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THIRD READING

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Bill No: ACR 120  
Author: Ávila Farías (D), et al.  
Amended: 2/9/26 in Senate  
Vote: 21

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**SUBJECT:** Positive Parenting Awareness Month

**SOURCE:** Author

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**DIGEST:** This resolution designates January 2026 as Positive Parenting Awareness Month in California.

**ANALYSIS:** This resolution makes the following legislative findings:

- 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) Rising housing costs, inflation, and the soaring price of childcare have forced many caregivers to work longer hours or multiple jobs, leaving less time, energy, and emotional capacity for nurturing their children. These financial strains, coupled with the challenges of balancing work, family, and mental well-being, place unprecedented stress on families striving to create stable and supportive home environments.
- 3) 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.
- 4) The United States Surgeon General’s 2024 advisory, “Parents Under Pressure,” reports that 41% of parents and caregivers say they are so stressed they cannot function most days and that nearly 50% say their stress completely overwhelms them when compared to other adult groups.

- 5) 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%.
- 6) Positive parenting is a protective factor that strengthens family relationships, increases parents' confidence, and drives children's social, emotional, and relational health and development.

This resolution declares the month of January 2026 as Positive Parenting Awareness Month in California.

### **Related/Prior Legislation**

ACR 14 (Michelle Rodriguez, Resolution Chapter 14, Statutes of 2025)

ACR 4 (Addis, Resolution Chapter 37, Statutes of 2023)

ACR 112 (Grayson, Resolution Chapter 12, Statutes of 2022)

HR 4 (Stone, 2021) – Adopted in Assembly.

**FISCAL EFFECT:** Appropriation: No Fiscal Com.: No Local: No

**SUPPORT:** (Verified 2/10/26)

None received

**OPPOSITION:** (Verified 2/10/26)

None received

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2/12/26 9:08:38

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