

JUNE 2023

PARENTING COMMUNITIES

funded by the 2019 Leelanau County Early Childhood Millage

The Protective Factors: Social Support

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.

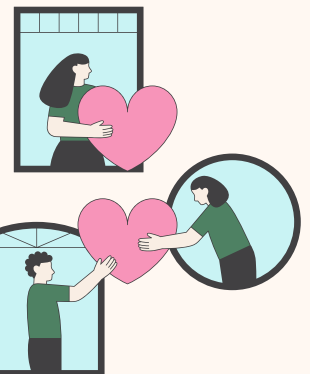
These factors help to reduce stress, enhance wellbeing and positive parent-child relationships that are the foundation for healthy development in children. This month, our focus is on **Social Connection**. As humans, we have a strong desire to feel that we belong to a group and feel close to others. It is directly linked to our health, well-being, and needs to be nurtured and cared for. According to the U.S. Surgeon General, social connection is as essential to our long-term survival as food and water. Sadly, today, loneliness and isolation are a major public health concern. By fostering healthy social connections, we fuel our confidence and feel secure in our abilities to navigate our many roles and responsibilities - we are also strengthening our resilience in the process.

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WAYS TO MAINTAIN SOCIAL CONNECTIONS



REACH OUT TO FRIENDS YOU HAVE LOST CONTACT WITH



TAKE A CLASS TO LEARN SOMETHING NEW



VOLUNTEER IN YOUR COMMUNITY FOR A CAUSE THAT IS IMPORTANT TO YOU



JOIN PLAYGROUPS IN THE COMMUNITY



KEEP IN TOUCH WITH CO-WORKERS, CLASSMATES, LONG-DISTANCE FRIENDS & FAMILY



JOIN A GROUP FOCUSED ON A FAVORITE HOBBY



Summer Fun Ideas



Summer is here!

What feelings and memories does summertime evoke for you? Do you love the longer days, warmth, and sunshine? Perhaps the heat is not your favorite and you enjoy the cooler seasons. Whatever feelings this season brings up, it is a time of year where many of us are outdoors more and spending time with family and friends. We know summer is packed with things to do, and at the same time, sometimes we can use some activity inspiration to help us fill the longer days. Below, you'll find a list of all sorts of activities you might want to try with your children over the summer.

We hope your family has a fun summer!

- Plant a snacking garden – think carrots, cucumbers, peas, peppers, tomatoes...
- Music in the Park – Friday evenings in Northport
- Make your own popsicles with blended fruit
- Visit the farmers market
- Make binoculars out of toilet paper rolls and go on a nature walk
- Find a rock from every color of the rainbow
- Bird watch
- Visit as many beaches as you can
- Sit outside and talk about what you notice with all your senses
- Participate in your library's summer reading program
- Visit the Great Lakes Children's Museum (WIC participants get a year membership for \$10 for their household)
- Go for bike/scooter rides
- Visit local parks & playgrounds
- Make homemade ice cream in a bag
- Hook up a sprinkler in the yard
- Backyard camping
- Visit a U-pick farm
- Paint rocks for the garden or yard
- Read books every day
- Play with chalk
- Get a bucket of soapy water and take toy cars to the "car wash"
- Backyard tea party with items found in nature
- Set up an obstacle course indoors or outdoors
- Make a treasure map and look for hidden treasures in the yard
- Come to the PC Family Street Fair July 15th
- Come to one of our weekly playgroups!



What are some of your favorite summertime childhood memories?

Share these with your children – tell them your stories, recreate old memories and make new memories with your children!



Celebrating Dads!

Happy Father's Day to all our Parenting Communities dads!

Dads - You are a role model for the next generation and we love and appreciate all that you do! You are so important and we hope you enjoy your special day.

With love,
the Parenting Communities team





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

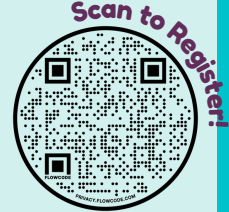
Games, bubbles, & more!

Taqueria Las Lagunas



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

JUNE/JUNIO 2023 EVENTS!

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



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COMMUNITIES**
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Early Childhood Millage

PLAYGROUPS GRUPO DE JUEGO

TUESDAYS/MARTES

MYLES KIMMERLY,
MAPLE CITY
JUN 6, 13, 20, & 27
10-11AM

WEDNESDAYS/MIERCOLES

ELMWOOD TWP. PARK,
GREILICKVILLE
JUN 7, & 21
10-11AM

NORTHPORT PUBLIC SCHOOL
PLAYGROUND
JUN 7, 14, 21, & 28
10-11AM

(5toONE/PC)
GREAT LAKES
CHILDREN'S MUSEUM
JUN 14 & 28, 10-11:30AM

*REGISTRATION
ONLY NEEDED FOR
CHILDREN'S
MUSEUM
PLAYGROUP



[REGISTRATION
LINK](#)

SB PLAYGROUP
NEW DAY & LOCATION
FOR SUMMER

THURSDAYS/JUEVES

SUTTON PARK
(SOUTH BEACH),
SUTTONS BAY
JUN 1, 8, 15, 22, & 29
10-11AM

COMMUNITY GATHERINGS REUNIONES COMUNITARIAS



Tie-Dye & Ice Cream Social Pintaremos Camisetas y comeremos helado

Saturday (Sábado), June 24th, 10am-12pm

Outdoors at the Benzie-Leelanau District Health Dept.
7401 E Duck Lake Rd., Lake Leelanau

Celebrate the arrival of summer with us! Children will get to tie-dye their own Parenting Communities T-shirt and enjoy a frozen treat to stay cool! We'll have a variety of children's T-shirt sizes or feel free to bring your own item to tie-dye.
Los niños obtendrán una camiseta para teñir y comer helado.

Helping us all be the parents we dream of being

@PCLeelanau

@parentingcommunities

www.bldhd.org/Parenting-communities

