

NOVEMBER 2023

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 may have and can build upon that support resilient, thriving children and families. They are:

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

These factors help to reduce stress, enhance wellbeing, and support parent-child relationships that are the foundation for healthy development in children. This month, our focus is on the **Social & Emotional Competence of Children**.

As primary caregivers, we are our child's first and most important teacher. Our children learn through our responsiveness to their needs, as well as the needs of others. This responsiveness leads to creating a strong bond with our child, which directly correlates to their **social and emotional competence**. Their ability to interact positively with others, regulate emotions, communicate their feelings, and solve problems helps them in their relationships and supports resilience to stress as they grow into adulthood.

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It can be really difficult to wait for our turn. You are being so patient!

I love that you asked me for help after trying yourself for so long. You really gave it a great effort!

Let's go for a walk. That might make us feel better.

I know you want to keep playing. It's time for bed. Do you want to brush your teeth first or put on your pj's?

Ways we can support
our child's social-
emotional development

What was the best part of your day?

Ouch! I'm sure that hurt. Let's make it feel better.

You must really enjoy the story! I see you smiling!

How do you think your sibling is feeling?

Gratitude Practice

Gratitude is often brought up this time of year, with the arrival of holidays and family traditions centered around gratitude and connection, it is a time of year that invites us to think about the things in our lives we are grateful for. A *gratitude practice* is when we take time out of our day to really reflect on the things we are grateful for and pay attention to the feelings that arise. This is not to say that we ignore the challenges in life and only focus on the positive – in fact, being realistic about the difficult things we are experiencing and also looking for the things we are grateful for is a balanced way to practice gratitude. We can make room for both the positive and negative. Practicing gratitude has both physical and mental health benefits such as lowered blood pressure, improved immune function and sleep, lowered risk of depression and anxiety, and suicide prevention ([“Gratitude is Good Medicine,” UC Davis Health](#)).

There are many ways to incorporate gratitude into our daily routine. Writing a list of all the things you are thankful for, writing a letter of appreciation to someone you love or admire, or quiet reflection are a few ways we may practice gratitude. If you are looking for a handy tool, see the iceberg illustration below.



Often, big events or circumstances like health and family are some of the first things that come to mind when thinking about gratitude. It can be challenging to think of the daily things that often go unnoticed that we can be grateful for, especially if we are in a place where it seems nothing is going our way, are struggling with mental health issues, or experiencing hardship. Today, challenge yourself to notice just one little thing that made the day a little bit easier and allow for a moment of gratitude, however big or small. Gratitude takes practice, but we can build this “muscle” so that it becomes easier to recognize, feel, & share gratitude.



Leelanau Holiday Program 2023 Leelanau Programa de Navidad 2023

(VFW Holiday Program)

If you/ Si usted

Need help with gifts this holiday season for your children?

Necessitan ayuda con regalos para Navidad

Are receiving assistance from a social services agency?

Reciban ayuda de una agencia social de servicios

(DHS, WIC, Social Security...)*

Please register with (Registre por favor con) **Audrey at**

Leelanau Christian Neighbors

7322 E Duck Lake Rd, Lake Leelanau

Monday November 20 - 2:00pm – 5:30pm

Monday November 27 - 2:00pm – 5:30pm

Monday December 4 - 2:00pm – 5:30pm

To register you **MUST have a form of ID- State ID OR Birth Certificate OR Social Security card...etc for ALL family members*

You Must register to receive gifts!

*Registrarle debe tener forma de identificación- el Estado identificación, la Acta de nacimiento... para TODOS los miembros de la familia Y demostrar ayuda (traiga La Tarjeta de Puente, la impresión del contenido de la memoria de beneficios...)

***DEBE REGISTRAR para recibir regalos**

The program will take place, December 12
at the VFW Hall in Lake Leelanau

Questions? Preguntas? Audrey 231-883-2244



NOVEMBER/NOVIEMBRE 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

TUESDAYS/MARTES

GLEN LAKE COMM.
REFORMED CHURCH

NOV 7, 14, & 28
10-11AM

*NO PLAYGROUPS
THE WEEK OF
THANKSGIVING*

WEDNESDAYS/MIERCOLES

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

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



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

FRIDAYS/VIERNES

SUTTONS BAY LIBRARY

NOV 3 & 17
10-11AM

*WE WILL 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



November 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 meet to discuss the topic of the evening. 2nd Monday every month

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

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



Register / inscribirse

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

