

# The Board of Supervisors of Contra Costa County, California

**In the matter of: Proclaiming January 2024 as  
Positive Parenting Awareness Month.**

Resolution No. 2024-14

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

**WHEREAS**, 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 is a powerful predictor of future social, emotional, and physical health, and families come in many forms with children raised by parents, grandparents, foster parents, family members, and other caregivers; and

**WHEREAS**, all families have strengths that provide a foundation for Positive Childhood Experiences that build resilience, 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**, circumstances such as extreme weather events, the pandemic, the climate crisis, and inflation have increased the burden on families with children, exacerbating worries about mental health, economic security, housing, and safety - particularly among Black, Indigenous, Latinx, Asian, and other families of color that already experience inequities rooted in structural racism; and

**WHEREAS**, families in Contra Costa County can receive support from positive parenting programs, including the Triple P - Positive Parenting Program, an evidence-based program available thanks to a partnership between C.O.P.E. Family Support Center and First 5 Contra Costa, Contra Costa County's Health Services Agency, Employment and Human Services Department, and Contra Costa County's Office of Education; and

**WHEREAS**, Triple P has benefitted over 3,000 parents, caregivers, children, and youth in Contra Costa County since last year alone through proven strategies to strengthen relationships, promote children's development, and handle parenting challenges; and

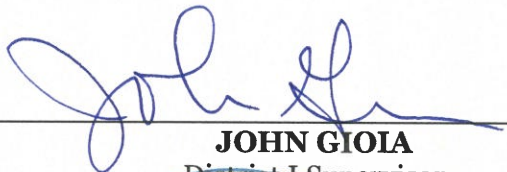
**WHEREAS**, everyone can play a vital role in supporting parents and caregivers to raise happy, healthy children; and during the month of January, by offering evidence-based parenting programs at sites such as, Child Abuse Prevention Council, Head Start, Early Child Mental Health (ECMH), Contra Costa County Office of Education and Charter Schools, We Care, C.O.P.E Family Support Center, Family Justice Centers, First 5 Contra Costa Centers, Pittsburg Unified School District, and other partners, will be increasing awareness of the importance of Positive Parenting as a mental health protective and preventive measure in raising children; and

**NOW, THEREFORE**, I, Federal Glover, Chair of the Contra Costa County Board of Supervisors, does hereby proclaim January 2024 to be the 6th Annual Positive Parenting Awareness Month in Contra Costa County, California, and commend this observance to the people of this county.

*PASSED by a unanimous vote of the Board of Supervisors members present this 16<sup>th</sup> day of January 2024.*



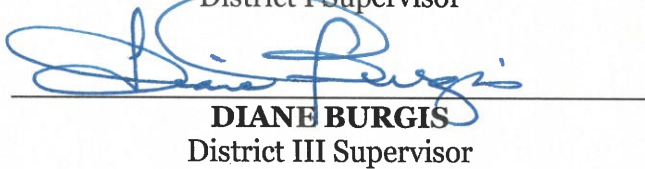
**FEDERAL D. GLOVER**  
Chair,  
District V Supervisor



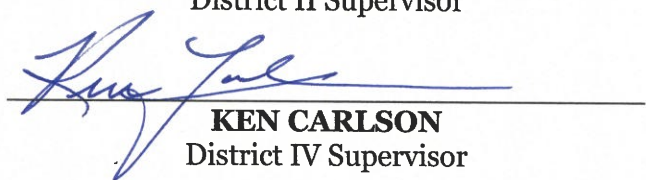
**JOHN GIOIA**  
District I Supervisor



**CANDACE ANDERSEN**  
District II Supervisor



**DIANE BURGIS**  
District III Supervisor



**KEN CARLSON**  
District IV 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 16, 2024

MONICA NINO, Clerk of the Board of Supervisors and County Administrator

By  Deputy