

The Board of Supervisors of Contra Costa County, California

**In the matter of: Recognizing January 2026 as
Positive Parenting Awareness Month, in
Contra Costa County.**

Resolution No. 2026-21

WHEREAS, the quality of raising children, starting prenatally, is one of the most powerful predictors of children's future social, emotional, physical, and behavioral health; and the well-being of those who are raising children should matter to all of us; and 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 the removal of supports related to strengthening family dynamics has deepened challenges, across the state; and according to the 2024 U.S. Surgeon General's advisory on the mental health and wellbeing 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, there is an opportunity to accelerate the progress of programs that currently operate at sub- scale throughout California. "Research echoes the importance of early intervention with roughly 30% of California caregivers reporting moderate concerns over their child's social and emotional development and behavioral health, and 20-40 percent of those same caregivers reporting engaging in some ineffective type of parenting;" and

WHEREAS, the Governor's Master Plan for Kids' Mental Health prioritizes investments to expand urgent mental health supports for children and youth, particularly in underserved communities, and promotes prevention and early intervention by providing parents with the knowledge, tools, and resources to support their children's behavioral health; and 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, positive parenting is a protective factor that strengthens family relationships, increases parents' confidence, and drives children's social, emotional, and relational health and development; and families in Contra Costa County can receive quality parent education support through evidenced-based programs like Triple P - Positive Parenting Program, available thanks to critical partnerships between C.O.P.E. Family Support Center and Contra Costa Behavioral Health Services, Contra Costa Employment and Human Services Department, Contra Costa County Office of Education, Child Abuse Prevention Council, First 5 Contra Costa, East Contra Costa County Alliance, and Contra Costa Probation; and

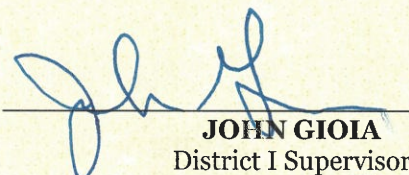
WHEREAS, through our individual actions and with the support of community groups, schools, faith organizations, employers, health and social service systems, and policymakers, we can create opportunities for parents to come together and build communities of mutual care and connection and intentionally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

NOW, THEREFORE, BE IT RESOLVED that the Board of Supervisors of Contra Costa County does hereby proclaims **January 2026** to be the **7th Annual Positive Parenting Awareness Month** in Contra Costa County, California, and commends this observance to the people of this country.

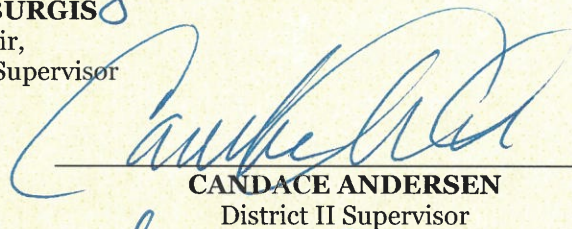
PASSED by a unanimous vote of the Board of Supervisors members present this 20th day of January 2026.



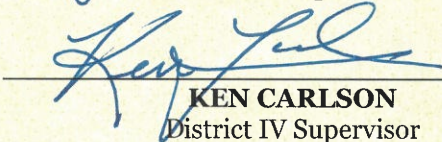
DIANE BURGIS
Chair,
District III Supervisor



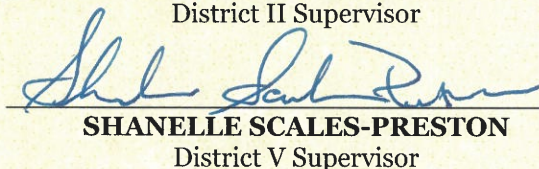
JOHN GIOIA
District I Supervisor



CANDACE ANDERSEN
District II Supervisor



KEN CARLSON
District IV Supervisor



SHANELLE SCALES-PRESTON
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 20, 2026

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

By , Deputy