

**PROCLAIMING JANUARY 2021  
AS POSITIVE PARENTING AWARENESS MONTH**

WHEREAS, raising children and youth to become healthy, confident, capable individuals is the most important job parents and caregivers have; and positive parenting is a protective factor that strengthens family relationships, increases parents' confidence and promotes children's healthy development; and

WHEREAS, the quality of parenting or caregiving – starting prenatally – is one of the most powerful predictors of children's future social, emotional, and physical health, and in Contra Costa County, families come in many forms and children are raised by parents, grandparents, foster parents, family members and other caregivers; and

WHEREAS, positive parenting prevents and heals the effects of Adverse Childhood Experiences (ACEs) such as child abuse, neglect, and other traumatic events that can create dangerous levels of stress, and impair lifelong health and well-being; and

WHEREAS, positive parenting can act as a buffer to lack of equity, as measured by the presence of racism and discrimination, concentrated poverty, poor housing conditions, higher risk of violence, homelessness, and other barriers to opportunity; and

WHEREAS, many parents and caregivers feel stressed, isolated, and overwhelmed, no matter their age, race, ethnicity, or income level—and this has been intensified by the health, economic, and social-emotional impacts of the COVID-19 pandemic ; and

WHEREAS, in Contra Costa County, families can strengthen their parenting skills by participating in various evidence-based parenting support programs, like Triple P - Positive Parenting Program, Nurturing Parents, and activities such as the First 5 Parent Cafes,

WHEREAS, C.O.P.E. Family Support Center, 1<sup>ST</sup> 5 Contra Costa, Child Abuse Prevention Council and Contra County Office of Education have adapted quickly in response to the COVID-19 pandemic, shifting to virtual service delivery, providing Learning Centers offering essential supplies during the crisis to maintain continuity of services that support the physical, social-emotional, and behavioral health of children and families; and

WHEREAS, during the month of January, 2021 C.O.P.E. Family Support Center, First 5 Contra Costa, and Child Abuse Prevention Council will coordinate with other agencies such as the Contra Costa Office of Education to highlight the impact of positive parenting and the availability of community resources to support parent's journey in caring for their children.

NOW, THEREFORE, BE IT PROCLAIMED THAT I, Candance Andersen, Chairperson of the Contra Costa County Board of Supervisors, hereby proclaim January 2021 to be the 2nd Annual Positive Parenting Awareness Month in Contra Costa County, California, and commend this observance to the people of this county.