

AUGUST 2023

PARENTING COMMUNITIES

funded by the 2019 Leelanau County Early Childhood Millage

The Protective Factors: Nurturing & Attachment



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 **Nurturing & Attachment**. Being responsive and sensitive to our child's needs supports their healthy growth and development and also supports the parent-child relationship. With a secure base, children can explore the world with curiosity and make meaningful relationships with others in their family and community.

Affection is one way we can communicate and express love. Affection might be something that comes naturally, or it might be difficult to express depending on various factors like our current level of stress, history of abuse or violence, how affection was given (or not) in our own childhood, or feeling afraid or uncertain of how to show affection, for example. Whatever your comfort level with affection is, there are ways we can show our children affection to enhance their growth and support a close relationship built on love, safety, and trust.

We've included a checklist you may wish to use to reflect on the ways you show affection. It can be helpful to see what we are already doing that works for our family, and may inspire trying something different. As our friend, Daniel Tiger, says, "There are many ways to say I love you."

How I show my children love:



Families show affection in different ways. What are some of the ways your family shares affection with one another?

- Talk about feelings
- Laugh about something silly
- Delight in them
- Talk about their day
- Attend school or cultural events together
- Thank them for helping out
- Read together
- Respect their choice to say no to a hug/kiss/cuddle if they don't want one
- Listen to their stories
- Say "I love you"
- Sing songs to/with them
- Snuggle or hug
- Make a meal/snack together
- Play together
- Go for walks
- Arts & crafts
- _____
- _____
- _____

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PROTECTIVE FACTORS

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Children's Eye Health

Your child's eyes go through many changes in development throughout their infancy, early childhood years, and throughout their lives. It is important to monitor these vision milestones as they grow and develop to ensure our child's eyes are healthy. Below are a few tips to help you monitor and care for your child's eye health.

"The development of a mature visual system is especially critical within the first six years of life" (optometrists.org)

Boost visual engagement

- Explore high-contrast colors and patterns in books & toys with your baby
- Play peekaboo or patty cake to develop hand-eye coordination
- Place baby in front of a mirror to explore their own face & yours
- Play, play, play! All the activities children love to do that develop fine motor & gross motor skills also aid in their vision development. Play that requires looking at things up close such as reading, crafts, & building helps develop close vision skills, and gross motor play like climbing, sports, & playing outdoors helps develop distance vision skills.



Provide a balanced diet

- Nutrients such as zinc, lutein, omega-3 fatty acids, vitamins A, C, & E are beneficial to eye health. These are found in foods like tomatoes, strawberries, mangos, oranges, spinach, kale, salmon, eggs, squash, and so much more!



Recognize signs of vision problems & see your child's doctor if you notice:

- Disinterest in reading or viewing distant objects
- Squinting
- Head tilting
- Holding objects very close to the eyes
- Eye rubbing
- Sensitivity to light
- Poor hand-eye coordination



Attend regular eye exams

- In addition to your child's routine well-child visits, children should see an ophthalmologist annually
- Young children may not be able to tell you if something is wrong with their vision simply because they do not realize it, so it is best to be proactive & routinely monitor their vision through screenings & exams



★ Did you know? ★

Babies between 6-12 months old can get a one-time, **no cost** eye & vision assessment with an eye doctor through the public health program, InfantSEE.

An InfantSEE assessment between 6 and 12 months of age is recommended to determine if an infant is at risk for eye or vision disorders. Many eye problems arise from conditions that can be identified by an eye doctor in the infant's first year of life. Go to www.infantsee.org to find a doctor & schedule your baby's free eye exam!





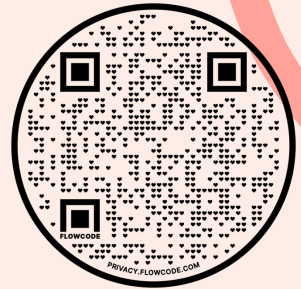
Grandparent's Day Celebration!

WHEN: SATURDAY, SEPT. 9, 10-11:30AM

WHERE: HERMAN PARK PAVILLION

Grandparents play an important role in our lives

Join us for brunch, bingo, yard games, community, and fun for the whole family!



Please register in advance!

▶ **SAVE THE DATE!** ◀

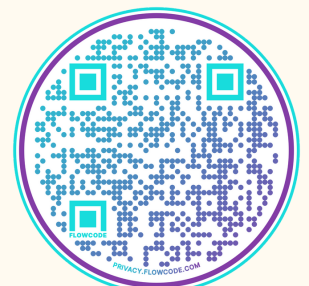
Families Together

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

Returning monthly series - the 2nd Monday of every month
September 2023 - May 2024



1st session: September 11
5:15pm - 7:00pm
at the Leelanau Children's Center
111 N Fifth St., Leland



Scan the QR code for more info & registration
Questions?
Call (231) 256-0227

Dinner provided, bring your children! We'll eat together, play together, explore ideas together, & ultimately grow together

AUGUST/AGOSTO 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 GRUPO DE JUEGO

TUESDAYS/MARTES

CEDAR PLAYGROUND
AUG 1, 8, 15, 22, & 29
10-11AM

LEELANAU CHILDREN'S
CENTER/PC
AUG 1 & 8
10-11:30AM

WEDNESDAYS/MIERCOLES

ELMWOOD TWP. PARK,
GREILICKVILLE
AUG 2, 16, & 30
10-11AM

NORTHPORT PUBLIC SCHOOL
PLAYGROUND
AUG 2, 9, 16, 23, & 30
10-11AM

(5toONE/PC)
GREAT LAKES
CHILDREN'S MUSEUM
AUG 9 & 23, 10-11:30AM

*REGISTRATION
ONLY NEEDED FOR
CHILDREN'S
MUSEUM
PLAYGROUP



[REGISTRATION
LINK](#)

THURSDAYS/JUEVES

SUTTON PARK
(SOUTH BEACH),
SUTTONS BAY
AUG 3, 10, 17, 24, & 31
10-11AM

COMMUNITY GATHERINGS REUNIONES COMUNITARIAS



Mindful & Musical with Miriam Pico

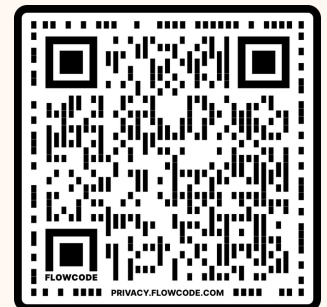
Tuesday (Martes), August 8th,
5pm-6:30pm
Herman Park, Suttons Bay

- Dinner provided
- Bring a blanket or lawn chair
- Cena será proporcionada
- Trae manta o sillas de playa

Together with the little ones, we sing, we move & groove, we play with instruments, we learn, we laugh! ~Miriam Pico

Junto con los más pequeños, cantamos, nos movemos y bailamos, tocamos instrumentos, aprendemos, ¡nos reímos! ~Miriam Pico

Scan me!





Please register in advance so we have enough food!

¡Regístrese con anticipación para que tengamos suficiente comida!

Helping us all be the parents we dream of being



 @PCLeelanau
 @parentingcommunities



www.bldhd.org/Parenting-communities

