

APRIL 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, social connections, knowledge of parenting & child development, concrete support in times of need, social & emotional competence of children, and nurturing & attachment.

These factors help to reduce stress, enhance wellbeing and positive parent-child relationships that are the foundation for healthy development in children. This month, our focus is on **Knowledge of Parenting and 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.

Children have reasons for behaving the way they do. Sometimes it can be hard to understand them, but if we can ask ourselves *why* our child might be acting a certain way before we react, we can try to understand the feelings and needs that are underlying the behaviors we see. This will help us respond with empathy and get to the root of what our child is trying to tell us through their behaviors. We won't always do this perfectly and that's okay. The goal is to learn about your child's unique personality, strengths, and needs, which are ever-changing as they grow and develop. Adapting to new stages or parenting while dealing with other forms of stress can be very challenging, but remember - you know your child best, and you can choose what works best for your children and your family. You've got this! 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
THIS ISSUE:

**PROTECTIVE
FACTORS**
PAGE 1
**MONTH OF THE
YOUNG CHILD**
PAGE 2
**UPCOMING
EVENTS**
PAGES 3-4

Developmentally Appropriate Activities: Language

0-6 months

It's never too early to start reading with our infants while holding them or during tummy time! Start with board or fabric books; point out and describe the images in the books as your baby takes it all in.

6-12 months

Teach your baby to imitate actions like peek-a-boo, clapping, blowing kisses, and waving bye-bye. This teaches them how to take turns. We take turns when we talk.

1-2 years

Read to your child every day. Try to find books with large pictures and a few words on each page. Talk about the pictures on each page.

2-3 years

Put objects into a bucket. Let your child remove them one at a time and say its name. Repeat what they say and add to it. Help them group the objects into categories, like clothes, food, and animals.

3-4 years

Read books with a simple story. Talk about the story with your child. Help your child retell the story or act it out with props and dress-up clothes. Tell them your favorite part of the story and ask them what theirs was.

4-6 years

Have your child help you plan daily activities. For example, have them make a shopping list for the grocery store, or let them help you plan their birthday party. Ask their opinion and let them make choices.

Celebrating Young Children in the Month of the Young Child!

The National Association for the Education of Young Children (NAEYC) designates The Week of the Young Child starting on the first Saturday in April and lasting one week, this year it is April 1-7. But we like to celebrate the young children, their families, teachers, and supporters in our community all month long, so we call April the Month of the Young Child! To celebrate at home we hope you'll find some of these suggested activities helpful, and we hope you'll celebrate with our community at one of our playgroups or parades this month! Check out our events flyers for more details about all the fun activities happening this month!

Music Monday

Stage a living room concert with your kids! Set out any instruments or objects from home that can be used as an instrument and make some music together!



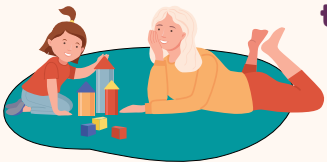
Tasty Tuesday

Is your child up for an adventure? Try a dish from another part of the world! Not an adventurous eater? Make their favorite meal for some nourishing comfort.



Work Together Wednesday

Make an obstacle course in your living room, build the tallest block tower you can, or create a masterpiece together. See what you can make when you work together!



Artsy Thursday

Get creative! Follow your child's lead on how they'd like to play with art - painting, kinetic sand, playdough, chalk, or any other art form your child is interested in!



Family Friday

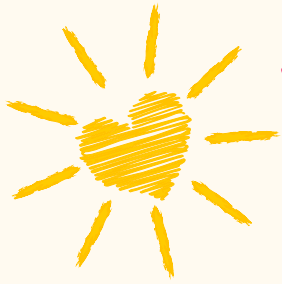
Family fun day! What is an activity your family loves to do together? What makes your family unique? Have a little celebration for your family - you deserve it!



Celebrate Month of the Young Child with Parenting Communities!

April is the
Month of the Young Child!

To celebrate, Parenting Communities is parading around the county! Join us at any or all of our community parades this month to celebrate and support our county's youngest citizens.



Parade with us!



Join us in showing love & support for our young children & families! Family members of all ages welcome - the more the merrier! Bring any noisemakers you want, we will have some to share as well. Snacks & gathering following parades.



For Leelanau families with children ages 0-6
funded by the Leelanau Early Childhood Millage

Thursday,
April 6th, 10-11am
Glen Lake
Community Library

Thursday,
April 13th, 10-11am
Suttons Bay
Library basement

Wednesday,
April 19th, 5:30pm
Benodjenh
Dinner & activities

Thursday,
April 20th, 10-11am
Cedar - at the
playground

Saturday,
April 22nd,
10am-12pm
Leelanau

Children's Center
with musical performance
from Joshua Davis!
10-11 Crafts & Music
11-12 Parade to the
Village Green

Thursday,
April 27th, 10-11am,
Northport Marina
Gazebo



APRIL/ABRIL 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

MONDAYS/LUNES

GRUPO DE JUEGO
PARA FAMILIAS QUE
HABLAN ESPAÑOL

HEALTH DEPARTMENT
7401 E DUCK LAKE RD.
APR 3, 10, 17, & 24
4:30-5:30PM

TUESDAYS/MARTES

GLEN LAKE COMM.
REFORMED CHURCH
APR 4, 11, 18, & 25
10-11AM

WEDNESDAYS/ MIERCOLES

NORTHPORT PUBLIC SCHOOL
APR 5, 12, 19, & 26
10-11AM

(5toONE/PC) GREAT LAKES
CHILDREN'S MUSEUM
APR 12 & 26, 10-11:30AM
[REGISTRATION LINK](#)



*REGISTRATION
ONLY NEEDED FOR
CHILDREN'S MUSEUM
PLAYGROUP

FRIDAYS/VIERNES

SUTTONS BAY LIBRARY
APR 7, 14, 21, & 28
10-11AM

COMMUNITY GATHERINGS



Families Together

Monday, April 10th, 5:30-7pm
at the Leelanau Children's Center
111 N Fifth St., Leland



A monthly gathering for families to share and explore ideas related to early childhood, parenting, and our collective well-being. Bring your children! Dinner is provided. We'll eat together, play together, explore ideas together, and ultimately grow together.

Month of the Young Child!

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Glen Lake Library
in Empire

April 20, 10-11am,
Cedar Playground

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Suttons Bay Library
basement

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Helping us all be the parents we dream of being

@PCLeelanau

@parentingcommunities

www.bldhd.org/Parenting-communities

