

APRIL 2024

PARENTING COMMUNITIES

funded by the 2019 Leelanau County Early Childhood Millage

The Protective Factors: Knowledge of Parenting & Child Development

The Protective Factors are strengths all families have and can build upon that support resilient, thriving children and families. They are:

- Parental Resilience
- Nurturing & Attachment
- Concrete Support in Times of Need
- Knowledge of Parenting & Child Development
- Social & Emotional Competence of Children
- Social Connections

These factors help to reduce stress, enhance wellbeing, and support parent-child relationships which are foundational for healthy development in children.

This month, our focus is on **Knowledge of Parenting & Child Development**, which is helpful in understanding your child's unique needs. When we know what to expect, we can be a better parent to our child.



We may learn parenting skills from our parents, from observing others, good books, media, and professionals. We also learn skills particular to our own child through everyday routines and responsive caretaking. We teach our children, and our children teach us, too. Our children are mirrors. Through them, we see our humanity, our strengths, flaws, and our deep, abiding love.

As we reflect on our parenting, we learn, we may try things a different way, and we grow. There is no such thing as a perfect parent.

We will all make mistakes, and that is okay. The process of “rupture and repair” is a natural part of relationships, and it builds resilience in both you and your child. Through connection, we can repair ruptures and make our relationship with our children even stronger.

Research tells us that parents who understand their child’s development and parenting at different stages are most likely to raise healthy, resilient children. Parenting Communities activities such as playgroups, parent learning opportunities, the parent lending library, newsletters, and home visits offer parents a range of ways to learn more about child development and effective parenting skills. Thank you for being on your parenting journey with us!



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Celebrating the Month of the Young Child

April is the Month of the Young Child - when we celebrate our children, their families, and the people who support them, such as family members, teachers, daycare providers, doctors, neighbors, and anyone who works with or cares for young children and their families. One special week of the month is designated the Week of the Young Child by The National Association for the Education of Young Children (NAEYC), April 6-12 this year. Each day of the week has a theme to promote fun ways to support young children's growth and development at home with their families. Join us in celebrating our young people by participating in some of these activities at home, and join us with the Leelanau Children's Center on April 20 for an open house and parade through Leland! (More details on page 4).



Music Monday



Singing, dancing, & listening to music helps children develop their language & muscles, & stimulates brain development. Put on some favorite music & have a dance party!



Work Together Wednesday



Teamwork makes the dream work! Creating things together builds problem-solving, language, early math & science skills, & social skills. Plus, it can be fun! See what you & your child can build together using different materials found around the house such as cardboard, sticks, cans, or anything you can imagine!



Family Friday



Family fun day! What does your family like to do together? What makes your family unique? Share favorite stories with your child & celebrate what makes your family great!



Tasty Tuesday



Playing with your food is okay! Exploring different kinds of foods with all your senses helps children learn how to try new things, understand their body's senses, and builds vocabulary! What color is this strawberry? What does it feel like in my hand? Is it soft, wet, squishy...? Does it make a sound when I bite it? How does it smell? What can I taste?



Artsy Thursday



Open-ended art projects with a variety of materials lets your child explore their creativity, plan & problem-solve, & develop fine motor skills. Art can be messy with young children, but it is more about the process than the final product!

Thank you to everyone in our community who loves, cares for, and supports our young children! As the saying goes, "It takes a village to raise a child." We are grateful to be part of a village that values our young children and families.





“YOU CAN NEVER GET ENOUGH
BOOKS
INTO THE HANDS
OF ENOUGH
CHILDREN”
Dolly



INSPIRE A LOVE OF READING

Enroll your child in Dolly Parton's Imagination Library
and get a FREE BOOK every month until their 5th birthday.

“ Our daughter **LOVES READING** and being read to,
and the **VARIETY** she receives from the
Imagination Library is a **SIGNIFICANT** part of this ”

Dolly Parton's Imagination Library is dedicated to inspiring a love of reading by gifting books free of charge to children from birth to age five, through funding shared by Dolly Parton and local community partners in the United States, United Kingdom, Canada, Australia and Republic of Ireland.



Dolly Parton's Imagination Library GTR
P.O. Box 4441
Traverse City, MI 49685-4441
<https://dpil-gtregion.org/> | dpilgtregion@gmail.com

IMAGINATIONLIBRARY.COM/
CHECK-AVAILABILITY



APRIL/ABRIL 2024 EVENTS!

For Leelanau families with children ages 0-6
Para familias de Leelanau con niños de 0-6 años



PARENTING
COMMUNITIES

funded by the Leelanau Early Childhood Millage Financiado por los impuestos a la propiedad privada del condado de Leelanau que apoyan la primera infancia

PLAYGROUPS / GRUPO DE JUEGO

Play, learn, and grow together

MONDAYS/LUNES

ST. MARY SCHOOL
GYMNASIUM
GYMBOREE FAMILY
PLAYGROUP

APR/ABR 15, 22, & 29

10-11AM



TUESDAYS/MARTES

GLEN LAKE COMM.
REFORMED CHURCH

APR/ABR 2, 9, 16,
23, & 30

10-11AM



WEDNESDAYS/MIERCOLES

NORTHPORT PUBLIC SCHOOL
APR/ABR 3, 10, 17, & 24
10-11AM

GREAT LAKES
CHILDREN'S MUSEUM
APR/ABR 10 & 24, 10-11:30AM



[REGISTRATION LINK
FOR CHILDREN'S
MUSEUM](#)



THURSDAYS/JUEVES

KESWICK UNITED
METHODIST CHURCH

APR/ABR 4, 11,
18, & 25

10-11AM

COMMUNITY GATHERINGS / REUNIONES COMUNITARIAS

Families Together (Familias Unidas)

a monthly gathering for families and those interested in the early childhood years to share and explore topics related to early childhood development, parenting, and our collective well-being

Bring your kids! Dinner provided & supervised playgroup offered while grown-ups meet to discuss the topic of the evening

We'll eat together, play together, explore ideas together, and ultimately, grow together



Register/inscribirse

April/Abril 8
5:15pm - 7:00pm
Leelanau Children's Center
111 N Fifth St., Leland

Reunión mensual para que las familias exploren temas relacionados con la primera infancia, la crianza de los hijos y nuestro bienestar colectivo. ¡Trae a tus hijos! Se ofrece cena y se ofrece un grupo de juego supervisado mientras los adultos discuten el tema de la noche

Month of the Young Child Open House & Parade

el Mes del Niño Open House y desfile
in partnership with Leelanau Children's Center



Saturday/Sábado,
April 20

10am - 12pm

Leelanau Children's Center
111 N Fifth St., Leland



Crafts, snacks, play, & community
celebration for our young children!
¡Manualidades, refrigerios, juegos y
celebración para nuestros niños pequeños!



★ Dentro del nuestro equipo contamos con personas hispano-hablantes que estarán con ustedes durante todo los eventos. Puedes comunicarte con Adri al 231-882-6136 ★



Helping us all be the parents we dream of being
Ayudándonos a ser los padres' que soñamos ser



www.bldhd.org/parenting-communities



@PCLeeanau



@parentingcommunities

