

FEBRUARY 2024

# PARENTING COMMUNITIES

*funded by the 2019 Leelanau County Early Childhood Millage*

## The Protective Factors: Nurturing & Attachment

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

**Nurturing and Attachment** - intentionally creating responsive, positive interactions with your child(ren).

Parenting is a tremendous responsibility full of many moments of joy. Home and other responsibilities can leave parents feeling like they do not have nearly enough time with their child outside of their routine care. But even small acts of kindness - hugs, a smile, or loving words can make a big difference to children.

**Positive relationships help children grow! When children receive loving, responsive care, they learn that they can express themselves & their needs will be met. That way, they can explore the world with the safety & comfort of returning home to their supportive caregiver.**



**What are some of your favorite things to do with your child?**

**What are some of your child's favorite things to do with you?**

**How do these activities support your relationship?**

Even when your child is too young to understand you, talk to them. Make eye contact, smile, and make exaggerated faces as you talk. They'll soon start to return the conversation with coos and happy shrieks. Hold your baby as often as you can. Rock and cuddle them during the daytime and respond to them at night with comfort.

Toddlers want your attention more than anything. Give it to them! Reward their good behavior by letting them know that you notice it. This will give your toddler the attention they need and strengthen the bond between you. As they begin to move farther away from you to explore their world let them know they are safe and that you are proud of them for exploring. Holding and snuggling are still great ways to bond at this age.

Connect with your more independent 3- and 4-year-old by playing with them. Hide and seek, tag and backyard races are great active games. For quieter moments, read, play pretend with dinosaurs and dolls, build a blanket fort, or create something with blocks. This age needs snuggle time too!

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# February Fun



February is our shortest month of the year, but it can be one of the sweetest. February is Bake for Family Fun month, Valentine's Day is on the 14th, and we have one extra special day to end the month: Leap Day (February 29)! These themes can be great learning opportunities for children and can inspire lots of family-fun.

## Bake for Family Fun

Looking for a sweet way to jazz up your weekend breakfasts? Try making this simple raspberry sauce to top your pancakes or waffles! From scratch or from a box, make your pancakes or waffles, maybe add some chocolate chips, blueberries, banana slices, or use a heart-shaped cookie cutter to make them into hearts - it's up to you! Top with the raspberry sauce and enjoy!

- 2 cups (about 9 ounces) frozen raspberries
- 3/4 cup sugar
- 1/2 cup water
- 2 teaspoons lemon juice
- 1 & 1/4 teaspoons cornstarch



1. Place the raspberries, sugar, water, lemon juice, and cornstarch in a small saucepan, stirring to combine.
2. Cook over medium heat until the raspberries break down and the mixture begins to boil.
3. Boil 3-5 minutes, until thickened to desired consistency.
4. Take off the heat and let sit until cool.

## Nature's Valentines



Nature's valentines are all around us if we pay attention to them. Try a winter walk and see what you can find. Wonder with your child about the things you see along your walk. Sharing a love of nature with children is food for the soul, and more time outdoors is linked to improved mental health for children and adults ([\*The Mental Health Benefits of Getting Outdoors, McLean Hospital\*](#)).

You might also like creating valentines for the birds using simple materials such as cardboard, peanut butter, twine, and bird seed, or pipe cleaner and cheerios.



Leap Day is February 29th! This day only occurs once every four years to help us keep our calendar aligned with the seasons. And while the concept of time is a pretty advanced subject for young children, we can still acknowledge this special day in a number of ways:

- Talk about the seasons or our solar system
- Leap like a frog! What other animals leap? Play pretend!
- Practice counting to 29. Take 29 small or big steps & see how far you go
- Make a leap year time capsule with items, notes, or pictures that represent your family now and open on the next leap day (next one is in 2028!)

**ST. MARY  
SCHOOL  
GYMNASIUM**

303 St. Mary St., Lake Leelanau



YOU'RE INVITED TO JOIN THE

# Gymboree Family Playgroup

IN COLLABORATION WITH PARENTING COMMUNITIES

## Things to note

- Please be conscious of gym appropriate shoes/socks
- NO charge to families
- Snacks provided
- Ages 0-6
- Drop-ins welcome!

## Upcoming Dates

FEB. 12

FEB. 19

FEB. 26

**10-11am**



**PARENTING  
COMMUNITIES**

funded by the Leelanau  
Early Childhood millage

Questions?

Contact Brittany Rosendall at  
[brosendall@stmarysll.org](mailto:brosendall@stmarysll.org) or  
231.256.9670 ext. 452

# FEBRUARY/FEBRERO 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*



PARENTING COMMUNITIES

MONDAYS/LUNES



WEDNESDAYS/MIERCOLES

NORTHPORT PUBLIC SCHOOL

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

ST. MARY SCHOOL  
GYMNASIUM  
GYMBOREE FAMILY  
PLAYGROUP

FEB 12, 19, & 26  
10-11AM

GREAT LAKES  
CHILDREN'S MUSEUM  
FEB 14 & 28, 10-11:30AM

TUESDAYS/MARTES

GLEN LAKE COMM.  
REFORMED CHURCH

FEB 6, 13, 20, & 27  
10-11AM



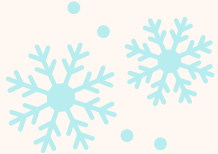
[REGISTRATION LINK  
FOR CHILDREN'S  
MUSEUM](#)

THURSDAYS/JUEVES

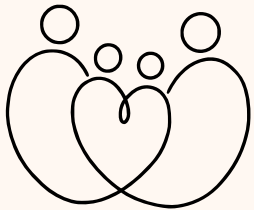
*\*Location change!\**

KESWICK UNITED  
METHODIST CHURCH

FEB 1, 8, 15, 22, & 29  
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

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

February 12  
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*

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



@PCLeelanau  
 @parentingcommunities



[www.bldhd.org/Parenting-communities](http://www.bldhd.org/Parenting-communities)

