

DECEMBER 2023

PARENTING COMMUNITIES

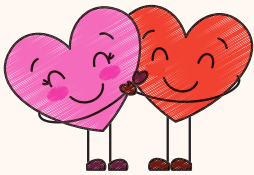
funded by the 2019 Leelanau County Early Childhood Millage

The Protective Factors: Social Connections

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 Connections** - a feeling of closeness and belonging with others. Humans need other humans, and having rich social connections helps us thrive.



Connectedness is essential to our health and wellbeing. Connection is the key to helping our children grow and develop with loving, nurturing care, and it helps adults and children alike with regulating emotions, managing stress, and feeling less alone through challenges. Having at least one other person we can rely on when we need support, someone to talk to when things feel overwhelming, or to share joy and celebrate positive moments with fills our human need for connection.

If you are looking for opportunities to enhance your social connections, we host a variety of events every month to help families meet and make connections because we understand how vital social connectedness is. Parenting is hard enough - we don't need to do it alone. Playgroups are a great way to meet other families and offer a space where children and caregivers can play, learn, and connect. Families Together is our monthly gathering where we provide dinner and explore parenting-related topics, and multiple community and seasonal events occur throughout the year. We'd love to have you at any of our gatherings. Come connect with us and other families in our community!

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Who could you
call if you...

Were lonely?

Needed someone to talk to?

Needed a hand with something?

Were looking for trustworthy advice?



happy holidays!



FROM OUR FAMILIES TO YOURS -
WE WISH YOU A DELIGHTFUL HOLIDAY SEASON

The Gift of Experiences

The holidays are a time of making special memories together and sharing in the joy of family traditions. This is also a time of year when we share gifts with friends and family to show our love and celebrate the season. While gifts can be material items that a person enjoys or needs, gifts can also be found in the every day interactions we share with our loved ones. Experiences make memories that can last a lifetime.

Experiences also help children learn new things about the world and provide opportunities to develop skills in many areas including language, motor and cognitive skills, and social-emotional development. Toys are important for learning and development, and it is indeed a joy to watch our children's faces light up as they unwrap gifts from loved ones. In addition to these kinds of gifts, what experiential gifts could you give your children this year? What are some of your favorite family holiday traditions?



Put on a puppet show



Dance party



Have a tea party



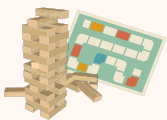
Make a fort



Take a magical winter walk



Karaoke



Game night



Make a special recipe



Pajama day



Arts & crafts



Movie night



Take a trip



Sledding



Swim at an indoor pool



Bowling



Build a snow-friend



Play with musical instruments



Practice yoga



**Thanks for spending time
with us this year! Wishing you
a healthy & vibrant 2024**



 **Parenting Communities**



DECEMBER/DICIEMBRE 2023 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



PARENTING COMMUNITIES

PLAYGROUPS / GRUPO DE JUEGO

MONDAYS/LUNES

NEW

ST. MARY SCHOOL
GYMNASIUM
GYMBOREE FAMILY
PLAYGROUP
DEC. 11 & 18
9 - 10AM

TUESDAYS/MARTES

GLEN LAKE COMM.
REFORMED CHURCH
DEC 5, 12, & 19
10-11AM

*NO PLAYGROUPS
THE WEEK OF
CHRISTMAS*

WEDNESDAYS/MIERCOLES

NORTHPORT PUBLIC SCHOOL
DEC 6, 13, & 20
10-11AM

GREAT LAKES
CHILDREN'S MUSEUM
DEC 13, 10-11:30AM



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

THURSDAYS/JUEVES

*SB PLAYGROUP NOW
ON THURSDAYS*

SUTTONS BAY LIBRARY
DEC 7, 14, & 21
10-11AM

WE MAY SPEND SOME TIME
OUTSIDE & INSIDE,
PLEASE DRESS FOR THE
WEATHER!

COMMUNITY GATHERINGS / REUNIONES COMUNITARIAS

Families Together

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

December 11
5:15pm - 7:00pm
Leelanau Children's Center
111 N Fifth St., Leland

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



Register / inscribirse

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

Family Holiday Gathering



Thursday (Jueves), December 14th
4:30-6:30 PM
Leland Library
203 Cedar St., Leland



Dinner provided
Se ofrecerá cena

Meet Santa!
!Conoce a Papá Noel!

Decorate cookies
Decora galletas

Holiday crafts
Manualidades navideñas

Merriment
Espiritu navideño

Fun for the whole family
Diversión para toda la familia

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



@PCLeelanau
 @parentingcommunities

www.bldhd.org/Parenting-communities

