October 30, 2026

AP-OD Family Connections

Message from AP-OD

There is strength in unity! When parents come together, share their experiences, and speak up about the issues that affect their families, they help build stronger communities for everyone.

Civic engagement goes beyond voting. It can mean joining your child's school committee, participating in a community group, learning about your rights, or sharing information with family, friends, and neighbors. Every step we take together can help improve the well-being of our children and communities.

In this issue of Family Connections, we explore ways to make our voices heard, learn about voting rights, and celebrate the strength parents bring to their families. We also share Yamilka Hidalgo's story, reminding us of the love and commitment parents bring to shaping their children's futures.

Your voice matters, and you don't have to make a difference alone. When we work together toward common goals, we help create a stronger future for the next generation.



October 30, 2026

AP-OD Parent Spotlight



A Mother's Voice, A Daughter's Future

When Yamilka Hidalgo's daughter was just five weeks old, she needed emergency heart surgery. During the pandemic, Yamilka faced this frightening moment alone in the hospital.

Yamilka shares the same genetic heart condition as her daughter and knows the challenges of navigating healthcare. While her daughter has received coverage through the Child Health Insurance Program (CHIP), Yamilka has gone nearly three years without proper cardiac care. Despite these challenges, she remains focused on guiding her daughter toward a healthy future.

> **"I see it more as her future's in my hands. Me guiding her for her to know what's right, what's not — that's how she will have a good future.**

Yamilka's story reminds us that parents help shape their children's futures. By sharing our experiences and speaking up about our families' needs, we can make our voices heard and help build stronger communities.

Her story is featured in the 2026 National Latino Family Report, which highlights the healthcare challenges Latino families face and the strength they bring to their communities.

Read her Yamilka's full story: Healthcare: A Balancing Act



Explore the report in English



Explore the report in Spanish

October 30, 2026

Tip of the Month



Your Voice Matters: Get Ready to Vote!

The decisions made in our communities can affect our families, our children, and their futures. Voting is one way to help shape those decisions. As parents and caregivers, we can also show our children the importance of learning about the issues that affect us and being part of our communities.

Election Day is Tuesday, November 3, 2026. If you are eligible to vote, here are a few ways to prepare:

1. **Make a Plan.** Find your polling place, and review your voting options. You can also learn about the candidates and local measures on your ballot. Voting rules and deadlines vary by state, so check the information for where you live.

2. **Know Your Voting Rights.** You have the right to vote without intimidation or harassment. Depending on your situation and state rules, you may also be able to ask for language assistance, request a new ballot if you make a mistake, or ask for a provisional ballot if your name is not on the voter list. If you are still in line when the polls close, you generally have the right to stay in line and vote.

3. **Know Where to Get Help.** If you have questions or experience a problem while voting, you can contact the nonpartisan Election Protection Hotline for free assistance.
   Election Protection Hotline

   - **English:** Call or text 866-OUR-VOTE (866-687-8683)
   - **Spanish:** Call or text 888-VE-Y-VOTA (888-839-8682)

Visit 866ourvote.org for more information and additional language resources. You can also visit Vote.org to check your registration and explore your voting options.

Even if you are not eligible to vote, your voice still matters. You can share your experiences, talk with others about issues that affect your family, and help your community stay informed. Every family has a voice. When we participate in our communities, we help build a stronger future for our children.

October 30, 2026

Upcoming Events and Workshops



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.

- 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



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 welcoming space for parents and families of children with developmental differences or challenges to connect with one another.. Through four engaging conversations with parents who understand what it's like to raise children with developmental differences, challenges, delays, or disabilities, they share the unique and common experiences of loving and raising children whose developmental journey is delayed or atypical. All episodes have live Spanish interpretation and captioning available.

- 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

October 30, 2026

Upcoming Events and Workshops



Turtle Talk: Collectively Raising Indige-babies: The Things Children Say: Turning Children's Hard Questions into Engaged Dialogue

November 6, 2026 at 12 pm PT / 3 pm ET

The Brazelton Touchpoints Center brings together families, educators, and community members to reflect on how we collectively raise Indigenous babies and children in today's rapidly evolving world. In this episode, panelists will share insights and stories that can inform how we all can carve spaces for wondering with young children and finding answers together.

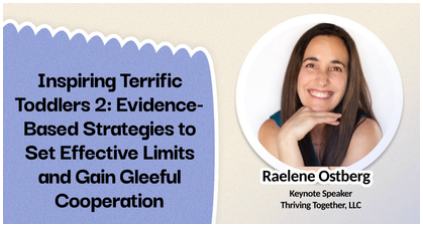
Register

GroMoreGood Fall Garden Storytime

November 12, 2026 at 11am PT/ 2pm ET

Join NHSA's gardeners for seasonal storytimes built around garden-themed books, each paired with a hands-on, plant-themed show and tell. The direct connection to nature gives children an opportunity to talk through big feelings while they discover something new outside.

Register



Inspiring Terrific Toddlers 2: Evidence-Based Strategies to Set Effective Limits and Gain Gleeful Cooperation

December 9, 2026 at 11am PT/ 2pm ET

In this engaging and practical session, participants will examine why common adult prompts may not work as intended and how small, playful shifts and positive communication techniques can meet toddlers where they are developmentally while still maintaining clear and effective limits.

Register

October 30, 2026

Community Building

Your Voice Matters!

Election Day is Tuesday, November 3rd, and your vote is one of the most powerful ways you can shape the future for your child and your community!

We want to hear from you:

“One reason I vote is ___.”

Share your response on Instagram or Facebook and tag us @AP_OD_National.
When we share what matters to us, we help build stronger communities for our children and future generations.

Saying “There is no worse struggle than the one never waged.”