, and Practice](#)
- ☀️ November 2, 2026 – [When the Personal Is the Professional: A Mother's Journey with Autism](#)
- ☀️ December 7, 2026 – [This Is What I See, What Do You See? A Family's Journey through Complex Diagnoses](#)

Register



The Brains We're Building: How Screens, Substances & Stress Shape Youth Wellbeing

September 29, 2026 | 10 AM PT / 1 PM ET

This free webinar from [Operation Parent](#) asks: What happens in the developing brain when young people experience stress, use substances, spend time on social media, or learn to manage big emotions? Neuroscience educator and 22 Forever founder Dr. Kristen Gilliland will explore the science of neuroplasticity and how these experiences can shape youth wellbeing. Attendees will gain a deeper understanding of the developing brain and practical ways to promote resilience, healthy coping, and well-being before a crisis begins. Live captions will be available in English and Spanish.

Register

September 16, 2026



Community Building

Our Culture Brings Us Together

Our communities are stronger when families come together, share their stories, and support one another. Hispanic Heritage Month is a wonderful time to connect with the people around you and celebrate the traditions that make our families unique.

Is there a Hispanic Heritage Month event happening in your community you'd like to share with other AP-OD families? Follow this [link and fill out the form](#) to share it on the [AP-OD Family App](#).

Remember, community starts with connection. When we share our culture, support one another, and make space for every family's story, we help our children grow up knowing they belong.



Saying "The apple doesn't fall far from the tree."