

JANUARY 2024

# PARENTING COMMUNITIES

*funded by the 2019 Leelanau County Early Childhood Millage*

## The Protective Factors: Parental Resilience

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 **Parental Resilience** - how we cope with the stress and challenges of parenting and daily living.

There is a saying, that we can't teach our kids what we don't know ourselves. We would add, we can't teach what we don't practice ourselves. So, let's start with understanding the ways in which parents' ability to cope with the stresses of everyday life can create a positive and supportive environment for their children.

Resilience is the process of managing stress in positive ways and functioning well even when faced with challenges. Parents who show the ability to cope with the stresses of everyday life, as well as parenting stresses that come up, have resilience.

Some stressors parents face can be managed relatively easily so that the problems get resolved. But at times, stressors can be overwhelming. For this reason, we don't measure resilience by a parent's ability to fix problems. Rather, parents are resilient when they realize their own inner resources and can ask for help when needed. *All* parents have inner strengths and resources that can serve as a foundation for building resilience for themselves and their children.

“ We don't measure resilience by a parent's ability to fix problems. Rather, parents are resilient when they realize their own inner resources and can ask for help when needed. ”



**What are some times in your life when you've been resilient? What did you do then? What did you learn from that experience?**

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# Welcome, Winter

The holidays are over, and the long stretch of the winter season is ahead of us. For some, the snowy months may be something to look forward to and embrace – maybe you love playing in the snow, making your home cozy, or enjoy the quiet and slow pace this season has to offer. For others, this season may be something to survive, just bare with it until spring, or you dread the dark, cold days that seem to run together. Each season can have a major impact on the way we think, feel, and behave. However you experience winter, it is a good time to practice connecting with our bodies to check-in with ourselves and how we're feeling.

- How do your hands feel when you hold a warm cup of tea/coffee/cocoa?
- Can you do something to make your living space cozy? How does it make your mind and heart feel?
- How does your skin feel in the winter?



- How does the cold air feel on your face when you step outside?
- What sound does the snow make under your feet?
- Feel the snow on your skin
- How does the lack of sunlight affect your mood or energy level?

Paying attention to our physical senses (sight, sound, taste, smell, touch) can be a tool to help us understand our feelings. For example, if I know that feeling very cold makes my body feel so uncomfortable that I get irritable, then I can do what is within my power to help my body feel more comfortable: wearing warm & cozy layers, drinking something hot, or sitting by a fire or in a warm bath. If these resources are not available to me, I can at least understand why I might be feeling irritable and know that it is temporary, and once I can take care of my needs, I will feel more regulated again.

A **Body Scan** is also a great way to check-in with ourselves. If you can, sit or lie down for a few minutes and close your eyes or soften your gaze. Focus inward on what your body is feeling, working from your head down to your toes, or from the toes up. There is no “one” way or “right” way to do a body scan – the goal is to simply notice what you are feeling. Send some warmth and relaxation to an area that is particularly tense, tired, or in pain.



*Snow Day*, by Robin Pieterse

You may also choose to focus on just one area in your body and see what you can feel there. For example, what can I feel in my stomach right now? Hunger? Fullness? Fluttery? Relaxed? Any feeling is okay – it is helpful information. We can help our children build this muscle of body awareness by naming our own feelings and sensations, wondering about what they might be feeling, and talking about it together. “I see a big smile on your face, what is that smile saying?”

**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
- Ages 0-6
- Drop-ins welcome!

## Upcoming Dates

JAN. 08

JAN. 15

JAN. 22

*New  
time!*

**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



# JANUARY/ENERO 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

## PARENTING COMMUNITIES

### MONDAYS/LUNES

ST. MARY SCHOOL  
GYMNASIUM  
GYMBOREE FAMILY  
PLAYGROUP

JAN 8, 15, 22  
10-11AM

### WEDNESDAYS/MIERCOLES

NORTHPORT PUBLIC SCHOOL  
JAN 3, 10, 17, 24, & 31  
10-11AM

GREAT LAKES  
CHILDREN'S MUSEUM  
JAN 10 & 24, 10-11:30AM



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

### TUESDAYS/MARTES

GLEN LAKE COMM.  
REFORMED CHURCH

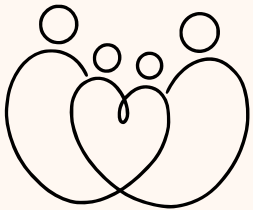
JAN 9, 16, 23, & 30  
10-11AM

### THURSDAYS/JUEVES

SUTTONS BAY LIBRARY  
JAN 4, 11, 18, & 25  
10-11AM

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

## 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



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

January 8  
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)

