



# PROCLAMATION

## OF THE

### MENDOCINO COUNTY BOARD OF SUPERVISORS

### RECOGNIZING JANUARY AS POSITIVE PARENTING

### AWARENESS MONTH IN MENDOCINO COUNTY

**WHEREAS,** Raising children and youth to become healthy, confident, capable individuals is the most important job parents and caregivers have as their children's first teachers; and

**WHEREAS,** The quality of parenting or caregiving, starting prenatally, is one of the most powerful predictors of children's future social, emotional, and physical and behavioral health in Mendocino County; 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

**WHEREAS,** All people have inner strengths or resources, 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,** The COVID-19 pandemic, climate-related crises, and racial injustices have exacerbated economic insecurity, mental health challenges, domestic violence, discrimination, and other trauma experienced by many families, particularly Black, Indigenous, Latinx, Asian, and other families of color that already experience inequities rooted in structural racism; and

**WHEREAS,** Research confirms that positive parenting prevents, buffers, and fosters healing from Adverse Childhood Experiences (ACEs), including abuse, neglect, and household challenges, which impair lifelong health and well-being and occur in the context of Adverse Community Environments that lack equity; and

**WHEREAS,** Research also confirms that positive parenting creates Positive Childhood Experiences (PCEs), and children and youth who experience safe, stable, and nurturing relationships and environments learn empathy, impulse control, anger management, communication, and problem-solving skills that help protect against interpersonal, family, and community violence; and

**WHEREAS,** Research around the definition of trauma and its impacts on the family have evolved confirming the importance of relationships and hope; and

**WHEREAS,** Families in Mendocino come in many forms and children are raised by parents, grandparents, resource parents, family members and other caregivers; and

**WHEREAS,** Families in Mendocino can receive support from various positive parenting programs, such as the Triple P - Positive Parenting Program, an evidence-based program that has been offered for more than thirteen years in English and Spanish by many organizations and individuals throughout the county, thanks to a partnership between FIRST 5 Mendocino, Mendocino County's Family and Children Services and Behavioral Health and Rehabilitation Services, the Family Resource Centers, and North Coast Opportunities Early Head Start and Head Start programs; and

**WHEREAS,** Triple P is an effective and universal public health parenting intervention, reaching approximately 1,000 parents and children of diverse backgrounds in Mendocino County who benefit each year; and

**WHEREAS,** Triple P offers parents and caregivers an evidence-based "tool kit" of proven strategies such as quality time, giving affection, and descriptive praise that help strengthen family relationships, promote children's development, and prevent or manage common parenting challenges; and

**WHEREAS,** Every individual, community group, business, early care and education provider, school, faith-based organization, non-profit service providers, tribe and government agency has a vital role to play in raising awareness of the importance of positive parenting and creating equitable opportunities for families to thrive and raise happy, healthy children; and

**WHEREAS:** The Mendocino County Board of Supervisors aligns its priorities with the California State Association of Counties 2023 priorities in enhancing and advocating for prevention services in early childhood that advance whole child and family approaches such as the Positive Parenting Program.

**NOW, THEREFORE, BE IT RESOLVED,** that the Board of Supervisors of the County of Mendocino, hereby proclaims January, 2024, as Positive Parenting Awareness Month in Mendocino County.

Dated: January 9, 2024

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\_\_\_\_\_, Chair

