

Knowledge of Parenting & Child Development

The way we parent is often a reflection of how we were parented. Learning about parenting and child development allows us to reflect on our own parenting style/techniques and how it is impacting our child's development. By acquiring more knowledge, we are improving our ability to support and nurture our child's development. Evidence suggests that early childhood experiences are the foundation in which our child's social, emotional, intellectual, and moral development occur. Essentially, this is what shapes all aspects of their development and determines their success when they enter school. Here are some examples of how we can best support our child's physical, cognitive, language, social and emotional development:

- Recognize and respond to our child's needs
- Maintain appropriate developmental expectations ([Milestone Moments Booklet \(cdc.gov\)](#))
- Nurture and support our child
- Maintain a safe and supportive environment
- Label your child's emotions, "You are mad because it's time to clean up. We can play again later."
- Use positive parenting discipline to manage our child's behavior (focus on the good, "That was helpful to put your toys away.")



Positive Parenting

ZERO TO THREE
Early connections last a lifetime

Positive parenting describes a set of parental behaviors that foster a child's capacity to **love, trust, explore and learn**. The goal of positive parenting is to help parents guide their children's healthy development in the context of the family's culture. Key elements of positive parenting include the ability to:

- Understand or imagine the **child's point of view**, especially during challenging moments.
- Respond with interest and **sensitivity** to the child's cues.
- Recognize that **parenting can be stressful** and missteps are a natural part of child-rearing.
- Recognize and **celebrate** the child's strengths, abilities, and capacity to learn and develop.
- Provide consistent, **age-appropriate guidelines** and limits for child behavior.
- Work toward a **balance** of meeting parental needs and child needs.
- Delight in **moments of connection** with the child;
- Recognize and **regulate their own feelings** and behaviors before they respond to the child.
- Seek help, support** or additional information on parenting **when needed**.

Baby & Me Group



Join us for our Baby & Me group the 1st & 3rd Wednesday of the month at 10 (next meeting is on April 7th). This group is meant to bring parents together to share their experiences with their infant, to learn from one another, and develop new friendships. This group is meant for parents with infants under 12 months old.

SPECIAL GUEST Miriam Pico will join us on April 21st! Check out our Facebook page for more information, @PCLeelanau.

APRIL IS MONTH OF THE YOUNG CHILD!

Starting in 1971 the [National Association for the Education of Young Children \(NAEYC\)](#) established a week of honoring young children to focus public attention on the needs of young children and their families and to recognize the early childhood programs and services that meet those needs. Since then, many communities have taken to recognizing the month of April as the "Month of the Young Child".

Throughout the month of April, we have created a theme for each day of the week for you to try something new with your children:

- **Salutation Sunday** – practice yoga with your little ones ([Cosmic Kids Yoga - YouTube](#))
- **Musical Monday** – play or create music & dance ([5 Easy Musical Instruments to Make with Your Children - Team Cartwright \(team-cartwright.com\)](#))
- **Tasty Tuesday** – cook with your kiddos ([Recipes - Cooking with Kids](#))
- **Work Together Wednesday** – build, play & learn together ([Mathematizing with Toddlers and Coaching Undergraduates: Foundations for Intentional Math Development | NAEYC](#))
- **Artsy Thursday** – get creative with your kiddos and create some art ([12 Art Projects for Toddlers | TinkerLab](#))
- **Family Friday** – spend some time playing games, building forts, or hiking ([printable-freebie-collection-12.png \(600x900\) \(playfulnotes.com\)](#))
- **Sensorial Saturday** – choose some activities that explore the senses ([20 Sensory Activities for Kids \(thesprucecrafts.com\)](#))



Parenting Communities Calendar

April 2021



Month of the Young Child

Salutation Sunday	Musical Monday	Tasty Tuesday	Work Together Wednesday	Artsy Thursday	Family Friday	Sensorial Saturday
28 NO PLAYGROUPS UNTIL FURTHER NOTICE <i>Local Schools SPRING BREAK</i>	29 LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	30 Suttons Bay Bingham Twp Library virtual story hour @ 9:30 (check FB for details) Rooted Beginnings Support Group @ GT Lk Children's Museum 10-11:30	31 Leelanau Laundry Project 8-11:45am (last wash 10:30)	1 Stories & More with Glen Lake Community Library (via Zoom) Wiggler's Preschool Storytime @ Leelanau Twp. Library 11am	2 GOOD FRIDAY Virtual Storytime Reimagined with Leland Township Library 10:30 (Check FB for details)	3 Indoor Farmers Market @ The Village Commons 10-2
4 	5 LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	6 Suttons Bay Bingham Twp Library virtual story hour @ 9:30 (check FB for details) Rooted Beginnings Support Group @ GT Lk Children's Museum 10-11:30	7 Parenting Communities Virtual Baby & Me Group via ZOOM 10am (check FB for details)	8 Stories & More with Glen Lake Community Library (via Zoom) Wiggler's Preschool Storytime @ Leelanau Twp. Library 11am	9 Virtual Storytime Reimagined with Leland Township Library 10:30 (Check FB for details)	10 Indoor Farmers Market @ The Village Commons 10-2
11	12 LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	13 Suttons Bay Bingham Twp Library virtual story hour @ 9:30 (check FB for details) Rooted Beginnings Support Group @ GT Lk Children's Museum 10-11:30	14 5toOne Playgroup @ GT Lk Children's Museum Leelanau Laundry Project 8-11:45am (last wash 10:30)	15 Stories & More with Glen Lake Community Library (via Zoom) Wiggler's Preschool Storytime @ Leelanau Twp. Library 11am	16 Virtual Storytime Reimagined with Leland Township Library 10:30 (Check FB for details)	17 Indoor Farmers Market @ The Village Commons 10-2
18	19 LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	20 Suttons Bay Bingham Twp Library virtual story hour @ 9:30 (check FB for details) Rooted Beginnings Support Group @ GT Lk Children's Museum 10-11:30	21 Parenting Communities & MIRIAM PICO Virtual Baby & Me Group via ZOOM 10am (check FB for details)	22 EARTH DAY Stories & More with Glen Lake Community Library (via Zoom) Wiggler's Preschool Storytime @ Leelanau Twp. Library 11am	23 Virtual Storytime Reimagined with Leland Township Library 10:30 (Check FB for details)	24 Indoor Farmers Market @ The Village Commons 10-2
25	26 LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	27 Suttons Bay Bingham Twp Library virtual story hour @ 9:30 (check FB for details)	28	29 Stories & More with Glen Lake Community Library (via Zoom) Wiggler's Preschool Storytime @ Leelanau Twp. Library 11am	30 Virtual Storytime Reimagined with Leland Township Library 10:30 (Check FB for details)	1 Indoor Farmers Market @ The Village Commons 10-2

Helpful Phone Numbers/Links

Benzie-Leelanau District Health Dept. (231)256-0200
 Community Connections 1-833-674-2159
 LCN 7322 E. Duck Lk Rd.: (231) 994-2271
 NMHSI Medical/Dental: 947-0351

Parenting Communities Community Health Workers:

Hollie Anderson (231)357-5777
 Kathy Bartell (231)357-5443
 Heather Muha ~ Social Worker (231)383-2856
<https://www.facebook.com/PCLeelanau/>



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