

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

In the matter of:

Resolution No. 2022/30

In the Matter of Proclaiming January 2022 as Positive Parenting Month

WHEREAS, 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, well-being 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; and

WHEREAS, these programs equip parents with the knowledge and competencies necessary as socio-emotional buffers to mitigate the effects of toxic stress and ACEs; and

WHEREAS, the Triple P - Positive Parenting Program at 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. Triple P is a prevention program, that helps parents learn strategies that promote social competence and self-regulation in children; and

WHEREAS, the Triple P – Positive Parenting Program provides 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 disfunction; and

WHEREAS, Child Abuse Prevention Council provides the Nurturing Parenting Program (NPP) a family-strengthening approach to parenting education for parents of children up to 12 years. The Nurturing Parenting Program is built on the Five Protective Factors Framework to make positive outcomes more likely for young children and their families, and to reduce the likelihood of child abuse and neglect, promote health development and wellbeing during times of stress. 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, research and evidence-based *Make Parenting a Pleasure*, parenting curriculum, provided by the Community Services Bureau Head Start, trained parent educators promote child and family well-being by focusing on the parents and their strengths. Key curriculum topics focus on self-care; stress and anger management; understanding child development; communication skills and positive discipline, and

WHEREAS, Organizations like Contra Costa County Office of Education, First 5 Contra Costa and Contra Costa County Behavioral Health Services MHSA, 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, during the month of January, C.O.P.E. Family Support Center, First 5 Contra Costa Family Resource Centers, Child Abuse Prevention Council, Early Childhood Prevention and Intervention Coalition (EPIC), Head Start Preschool Centers, Contra Costa Office of Education SARB and Court Schools, Contra Costa County Behavioral Health Services MHSA, together 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 Positive Parenting, Nurturing Parenting and other evidence-based programs.

NOW, THEREFORE, BE IT RESOLVED THAT the Contra Costa County Board of Supervisors does hereby proclaim January 2022 to be the 3rd *Annual Positive Parenting Awareness Month* in Contra Costa County, and commend this observance to the people of this county.

KAREN MITCHOFF
Chair, District IV Supervisor

JOHN GIOIA
District I Supervisor

CANDACE ANDERSEN
District II Supervisor

DIANE BURGIS
District III 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 18, 2022

Monica Nino, County Administrator

By: _____, Deputy