

*The Board of Supervisors of
Contra Costa County, California*

**In the matter of:
recognizing January 2020 as Positive Parenting Awareness Month.**

Resolution No. 2020/3

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

WHEREAS, positive parenting strengthens family relationships, increases parents' confidence and promotes children's healthy development; and

WHEREAS, the quality of parenting or caregiving – starting in the prenatal period is one of the most powerful predictors of children's future social, emotional, and physical health; and

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

WHEREAS, many parents and caregivers begin the lifetime job of raising children feeling unprepared, and the social stigma of seeking help prevents many from getting parenting support; and

WHEREAS, in Contra Costa County, families caring for children, including parents, grandparents, foster parents, family members, and other caregivers, receive support from evidence-based positive parenting programs that can equip them with the knowledge and competencies necessary as socio-emotional buffers to mitigate the effects of toxic stress and ACEs; and

WHEREAS, Triple P - Positive Parenting Program, an evidence-based positive parenting program provided by C.O.P.E. Family Support Center, designed to reduce problem behavior in children and teens and improve parents' well-being and parenting skills. Triple P is a research-based, trauma informed parenting program that provides the flexibility to tailor the program to the needs of families and to a variety of service settings, taking into consideration each family's unique issue, strengths and challenges; and

WHEREAS, C.O.P.E. Family Support Center provides evidence-based Supporting Father Involvement (SFI) a program which recognizes the importance of the father's role in their child's life. The goal of the SFI Program is to support and encourage fathers' active involvement in their children's lives by targeting important risk and protective factors; and

WHEREAS, First 5 Contra Costa utilizes Positive Parenting Program (Triple P), Habits of a 24/7 Dad, and Creative Curriculum to encourage age-appropriate, positive and nurturing interactions between caregiver and child; parents and caregivers of children under five years, are more likely to connect with parenting supports when a range of options are provided that target their specific needs; and

WHEREAS, Child Abuse Prevention Council provides free, locally available, parent education to at-risk underserved families. The Nurturing Parenting Program (NPP) a researched-based, 20-week program that offers a non-judgmental, family-strengthening approach to parenting education. This family-centered, trauma-informed curriculum is designed to prevent Adverse Childhood Experiences (ACES) and build nurturing parenting skills as an alternative to abusive and neglectful parenting and childrearing practices; and

WHEREAS, Evidence-based *Make Parenting a Pleasure*, a research-based parenting curriculum, provided by Community Services Bureau Head Start provides trained parent educators to promote child and family well-being at the Head Start Preschools by focusing on parents and their strengths. The key curriculum topics focus on self-care, stress, anger management, gaining an understanding of child development, communication skills and positive discipline; and

WHEREAS, during the month of January, C.O.P.E. Family Support Center, First 5 Centers, Child Abuse Prevention Center, Unified School Districts, Head Start Preschool Centers, Office of Education Court Schools, Contra Costa Behavioral Health Services - MHSA, join in offering evidence-based parenting programs, to increase awareness of the importance of positive parenting and the availability of resources such as Triple P and other evidence-based programs.

the Contra Costa County Board of Supervisors hereby proclaim January 2020 to be the first of many future Annual Positive Parenting Awareness Month celebrations in Contra Costa County, California, and commend this observance to the people of this county.

JOHN GIOIA
Chair, District I Supervisor

CANDACE ANDERSEN
District II Supervisor

DIANE BURGIS
District III Supervisor

KAREN MITCHOFF
District IV Supervisor

FEDERAL D. GLOVER
District V Supervisor

I hereby certify that this is a true and correct copy of an
action taken
and entered on the minutes of the Board of Supervisors on
the date
shown.

ATTESTED: January 7, 2020

David J. Twa,

By: _____, Deputy