

MAY 2023

PARENTING COMMUNITIES

funded by the 2019 Leelanau County Early Childhood Millage

The Protective Factors: Social-Emotional Competence of Children

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.

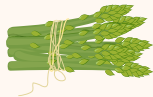
These factors help to reduce stress, enhance wellbeing and positive parent-child relationships that are the foundation for healthy development in children. This month, our focus is on the **Social-Emotional Competence of Children.**

As the vegetation around us springs back to life with the change in weather, we are reminded that soon there will be delicious local fresh fruits and vegetables available! One of the most important ways to support your child's mental health is by providing them with healthy foods to eat. Good nutrition is essential for mental health as it provides the necessary nutrients to support brain function and mood regulation. A balanced diet containing fruits, vegetables, whole grains, lean proteins, and healthy fats can improve cognitive function, memory, and overall well-being. Eating a nutritious diet can also improve sleep, energy levels, and reduce stress, all of which contribute to better mental health.

Here are a couple of recipes that support brain health and include two of our earliest locally grown foods - asparagus and strawberries. For a fun family activity, try working together with your kids to create these yummy treats. Children are more likely to try new foods if they are involved in the process of shopping for and preparing them! Supervise for safety around sharp or hot objects. If you receive WIC, contact us to get the Project Fresh coupons to shop at our local farmers markets this summer!

Roasted Asparagus

2 lbs thick asparagus, woody ends snapped off
2 teaspoons olive oil
Salt & Pepper
makes 4-6 servings



Preheat oven to 400 degrees. Oil a baking sheet or dish that can hold asparagus in one layer. Toss asparagus with olive oil, salt & pepper. Place in the oven and roast for 10-15 minutes until the stalks begin to shrivel & color lightly. Remove from oven and allow to cool slightly, then enjoy! For extra yum, toss with lemon juice, herbs, or dressings if desired.

Strawberry Oatmeal Bars

1 cup old fashioned oats
3/4 cup white whole wheat flour (or flour of your choice)
1/3 cup light brown sugar
1/4 teaspoon ground ginger
1/4 teaspoon salt
6 tablespoons unsalted butter (melted)
2 cups diced fresh strawberries (about 10 oz, divided)
1 teaspoon cornstarch
1 tablespoon freshly squeezed lemon juice (about 1/2 lemon)
1 tablespoon granulated sugar (divided)



1. Place a rack in the center of your oven and preheat to 375 degrees. Line an 8x8-inch baking pan with parchment paper so that the paper overhangs two sides like handles.
2. In a medium bowl, combine the oats, flour, brown sugar, ginger, & salt. Put in the melted butter and stir until it forms clumps and the dry ingredients are evenly moistened. Set aside 1/2 cup of the crumble mixture, then press the rest into an even layer on the bottom of the prepared pan.
3. Scatter half of the strawberries over the crust. Sprinkle the cornstarch evenly over the top, then sprinkle on the lemon juice and 1/2 tablespoon of the granulated sugar. Scatter on the remaining berries, then the remaining 1/2 tablespoon sugar. Sprinkle the reserved crumbs evenly over the top. You will have some fruit showing through.
4. Bake the bars for 35-40 minutes, until the fruit is bubbly and the crumb topping smells toasty and looks golden. Place the pan on a wire rack to cool completely
5. Using the parchment paper handles, lift the bars from the pan, cut, serve, and enjoy!

STORIES INSIDE
THIS ISSUE:

**PROTECTIVE
FACTORS**

PAGE 1

CELEBRATIONS

PAGE 2

UPCOMING

EVENTS

PAGES 3-4

Celebrations from the Month of the Young Child



Celebrating Moms!

Happy Mother's Day to all our Parenting Communities moms!

Moms - you are doing a great job raising the next generation. We hope you feel loved and appreciated and get to spend a little time for yourself to honor your special role as a mother and refill your own cup.

With love,
the Parenting Communities team





Infant Massage Parent/Baby Instruction



For parents & their infant 6 weeks through 5 months



Learn to massage your baby!

Five week series on Thursday afternoons in June

June 1 - June 29

1:00 - 2:00 PM

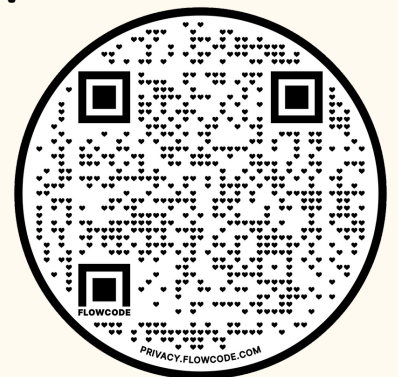
Glen Lake Community Church

4902 W MacFarlane Rd., Glen Arbor

for more information call Kathy Bartell: (231) 357-5443

Infant Massage may be beneficial in the following areas:

- **Helps relieve discomfort from gas, colic, & constipation**
- **Enhances development of the nervous system**
- **Stimulates neurological development**
- **Improves blood circulation**
- **Aids digestion**
- **Increases alertness**
- **Reduces stress hormones**
- **Improves immune function**
- **Release of Oxytocin, the nurturing hormone**



All Parenting Communities events are free to Leelanau residents with children 0-6 thanks to funding from the Leelanau Early Childhood Millage

Must register in advance for the entire 5-session workshop. Scan QR to register!

MAY/MAYO 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

PLAYGROUPS

TUESDAYS/MARTES
GLEN LAKE COMM.
REFORMED CHURCH
MAY 2, 9, 16, 23, & 30
10-11AM

**WEDNESDAYS/
MIERCOLES**

NORTHPORT PUBLIC SCHOOL
MAY 3, 10, 17, 24, & 30
10-11AM

**(5toONE/PC) GREAT LAKES
CHILDREN'S MUSEUM**
MAY 10 & 24 10-11:30AM

THURSDAY/JUEVE
MAY 25TH ONLY

FAMILY YOGA
LEELANAU GOVERNMENT
CENTER
9:30-10:30

FRIDAYS/VIERNES
SUTTONS BAY

LIBRARY
MAY 5, 12, 19, & 26
10-11AM



*REGISTRATION
ONLY NEEDED FOR
CHILDREN'S MUSEUM
PLAYGROUP

[REGISTRATION
LINK](#)

COMMUNITY GATHERINGS

Families Together

Monday, May 8th, 5:30-7pm
at the Leelanau Children's Center
111 N Fifth St., Leland

Note:
Families
Together will
take a break for
the summer
after May 8th

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.



Celebrating Moms!

Happy Mother's Day to all our
Parenting Communities moms!

Moms - you are doing a great job raising the next generation. We hope you feel loved and appreciated and get to spend a little time for yourself to honor your special role as a mother and refill your own cup.

With love,
the Parenting Communities team



HAPPY
Mother's
DAY

Helping us all be the parents we dream of being

@PCLeelanau

@parentingcommunities

www.bldhd.org/Parenting-communities

