

JULY 2023

# PARENTING COMMUNITIES

*funded by the 2019 Leelanau County Early Childhood Millage*

## The Protective Factors: Parental Resilience

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 support parent-child relationships that are the foundation for healthy development in children. This month, our focus is on **Parental Resilience**, the ability to manage and cope with stress and challenges that arise while parenting.

We will all face various levels of stress now and then. Our ability to adapt and respond to stress is a key component of resilience. As parents, we may neglect our own emotional, physical, and spiritual needs during times of stress, but it is important to try to prioritize taking care of ourselves so that we can continue to care for our children the best we can. Both internal and external resources can help us care for ourselves through stressful moments. Here are a few examples:

### INTERNAL RESOURCES

*what we feel and sense on the inside, qualities and attributes within ourselves*

- Self-compassion
- Humor
- Beliefs
- Self-esteem
- Mindfulness & breathing
- Soothing self-talk
- Awareness of the emotions we're feeling in the present *and* how emotions feel in our body
- Knowing & holding our boundaries

### EXTERNAL RESOURCES

*things outside of ourselves that can provide support*

- Trusted friends & family
- A community we're part of
- Asking for help
- Helping someone else out
- Listening to or playing music
- Visiting a favorite place
- Movement such as walking, yoga, dancing, swimming, or other favorite activities
- Taking care of our body through sleep, nutrition, drinking plenty of water

**Which internal resources do you identify in yourself?**

**Which external resources do you gravitate toward?**

**What's not on this list that you would add?**

Think of these resources as falling on a spectrum. Our capacity to resource will change depending on the circumstances and what is available to us. Ideally, we would be able to use resources like a menu of options and choose what is best for us in the moment. We can be responsive to our needs and we always have the potential for growth.

STORIES INSIDE THIS ISSUE:

**PROTECTIVE FACTORS**

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**TALKING ABOUT**

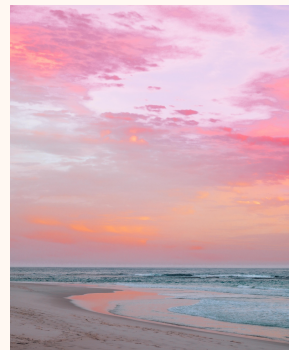
**DIVERSITY**

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**UPCOMING**

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# Talking to Children about DIVERSITY

Diversity is an important concept to talk to our children about from a very young age. Children are extremely observant of the world around them and form their own theories about how the world works. Babies as young as 6 months can recognize differences in skin color, hair texture, and genders. Toddlers may begin to ask questions about people's differences - it's okay to answer them and better yet to be proactive so that they build a positive awareness of human diversity. Below are a few examples of what you may wish to say to your child and book recommendations that explore diversity in picture books. Books are a wonderful tool to explore diversity as a family and conversations can continue beyond them. Giving children opportunities to interact with people similar and different from them is also a great way to help children understand and celebrate our diversity with open hearts and respect. We model our values and teach children how to interact with others through our words and actions. You are their most important teacher!

"Families come in all shapes, shades, & sizes, but one thing all families share is love"

"Everyone is unique. What makes us different? What makes us the same?"

"Our differences make us better together. We all have superpowers we can share with the world"



When you notice your child treating others kindly, let them know you noticed & why kindness matters

If you notice your child say/do something indicating bias, ask "What made you \_\_\_ / say that about \_\_\_?" Then use the moment to teach about inclusion & empathy

## Recommended Children's Books

- A Handful of Buttons, by Carmen Paret Luque
- It's OK to be Different, by Sharon Purtill
- Be Who You Are, by Todd Parr
- We All Belong, by Nathalie Goss
- We Are All Connected, by Gabi Garcia
- Heather Has Two Mommies, by Lesléa Newman
- Why Me, Mama? A Children's Books about the Disability Experience, by Katherine Lockwood
- Love Makes a Family, by Sophie Beer
- When We are Kind, by Monique Gray Smith
- Plenty of Hugs, by Fran Manushkin
- Far Apart, Close in Heart: Being a Family When a Loved One is Incarcerated, by Becky Birtha
- Just Ask! Be Different, Be Brave, Be You, by Sonia Sotomayor
- The Day You Begin, by Jacqueline Woodson
- All the Colors We Are: The Story of How We Get Our Skin Color, by Katie Kissinger
- We're Different, We're the Same, by Sesame Street
- Shades of People, by Shelley Rotner & Sheila M. Kelly
- Walking Together, by Elder Albert Marshall & Louise Zimanyi

## Meet us at the beach!

Sunday, July 23rd, 10am-12pm

Sutton Park, Suttons Bay

(the beach across from Hansen's)

July 23 is **National Parents\* Day** so to honor the important role of raising children, let's gather to celebrate our families together! Please pack your own life jackets, beach gear, and picnic if desired and we'll be there to celebrate with you!

\*We extend this definition to any person raising children, including grandparents, aunts, uncles, and other relationships.

Everyone welcome!





2nd Annual



PARENTING COMMUNITIES

funded by the Leelanau Early Childhood Millage for Leelanau County families

Free Event!



# FAMILY STREET FAIR

Saturday, July 15, 2023 | 10am-2pm

Located on the Leelanau Montessori Public School Academy Campus at 7401 E Duck Lake Rd, Lake Leelanau

Food & ice cream available for purchase



Face painting



Music & dance!



Forever Yum Ice Cream

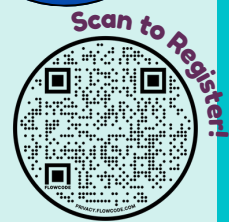
Taqueria Las Lagunas



Games, bubbles, & more!

Activities & information on all things **early childhood!** Learn about community partners such as schools, libraries, resources for children & families, & more!

Freebies, books, & take-home activities!



Questions? Reach out to us! (231) 256-0227 parentingcommunitieslc@bldhd.org

# JULY/JULIO 2023 EVENTS!

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



**PARENTING COMMUNITIES**  
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## PLAYGROUPS GRUPO DE JUEGO

### TUESDAYS/MARTES

GLEN LAKE SCHOOL  
PLAYGROUND  
JUL 11, 18, & 25  
10-11AM

LEELANAU CHILDREN'S  
CENTER/PC  
JUL 11, 18, & 25  
10-11:30AM

### WEDNESDAYS/MIERCOLES

ELMWOOD TWP. PARK,  
GREILICKVILLE  
JUL 19  
10-11AM

NORTHPORT PUBLIC SCHOOL  
PLAYGROUND  
JUL 12, 19, & 26  
10-11AM

**PLAYGROUPS WILL TAKE  
A BREAK FOR THE WEEK  
OF JULY 4TH - HAVE A  
HAPPY 4TH OF JULY!**

(5toONE/PC)

GREAT LAKES  
CHILDREN'S MUSEUM  
JUL 12 & 26, 10-11:30AM

\*REGISTRATION  
ONLY NEEDED FOR  
CHILDREN'S  
MUSEUM  
PLAYGROUP



[REGISTRATION  
LINK](#)

### THURSDAYS/JUEVES

SUTTON PARK  
(SOUTH BEACH),  
SUTTONS BAY  
JUL 13, 20, 27  
10-11AM

## COMMUNITY GATHERINGS REUNIONES COMUNITARIAS



2ND  
ANNUAL!

### Family Street Fair Feria Familiar

Saturday/Sábado, July 15th, 10am-2pm

Outdoors on the Campus of Leelanau Montessori  
7401 E Duck Lake Rd., Lake Leelanau



Activities for children and families, face painting, music, bubbles, play area, community partners sharing information and activities related to early childhood, food available for purchase from Taqueria Las Lagunas and Forever Yum Ice Cream! **Fun for the whole family!**

Actividades para niños y familias, pintura de caras, música, burbujas, área de juegos, socios de la comunidad compartiendo información y actividades relacionadas con la primera infancia, comida disponible para comprar en Taqueria Las Lagunas y Forever Yum Ice Cream.  
**¡Diversión para toda la familia!**

## Meet us at the Beach! ¡Encuéntranos en la playa!

Sunday/Domingo, July 23rd,  
10am-12pm  
Sutton Park, Suttons Bay

Please pack your own life jackets, beach gear, and picnic if desired  
Empaca tus propios chalecos salvavidas, equipo de playa y picnic si lo deseas

Helping us all be the parents we dream of being



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



@PCLeelanau



@parentingcommunities

