

OCTOBER 2023

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 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 **Knowledge of Parenting & Child Development**. When we have an idea of what to expect as our children grow, we can respond to their needs in developmentally appropriate ways, support their growth, and having a strong bond with our children.

Below are some activities you may do at home to support your child's language development. We'll share activities that support the different developmental domains each time we revisit this protective factor.

STORIES INSIDE
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**PROTECTIVE
FACTORS**

PAGE 1

**BELOW THE
SURFACE**

PAGE 2

**UPCOMING
EVENTS**

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Developmentally Appropriate Activities for Cognitive Development

0-6 months

Tummy Time Towers:

Introduce soft, lightweight blocks to babies during tummy time. Stack the blocks in a low tower within their line of sight, and encourage them to topple the tower.



2-3 years

Pillow Obstacle Course

Place cushions, pillows, blankets, or comforters on the floor for your kid to move across. Move by stepping, rolling, crawling, or hopping on the uneven, lumpy surfaces.

Skills: gross motor skills, vestibular and proprioceptive stimulation, tactile stimulation

6-12 months

Stacking Cups

Take turns stacking the cups and knocking them down. You can also have a "race," where you both stack cups at the same time.



3-4 years

Puppet Theatre

Cut a doorway and a window on opposite sides of the box. Hang a curtain over the window and let your child put on a show for the family from inside the box.



1-2 years

Block Tower Knockdown

Build a tower with blocks and let toddlers take turns toppling the tower with a soft ball or bean bag.



4-6 years

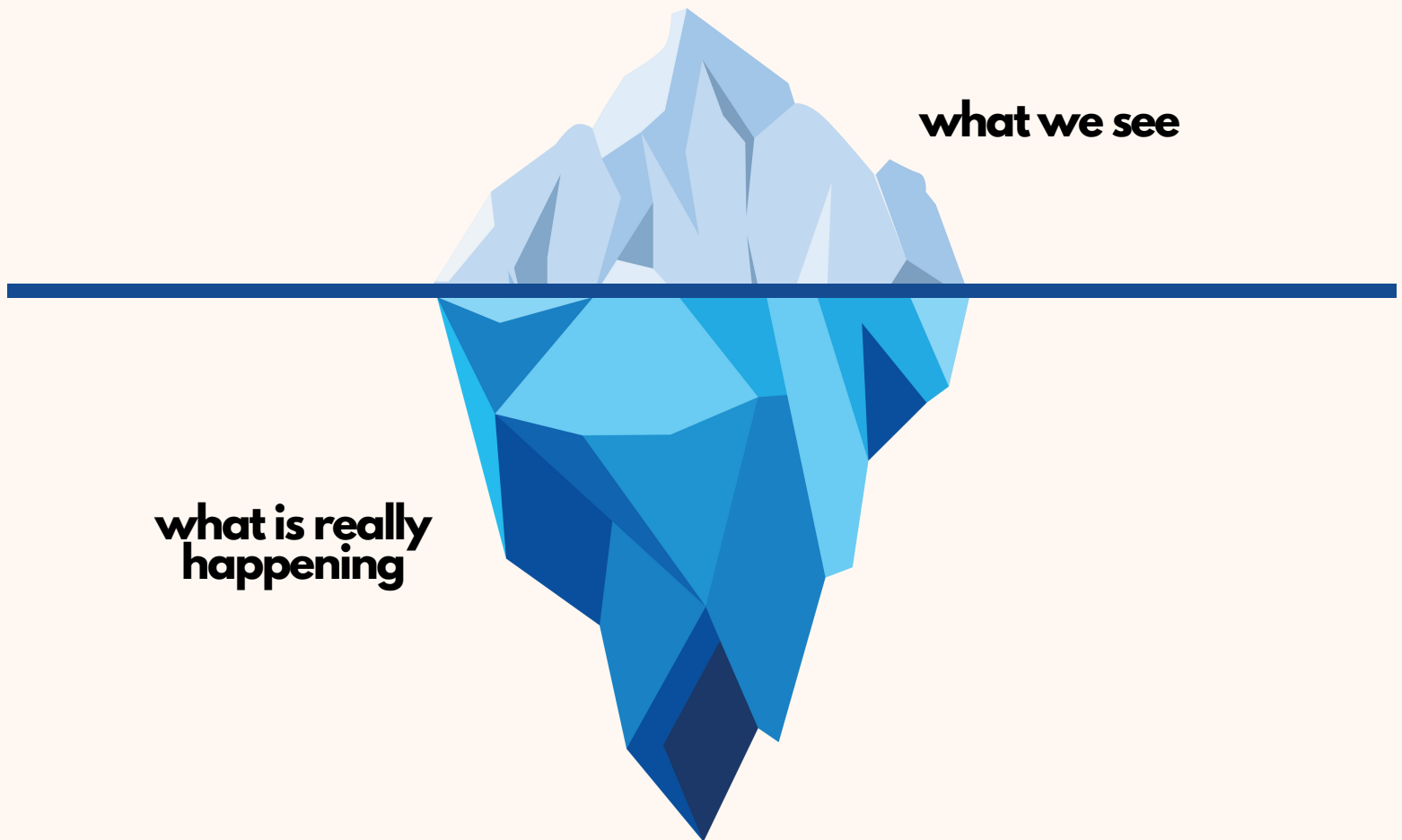
Imaginative play

Join your child in role playing as one of their favorite things - an animal, superhero, or a favorite job like firefighter. Pretend play helps children develop creativity, social learning, language, & motor skills!



What's Below the Surface?

You've likely heard the saying "that's just the tip of the iceberg" - meaning that what we see is just a portion and there's a whole bunch more going on below the surface. Likewise, behaviors that we see from our children are just the portion of the "iceberg" that we can observe. Children have needs, thoughts, and feelings below the surface that are not always clear to us, but they have an impact on the way our children behave. Has your child ever had a meltdown when they couldn't find their favorite lovey at bedtime? You might see them crying, screaming, and desperate to find their lovey - what might be going on for them internally (below the surface)? Maybe they are very tired, maybe they are afraid they will not find their lovey, and they depend on the comfort and stability it provides them. This is one example, try to think of something you've seen your child do and take a moment to wonder what was going on for them inside at the time. Were they hungry, tired, scared, too hot or cold, needing your attention, frustrated, excited, overstimulated, etc.?



Just like our children, adults have our own "icebergs" affecting how we behave. It is important to tune into our own underlying needs, thoughts, and feelings so we can better understand what is going on for us, how these may be impacting our actions, and respond accordingly. Meeting our own needs and understanding how we're feeling is an important part of being able to help our children do the same.

***Get curious about your & your child's icebergs...
what might they be trying to tell you?***

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

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



Monday, October 9th
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

THIS MONTH!

Fall Harvest Gathering



Thursday, October 19
10-11:30am

Veronica Valley Park

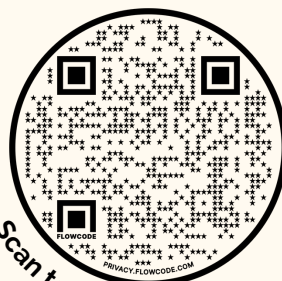
4243 S Lake Leelanau Dr., Lake Leelanau

Join us for a family-fun gathering to celebrate the wonderful season of fall!

Pumpkin Painting!



**Fall-themed
trail walk**



Scan to register

Cider & donuts

**Dress up in
costumes if
you like!**



OCTOBER/OCTUBRE 2023 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

TUESDAYS/MARTES

WEDNESDAYS/MIERCOLES

FRIDAYS/VIERNES

GLEN LAKE COMM.
REFORMED CHURCH

OCT 3, 10, 17, 24,
& 31
10-11AM

NORTHPORT PUBLIC SCHOOL

OCT 4, 11, 18, & 25
10-11AM

GREAT LAKES
CHILDREN'S MUSEUM
OCT 11 & 25, 10-11:30AM



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

SUTTONS BAY LIBRARY

OCT 6, 13, 20, & 27
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

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

October 9
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

Fall Harvest Gathering



Thursday, October 19
10-11:30am

Veronica Valley Park

4243 S Lake Leelanau Dr., Lake Leelanau

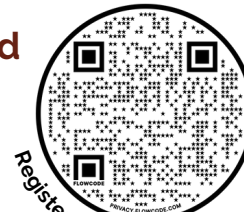


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Cider & donuts

Fall-themed
trail walk



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Dress up in
costumes if
you like!



¡Únete a nosotros para celebrar en familia la maravillosa temporada de otoño!! Pintaremos calabazas, tendremos sidra y donas, podrás dar un paseo por un sendero ecológico con temática otoñal. ¡disfrázate si lo deseas!

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

