

MAY 2024

PARENTING COMMUNITIES

funded by the 2019 Leelanau County Early Childhood Millage

The Protective Factors: Social & Emotional Competence of Children

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 **Social and Emotional Competence of Children**. Children who are socially and emotionally competent can successfully engage with adults and peers. This is dependent on their stage of development and having been coached by the important adults in their life.

Some questions to ponder...

- How do you know what you are feeling - emotionally and physically?
- How do you care for your feelings and your self?



- How are emotions expressed in your house?
- How were emotions expressed in your house growing up?
- What are your hopes for your child's emotional experiences as they grow?

Just like the other developmental domains, social and emotional competence is nurtured and practiced. Parents and other caregivers play an important role as their child's emotional coach. Being aware of your own feelings and being sensitive to your child's emotions helps their social-emotional development. This is certainly easier said than done. Are there times when your child's emotions feel like an inconvenience or trigger you? You are not alone! Sometimes, our child's emotions and behaviors trigger feelings about our own childhood experiences. This can be surprising and challenging, but please know we are here if you would like help in navigating the complexities of your and your child's emotions. Email parentingcommunitieslcebldhd.org, give us a call (231) 256-0227, or join us at a playgroup so we can connect.

Our children's social-emotional development is so closely connected to our own. If we come from a place of acceptance and care for our own emotional states, we are better able to give acceptance and care to our children's emotional states. If you are interested in exploring practical ways you can help yourself and your child care for your emotions, we'll explore some activities on the next page.

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**PROTECTIVE
FACTORS**

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**CARING FOR
SELF, CARING
FOR CHILDREN**

PAGE 2

**UPCOMING
EVENTS**

PAGES 3-4

Caring for Self, Caring for Children

On page 1, we talked about what social-emotional development is, and you might be wondering “how can I support my child’s social-emotional development? I understand what it is, but how do I help them in this area?” There are all kinds of ways caregivers can support children with their emotions and learning to care for themselves; we will explore some of the ways families do this, and you may find you’re already doing many of these things, or want to try something new.

The one thing that is the same for all families is that children’s social-emotional development is best supported by loving relationships, sensitivity, and curiosity. This requires us caregivers to be aware of our own emotions, our reactions to our children’s emotions and behaviors, and using our strategies that help us navigate all of this – this is part of *emotional regulation*. Emotional regulation is not always easy, in fact, it can be nearly impossible sometimes. Emotional regulation is not about being calm all the time. All emotions are valid and have good reason to be there. The goal is to increase our ability to notice what we are feeling and give ourselves what we need to care for our selves physically, emotionally, and spiritually. This is different for everyone, so it is good to explore what feel best to you.

It is also important to note that the ways in which children and adults regulate emotions are different. Adults have the ability to regulate emotions on our own (or with others if we choose), but children need *co-regulation*, which is getting help from a caregiver to regulate their emotions. This is why it is so important for us to care for our own emotions, because we are the way our children learn to regulate theirs. It takes years and years for children to develop the ability to regulate their emotions on their own (into the teen years, even adults are still learning this!), so please be gentle and compassionate with yourself and your children as you learn and practice together.

What kinds of activities do I like to do that feel like they restore my energy, soothe and comfort me, or make me feel like ‘me’ ?

What kinds of activities do I think my child likes? What seems to comfort them and help them feel safe?

Emotional Regulation Activities

Try some out or do it your own way... these are just some ideas of things we can do to help us and our children feel and express emotions. What would you add to the list?

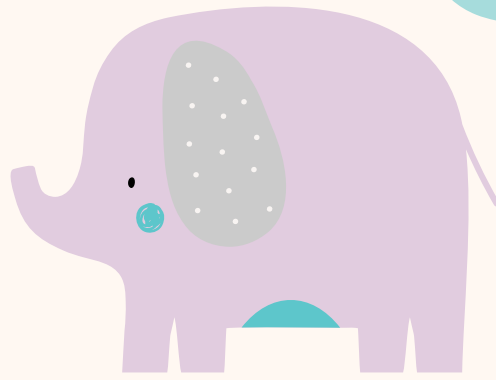


- Tear paper
- Stomp feet
- Rest or sleep
- Bare feet in the grass or sand
- Deep breathing

- Walk, run, jump, or skip
- Splash cold water on your face
- Journaling
- Hug someone
- Dance

- Color, doodle, paint
- Squeeze play dough
- Cry it out
- Kickboxing or martial arts
- Swinging

- Mindfulness practices
- Fresh air & sunshine
- Swimming or playing in water
- Eat a crunchy snack



PLEASE JOIN US FOR THE
PARENTING COMMUNITIES

Community Baby Shower

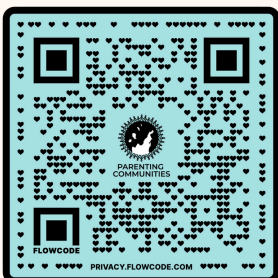
JUNE 3RD 10AM-NOON

FREE EVENT FOR LOCAL FAMILIES AND
THEIR BABIES UNDER 12 MONTHS

JOIN US FOR FUN & GAMES, A LIGHT
LUNCH AND SHOWERING OF BABY
GIFTS AND PRIZES

LELAND TOWNSHIP PUBLIC LIBRARY
203 E CEDAR ST. LELAND, MI

SCAN TO REGISTER



SCAN TO REGISTER

PLEASE REGISTER IN ADVANCE
WITH THE QR CODE OR VISIT:

URL & LINK



**PARENTING
COMMUNITIES**

MAY/MAYO 2024 EVENTS!



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



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

MAY 6, 13, & 20
10-11AM

WEDNESDAYS/MIERCOLES

NORTHPORT PUBLIC SCHOOL
MAY 1, 8, 15, 22, & 29
10-11AM

GREAT LAKES
CHILDREN'S MUSEUM
MAY 8 & 22, 10-11:30AM



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

TUESDAYS/MARTES

GLEN LAKE COMM.
REFORMED CHURCH

MAY 7, 14, 21, & 28
10-11AM

PARENTING
COMMUNITIES



THURSDAYS/JUEVES

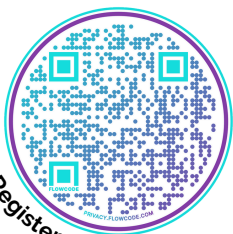
KESWICK UNITED
METHODIST CHURCH

MAY 2, 9, 16, 23, & 30
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



Register / inscribirse

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

**May/Mayo 13
5:15pm - 7:00pm
Leelanau Children's Center
111 N Fifth St., Leland**

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

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

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



@PCLeelanau



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