

SEPTEMBER 2023

PARENTING COMMUNITIES

funded by the 2019 Leelanau County Early Childhood Millage

The Protective Factors: Concrete Support in Times of Need

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 **Concrete Support in Times of Need.**

It can be so very hard to ask for help. For many of us, our self-worth feels closely tied to our ability to provide for our families, and many of us feel guilt and shame when we are challenged to do so. Everybody needs help sometimes.

One of the supports that can be found in our community is the WIC program. WIC is an income-based nutrition support program for pregnant and postpartum women and children up to the age of 5. Many people don't know that if a family does not include a mother, children may still be eligible for benefits.

WIC offers nutrition and breastfeeding support, and a card that can be used to buy certain foods for your family.

These food benefits are worth \$53-\$236 per month per person, depending on the age of the child or the pregnancy or breastfeeding status of the adult. Signing up for WIC also gives your family easy access to fluoride dental treatments, lead testing, immunizations, and a caring and committed staff that can help you access other resources in the community.



STORIES INSIDE THIS ISSUE:

PROTECTIVE FACTORS

PAGE 1

KINSHIP

CARE/BACK TO SCHOOL

PAGE 2

UPCOMING EVENTS

PAGES 3-4



For more information about WIC, visit bldhd.org or call us at 231-256-0200, option 3.

*This Institution is an equal opportunity provider

September is National Kinship Care Month

PARENTING COMMUNITIES WOULD LIKE TO RECOGNIZE THE FAMILIES IN OUR COMMUNITY WHO ARE PROVIDING KINSHIP CARE FOR THE CHILDREN IN THEIR LIVES.

The love you give through the care you provide benefits our children and entire community because happy, thriving children grow to become happy, thriving adults. Thank you!

Please reach out if you'd like help connecting to resources for kinship families in our community.

What is kinship care?

Kinship care is the full-time care, nurturing and protection of children by family members, close family friends or other important adults in the child's life. This could include grandparents, aunts, uncles, older siblings, family friends or members of their tribes or clans.



Books to Read as a family

- ***A Grandfamily for Sullivan*** - Coping Skills for Kinship Care Families by Beth Winkler Tyson (Author), Adam Walker-Parker (Illustrator)
- ***Sometimes It's Grandmas and Grandpas - Not Mommies and Daddies*** by Gayle Byrne (Author), Mary Haverfield (Illustrator)
- ***A Family Is a Family Is a Family Hardcover*** - Picture Book, by Sara O'Leary (Author), Qin Leng (Illustrator)



Back to School!



1 2 3 4



Check out our
School
Readiness
booklet!

A B C D



Going back to school can be a tricky transition after a busy summer. It's important to do some preparation for your child's return to school. This will also help minimize stress for parents and caregivers. Start adjusting your child's bedtime before school starts. This can be done in small increments at a time until you reach the desired bedtime. Set your morning routine by creating a list of what needs to be done in the morning. Lists are great visual motivators for children, and it helps foster their independence! If possible, set up a meeting with your child's teacher and see the classroom. If this is your child's first year of school, consider dropping them off on their first day of school to help minimize your child's nervousness about their new school experience.

Every day you can build your connection with your child by showing them how interested you are in their day. This will help to build trust and encourages communication as well. You can create "Bright Beginnings" before school by asking questions about their plans for the school day and taking time to connect with them before they go to school. After school, you can create "Happy Endings" by checking in about your child's school day and re-connecting through family routines and activities. Children may not have the capacity to respond to questions (especially after school when they are tired), but focusing on our *connection* before and after school shows our kids we love and support them even when we are apart. Starting daycare, preschool, or elementary school is a big step and can be hard on both parents and kids, so take some time to connect and give yourselves lots of grace! Read on below for some ideas:

Bright Beginnings

- "What are you most excited about today?"
- "Is there anything that could happen today that could make you really, really happy/sad/nervous/etc.?"
- "Who/what do you plan to play with today?"
- "What can you do if you get upset/angry during the school day?"
- "What do you do when you have a problem at school and need help?"
- "What types of things can you do all by yourself at school?"
- "What do you like most/least about school?"
- Eat breakfast together
- Sing songs
- Create a moment of peace as the day begins (watch the sunrise, listen to the birds, etc.)



Happy Endings

- "Tell me your favorite part of your day at school today."
- "Who did you play with at school today? What did you like about them/that?"
- "How did you help someone today or how did some help you today?"
- "What did your teacher read today? Tell me about it."
- "I'm so happy to see you again. I missed you!"
- Serve a favorite after-school snack
- Play together!
- Help prep clothes/backpack/lunch for tomorrow
- Sit & talk together while sharing a meal
- Read books, tell stories
- Relax & unwind together



Grandparent's Day Celebration!

WHEN: SATURDAY, SEPT. 9, 10-11:30AM

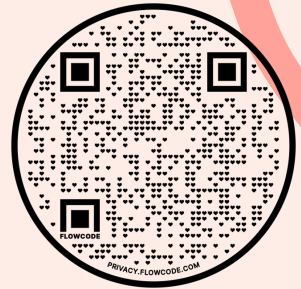
WHERE: HERMAN PARK PAVILLION

Grandparents play an important role in our lives

Join us for brunch, bingo, yard games, community, and fun for the whole family!



PARENTING COMMUNITIES



Please register in advance!

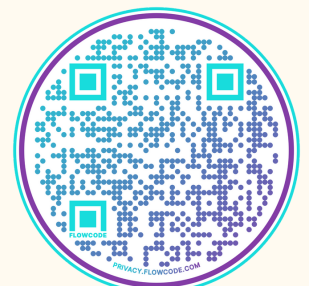
▶ **THIS MONTH!** ◀

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

Returning monthly series - the 2nd Monday of every month
September 2023 - May 2024

1st session: September 11
5:15pm - 7:00pm
at the Leelanau Children's Center
111 N Fifth St., Leland



Dinner provided, bring your children! We'll eat together, play together, explore ideas together, & ultimately grow together

Scan the QR code for more info & registration
Questions?
Call (231) 256-0227

SEPTEMBER/SEPTIEMBRE

2023 EVENTS!

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



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PLAYGROUPS GRUPO DE JUEGO

TUESDAYS/MARTES

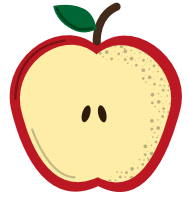
MYLES KIMMERLY,
MAPLE CITY
SEPT 5, 12, 19, & 26
10-11AM



WEDNESDAYS/MIERCOLES

ELMWOOD TWP. PARK,
GREILICKVILLE
SEPT 6 & 20
10-11AM

NORTHPORT PUBLIC SCHOOL
SEPT 6, 13, 20, & 27
10-11AM



(5toONE/PC)
GREAT LAKES
CHILDREN'S MUSEUM
SEPT 13 & 27, 10-11:30AM

*REGISTRATION
ONLY NEEDED FOR
CHILDREN'S
MUSEUM
PLAYGROUP



[REGISTRATION
LINK](#)

FRIDAYS/VIERNES

SUTTON PARK
(SOUTH BEACH),
SUTTONS BAY
SEPT 8, 15, 22, & 29
10-11AM



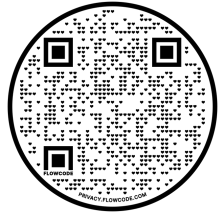
COMMUNITY GATHERINGS REUNIONES COMUNITARIAS

Grandparent's Day Celebration

WHEN: SATURDAY, SEPT. 9 10-11:30

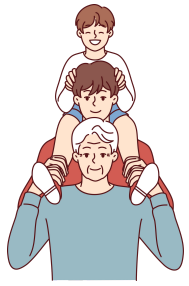
WHERE: HERMAN PARK PAVILLION

Grandparents are important and special!
Please join us for brunch, bingo, yard games,
community, and fun for the whole family!



Scan to register

HAPPY
GRAND
PARENTS
DAY



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



Scan to register

**1st session: September 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

Helping us all be the parents we dream of being



 @PCLeelanau
 @parentingcommunities
 www.bldhd.org/Parenting-communities

