

ASSEMBLY THIRD READING

ACR 120 (Ávila Farías)

As Introduced January 12, 2026

Majority vote

SUMMARY

Declares January 2026 as Positive Parenting Awareness Month in California.

Major Provisions

- 1) The quality of parenting, 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.
- 2) Positive parenting is a protective factor that strengthens family relationships, increases parents' confidence, and drives children's social, emotional, and relational health and development.
- 3) Families in California incorporate many different dynamics, including children who are raised by parents, grandparents, foster parents, family members, and who are supported by other caregivers in a variety of settings such as schools, family childcare, early childhood education centers, and health clinics.
- 4) The United States Surgeon General's 2024 advisory, "Parents Under Pressure," reports that 41 percent of parents and caregivers say they are so stressed they cannot function most days and that nearly 50 percent say their stress completely overwhelms them when compared to other adult groups.
- 5) Parenting impacts children's brain development, neurological regulation, and risk for adverse childhood experiences (ACEs). Children of Black, indigenous, Latinx, Asian, and other families of color that already experience inequities rooted in structural racism are at greater risk for ACE exposure.
- 6) Research confirms that positive parenting creates positive childhood experiences and children and youth who experience safe, stable, and nurturing relationships and environments can reduce the effects of depression associated with ACEs. Preventing ACEs could reduce the number of adults with depression by as much as 44 percent.
- 7) Through the actions of nonprofit organizations, 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.

COMMENTS

According to the Author

Parents and caring adults have the biggest influence on a young child's ability to thrive. Parents, caregivers, and childcare centers can have stronger relationships with children when they have

the resources and support they need. By declaring January 2026 as Positive Parenting Awareness Month, we can keep the focus on how critical the mental health and well-being of parents is to the mental health and well-being of our children.

Arguments in Support

None on file

Arguments in Opposition

None on file

FISCAL COMMENTS

No fiscal impact. This resolution is keyed non-fiscal by Legislative Counsel.

VOTES**ASM RULES: 9-0-1**

YES: Pacheco, Lackey, Ahrens, Dixon, Garcia, Mark González, Irwin, Sanchez, Zbur

ABS, ABST OR NV: Michelle Rodriguez

UPDATED

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