

APRIL 2022

PARENTING COMMUNITIES

funded by the 2019 Leelanau County Early Childhood Millage

The Protective Factors: Knowledge of Parenting & Child Development

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, and social & emotional competence of children. 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 **knowledge of parenting and child development**.

Having an understanding of your child's development gives parents the tools to manage appropriate expectations and the knowledge to meet their child where they are, supporting a secure attachment.

All children develop at their own pace. You know your child best. Below are some ways you can support your child's development. If you have any concerns, Parenting Communities can assist you with developmental screenings, referrals for services, or you may talk to your child's pediatrician.

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Developmentally Appropriate Activities: Gross Motor Skills

0-3 months

Floor time daily allows babies to move their arms & legs and strengthen muscles

13-18 mos.

Blow up a balloon and let your baby chase it around the room or try to catch the balloon

4-6 mos.

Place toys or books near baby during tummy time so they learn to reach and roll over

19-24 mos.

Dance party! Put on some music and watch your baby's new dance moves

7-9 mos.

Read with your baby sitting in your lap so they can learn how to sit up

2-3 years

Kick a ball back and forth and see if your toddler can even score a goal

10-12 mos.

Give your baby space to cruise along furniture as they stand and step with support

4-6 years

Play Simon Says - "stand on one foot," "jump like a frog," or "stomp like a dinosaur"

Celebrating the Young Child

April 2-8 is the "Week of the Young Child" designated by the National Association for the Education of Young Children (NAEYC). This is a special week to honor the young children in our families and also the people who support them - caregivers, educators, and family support professionals. Young children are full of wonder, love, and endless possibilities - let's celebrate the gift that they are!



MANY

THANKS

to the dedicated and compassionate individuals who work with young children & families, whether you are a teacher, a childcare provider, counselor, or something else...

WE APPRECIATE YOU!

Music Monday

Drum up a living room concert, listen to some favorite music, and talk about how music makes you feel! Dancing is a great way to reduce stress and connect with our little ones.

Tasty Tuesday

Bring your children into the kitchen to help prepare the meal in safe, age-appropriate ways, such as helping with measurements, rinsing fruit, or stirring a salad.

Work Together Wednesday

Play is the work of childhood and the key to learning and development. Playing with your child, showing an interest in what they're doing, and encouraging curiosity through asking questions helps children learn.

Artsy Thursday

Inspire creativity by providing a variety of craft items, even household items can be turned into art projects. Praise your child's efforts and give support by letting them try it on their own, this builds confidence and develops the small muscles for fine motor skills.

Family Friday

Take some time to do a family-favorite activity, engage with your children, and celebrate the beauty of your family!



APRIL/ABRIL 2022 PLAYGROUPS!



PARENTING
COMMUNITIES

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

funded by the Leelanau
Early Childhood Millage

GLEN LAKE COMMUNITY REFORMED CHURCH
TUESDAYS/MARTES (APRIL/ABRIL 5, 12, 19, 26)
10-11AM

BRAMAN HILL, NORTHPORT
WEDNESDAYS/MIERCOLES (APRIL/ABRIL 6, 13, 20, 27)
10-11AM

LELAND LIBRARY *SE PUEDE ATENDER EN ESPAÑOL
THURSDAYS/JUEVES (APRIL/ABRIL 7, 14, 21, 28)
10:30-11:30AM

SUTTONS BAY-BINGHAM DISTRICT LIBRARY
FRIDAYS/VIERNES (APRIL/ABRIL 1, 8, 15, 22, 29)
10-11AM

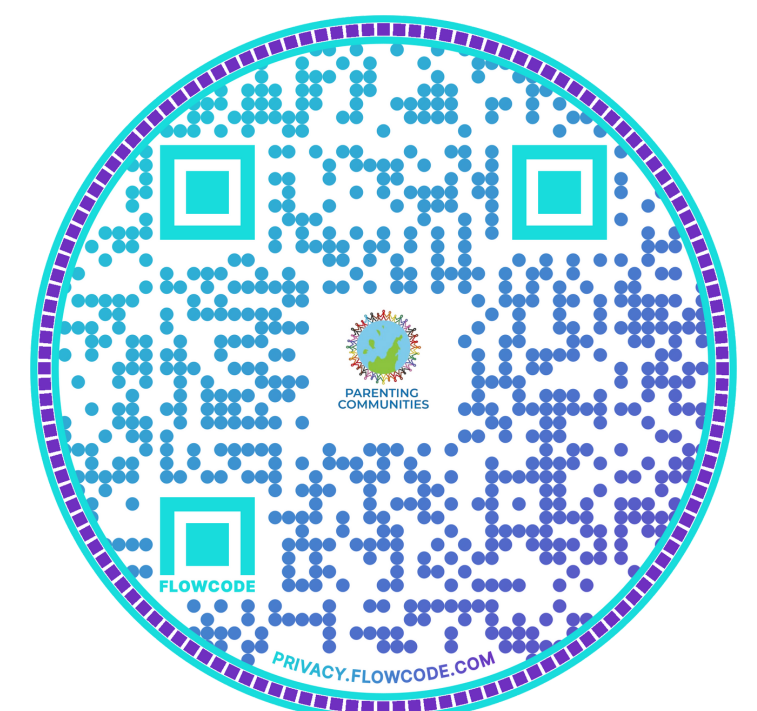
HELPING US ALL BE THE PARENTS
WE DREAM OF BEING



 @PCLeelanau

 @parentingcommunities

 www.bldhd.org/Parenting-communities



April/Abril 2022



Parenting Communities Calendar/Calendario

SUNDAY DOMINGO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIERCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SABADO
					1 PC Playgroup 10am-11am SB Library (basement/outside) Leland Library Storytime 10:45a	2
3	4 LCN food pantry, baby pantry 2-6 Neighborhood Assistance 2-4	5 PC Playgroup 10am-11am GL Comm. Ref. Church SB Library Story Time 10:30am	6 PC Playgroup 10am-11am NP - Braman Hill	7 PC Playgroup 10:30am-11:30am Leland Library GL Library Storytime 11am	8 PC Playgroup 10am-11am SB Library (basement/outside) Leland Library Storytime 10:45a	9
10	11 LCN food pantry, baby pantry 2-6 Neighborhood Assistance 2-4	12 PC Playgroup 10am-11am GL Comm. Ref. Church SB Library Story Time 10:30am	13 PC Playgroup 10am-11am NP - Braman Hill <u>5toONE Playgroup @ Great Lakes Children's Museum 10-11:30am</u>	14 PC Playgroup 10:30am-11:30am Leland Library GL Library Storytime 11am	15 PC Playgroup 10am-11am SB Library (basement/outside) Leland Library Storytime 10:45a	16
17	18 LCN food pantry, baby pantry 2-6 Neighborhood Assistance 2-4	19 PC Playgroup 10am-11am GL Comm. Ref. Church SB Library Story Time 10:30am	20 PC Playgroup 10am-11am NP - Braman Hill	21 PC Playgroup 10:30am-11:30am Leland Library GL Library Storytime 11am	22 PC Playgroup 10am-11am SB Library (basement/outside) Leland Library Storytime 10:45a	23
24	25 LCN food pantry, baby pantry 2-6 Neighborhood Assistance 2-4	26 PC Playgroup 10am-11am GL Comm. Ref. Church SB Library Story Time 10:30am	27 PC Playgroup 10am-11am NP - Braman Hill <u>5toONE Playgroup @ Great Lakes Children's Museum 10-11:30am</u>	28 PC Playgroup 10:30am-11:30am Leland Library GL Library Storytime 11am	29 PC Playgroup 10am-11am SB Library (basement/outside) Leland Library Storytime 10:45a	30
<p>To schedule an appointment at the Health Dept. for immunizations, WIC, or reproductive health, please call (231) 256-0200, option 3</p>		 @PCLeelanau	 parentingcommunities	<p>Scan the QR code to visit our <u>website</u> for information about our services, staff contact information, newsletter sign-up, or make a referral</p>		