

**PROCLAIMING JANUARY 2023
AS POSITIVE PARENTING AWARENESS MONTH
IN CONTRA COSTA COUNTY**

WHEREAS, raising children and youth to become healthy, confident, capable individuals is the most important job parents and caregivers have as their first teachers; and

WHEREAS, all people have inner strengths or resources, yet many parents, caregivers, children, and youth—of every age, race, ethnicity, culture, and social identity—feel stressed, isolated, and overwhelmed at times; and

WHEREAS, the Post-COVID-19 pandemic, climate crises, and racial injustices have exacerbated economic insecurity, inequalities, mental health challenges, domestic violence, discrimination, and other trauma experienced by families—particularly Black, Indigenous, Latinx, Asian, and other families of color that already experience inequities rooted in structural racism; and

WHEREAS, the quality of parenting or caregiving that includes grandparents, single parents, including fathers, foster parents, other family members and caregivers are powerful predictors of future social, emotional, relational, problem-solving skills, and physical health of children; and

WHEREAS, much research has confirmed that positive parenting prevents and support healing of Adverse Childhood Experiences, including abuse, neglect, and household challenges, and other community, and historical trauma that triggers the toxic stress response and which impact lifelong health and well-being that occur in the context of Adverse Community Environments that lack equity; and

WHEREAS, a positive parenting approach, is a protective factor that strengthens family relationship and increases parents' confidence; and

WHEREAS programs like evidence-based Triple P - Positive Parenting Program supported by C.O.P.E. Family Support Center is an international award-winning program with over 25 years of clinically proven, worldwide research and ranked #1 by the United Nations based on the extent of its evidence, and is considered by our State Legislators as a parent curriculum worthy of funding; and

WHEREAS Triple P is a prevention program that helps parents learn strategies that promote social competence and self-regulation in both parents and children. The program provides various levels of interventions of increasing strength based on the severity of behavioral problems, targeting all children, including specific populations such as children with special needs, and parents with a variety of issues including co-parent conflict and generational dysfunction, and

WHEREAS, organizations like County Office of Education, First 5 Contra Costa Children and Families Commission, Behavioral Health Services-MHSA, and Department of Employment and Human Services, support and encourage positive parenting through a population health approach using collaborative funding so that all families have equitable opportunities to access information and support in ways that respects their unique beliefs, traditions, customs, interests, and racial, ethnic, tribal, and cultural practices; and

WHEREAS, Triple P-Positive Parenting, and other Positive Parenting Programs have benefited thousands of parents and children in Contra Costa County through proven strategies to strengthen relationships, promote children's healthy development, and is responsive to parenting challenges; and

WHEREAS, everyone can play a vital role in supporting parents and caregivers to raise happy, healthy children; and during the month of January by offering evidence-based parenting programs at sites such as, C.O.P.E Family Support Center, First 5 Contra Costa Centers, Family Justice Centers, Child Abuse Prevention Council, Community Service Bureau, We Care Center, Monument Impact, Shelter Inc, Pittsburg Unified School District, Contra Costa County Office of Education Charter Schools, Foster & Kinship Care Education Community Colleges, and many others, will be increasing awareness of the importance of Positive Parenting as a protective and preventive measure in raising children.

NOW, THEREFORE, I, John Gioia, Chair of the Contra Costa County Board of Supervisors, hereby proclaim January 2023 to be the 5th Annual Positive Parenting Awareness Month in Contra Costa County, California, and commend this observance to the people of this county.