

The Board of Supervisors of Contra Costa County, California

**In the matter of: Declaring January 2025 as
Positive Parenting Awareness Month in Contra
Costa County.**

Resolution No. 2025-03

WHEREAS, raising children and youth to become healthy, confident, capable individuals is sacred work and should matter to all of us; and

WHEREAS, the quality of caregiving, starting prenatally, is one of the most powerful predictors of children's future social, emotional, physical, and behavioral health; and

WHEREAS, families in California come in different dynamics, with children who are raised by parents, grandparents, foster parents, and family members, and supported by other caregivers in a variety of settings such as schools, family childcare, early childhood education centers, and health clinics; and

WHEREAS, despite how essential parenting is for the health of children and our collective society, there is a lack of value placed on parenting; and

WHEREAS, the U.S. Surgeon General's advisory "Parents Under Pressure", reports 41% of parents and caregivers said they are "so stressed they cannot function" most days, and nearly 50% said their stress completely overwhelms them compared to other adults (20% and 26%, respectively); and

WHEREAS, according to the 2024 U.S. Surgeon General's advisory on the mental health and well-being of parents, "We must recognize the importance of parenting and reflect it in how we prioritize resources, design policy, shape work environments, and approach our conversations with parents;" and

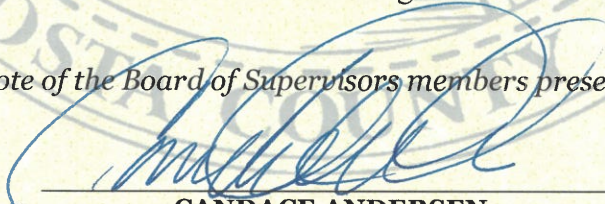
WHEREAS, families in Contra Costa County can receive support through evidenced-based programs like the Triple P - Positive Parenting Program, available thanks to key partnerships between C.O.P.E. Family Support Center and Contra Costa County's Health Services Agency, Employment and Human Services Department, Contra Costa County Office of Education, Child Abuse Prevention Council, First 5 Contra Costa, and other Partners; and

WHEREAS, research confirms that positive parenting creates positive childhood experiences (PCEs), and children and youth who experience safe, stable, and nurturing relationships and environments can reduce the effects of depression associated with ACEs by as much as 44%; and

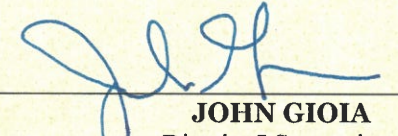
WHEREAS, through our individual actions and with the support of community groups, schools, faith organizations, employers, health and social service systems, and policymakers, we can create opportunities for parents to come together and build communities of mutual care, connection and intentionally strengthen parental well-being; and

NOW, THEREFORE, BE IT RESOLVED that the Board of Supervisors of Contra Costa County does hereby proclaim January 2025 to be the 7th Annual Positive Parenting Awareness Month in Contra Costa County.

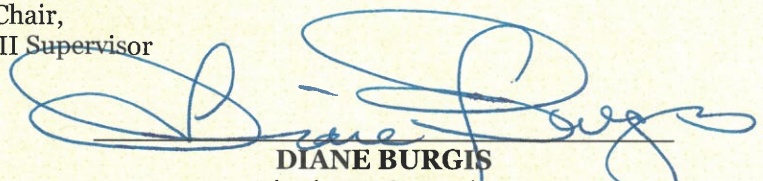
PASSED by a unanimous vote of the Board of Supervisors members present this 14th day of January 2025.



CANDACE ANDERSEN
Chair,
District II Supervisor



JOHN GIOIA
District I Supervisor



DIANE BURGIS
District III Supervisor

