



## August 2021 Newsletter

### FREE FAMILY FRIENDLY COMMUNITY EVENT

**MIRIAM PICO**



**Wednesday August 11<sup>th</sup> 5:30-7pm**  
**Herman Park, Suttons Bay**  
**Food and drinks will be provided**  
**See attached flyer for more details**



### Want to better understand your child's needs and behaviors?

For Women during pregnancy or with children 0-6 years old who are interested in attending and can attend most of the 10 sessions.

- Friendship Community Center
- 201 W Broadway Suttons Bay
- Wednesdays from 10-12:30 from 9/15/21 to 11/17/21

**See attached flyer for more details**

**August is Breastfeeding Awareness Month**  
**Did you know the Health Department has Lactation Consultants on staff at no charge to you? Call Autumn at 231-383-0874 for your breastfeeding needs.**

### The benefits of breastfeeding

WHO recommends exclusive breastfeeding for the first six months of life, with continued breastfeeding along with appropriate complementary foods up to two years of age or beyond.

#### Breast milk contains:

- ▲ antioxidants
- ▲ enzymes
- ▲ antibodies

Breast milk provides infants with the nutrients they need for healthy growth and development

#### Breastfeeding reduces the baby's risk of:

- ▼ obesity
- ▼ asthma
- ▼ cardiovascular disease
- ▼ diabetes (type 2)



#### Breastfeeding reduces the mother's risk of:

- ▼ breast and ovarian cancer
- ▼ cardiovascular disease
- ▼ obesity
- ▼ osteoporosis

The more you breastfeed, the greater the benefits

Breastfed children are less susceptible to chronic and infectious diseases

Breastfeeding promotes cognitive development in children



**PLAYGROUP CANCELLED**  
**Wednesday August 4<sup>th</sup> Greilickville**  
**Friday August 6<sup>th</sup> & 13<sup>th</sup> Suttons Bay**

### Other Playgroup Dates

**Tuesday:** Northport School Playground from 10-11  
Myles-Kimmerly Park 10-11

**Wednesday:** Cherrybend Community Park 10-11  
1<sup>st</sup> and 3<sup>rd</sup> Wednesdays

Cherrybend is at Great Lakes Childrens Museum 10-11:30 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays

**Thursday:** Leland School Playground from 10-11


**Friday:** Suttons Bay Playground from 10-11

**Playgroups are geared toward ages 0-6, siblings are welcome! A small snack will be provided.**

**We look forward to connecting with you!**

Don't forget: **Rooted Beginnings Support Group @ GT-Lk**  
Children's Museum 10-11:30

## August 2021 Parenting Communities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  PARENTING COMMUNITIES	2 LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	3 Parenting Communities Playgroup @ Northport School Playground 10-11 Parenting Communities Playgroup @ Myles-Kimmerly 10-11	4 Parenting Communities Playgroup @ Cherrybend Community Park CANCELLED Leelanau Laundry Project Suttons Bay Laundromat 6-10pm (last wash 8:30)	5 Parenting Communities Playgroup @ Leland School Playground 10-11 Glen Lake Community Library Story Time @ 11	6 Parenting Communities Playgroup @ Suttons Bay School Playground CANCELLED Virtual Storytime Reimagined with Leland Township Library 10:30 (Check FB for details)	7 Leelanau Farmers Markets Suttons Bay M22 & M204 9am-1pm Empire Next to Post office 9am-1pm
8	9 LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	10 Parenting Communities Playgroup @ Northport School Playground 10-11 Parenting Communities Playgroup @ Myles-Kimmerly 10-11	11 Parenting Communities Playgroup @ Great Lakes Children's Museum 10-11:30	12 Parenting Communities Playgroup @ Leland School Playground 10-11 Glen Lake Community Library Story Time @ 11  Making puzzles with Evy Sussman @ Leelanau Twp. Library 10:30am	13 Parenting Communities Playgroup @ Suttons Bay School Playground CANCELLED Virtual Storytime Reimagined with Leland Township Library 10:30 (Check FB for details)	14 Leelanau Farmers Markets Suttons Bay M22 & M204 9am-1pm Empire Next to Post office 9am-1pm
15	16 LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	17 Parenting Communities Playgroup @ Northport School Playground 10-11 Parenting Communities Playgroup @ Myles-Kimmerly 10-11	18 Parenting Communities Playgroup @ Cherrybend Community Park 10-11  Leelanau Laundry Project Suttons Bay Laundromat 6-10pm (last wash 8:30)	19 Parenting Communities Playgroup @ Leland School Playground 10-11 Wiggler's Preschool Storytime @ Leelanau Twp. Library 10:30am	20 Parenting Communities Playgroup @ Suttons Bay School Playground 10-11  Virtual Storytime Reimagined with Leland Township Library 10:30 (Check FB for details)	21 Leelanau Farmers Markets Suttons Bay M22 & M204 9am-1pm Empire Next to Post office 9am-1pm
22	23 LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	24 Parenting Communities Playgroup @ Northport School Playground 0-11 Parenting Communities Playgroup @ Myles-Kimmerly 10-11 Suttons Bay Bingham Twp Library Outdoor Story Hour @ 10:30	25 Parenting Communities Playgroup @ Great Lakes Children's Museum 10-11:30	26 Parenting Communities Playgroup @ Leland School Playground 10-11 Wiggler's Preschool Storytime @ Leelanau Twp. Library 10:30am	27 Parenting Communities Playgroup @ Suttons Bay School Playground 10-11  Virtual Storytime Reimagined with Leland Township Library 10:30 (Check FB for details)	28 Leelanau Markets Suttons Bay M22 & M204 9am-1pm Empire Next to Post office 9am-1pm
29	30 LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	31 Parenting Communities Playgroup @ Northport School Playground 10-11 Parenting Communities Playgroup @ Myles-Kimmerly 10-11 Suttons Bay Bingham Twp Library Outdoor Story Hour @ 10:30		Parenting Communities Health Workers: Hollie Anderson (231)357-5777 Kathy Bartell (231)357-5443 Heather Muha ~ Social Worker (231)383-2856	<a href="#">Parenting Communities:</a> <a href="#">Benzie-Leelanau District Health Department (bldhd.org)</a>	Find us @PCLeelanau  NOTE: ALL ACTIVITIES ARE FREE FOR EVERYONE



# Family-Friendly Community Event

An event for families with young children.

August 11th, 2021  
Starts at 5:30-7pm  
Herman Park  
1338 S Center Hwy,  
Suttons Bay, MI 49682

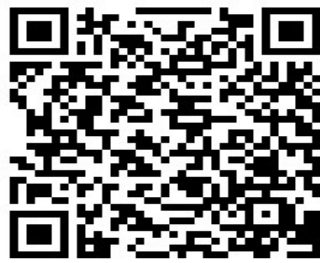
- Food and drinks provided
- Blankets or lawn chairs are suggested
- Rain or Shine



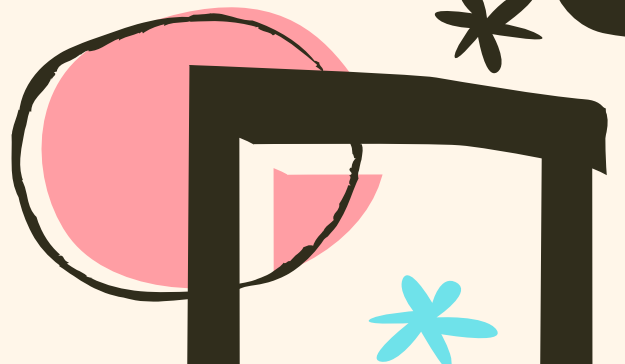
P R E S E N T I N G

## Miriam Pico

Miriam is a professional,  
touring singer/songwriter  
based in Traverse City,  
Michigan.



RVSP is recommended.  
RVSP by scanning the  
QR code with your  
phone's camera.



\*\*Supported by the Leelanau County Early Childhood Millage\*\*





Want to better understand your child's needs and behaviors?



## ENROLL IN **MOM POWER**

*A 10-week parenting program for you and your kids!*

**Mom Power** is an attachment-based parenting program designed to provide education to parents, connect them with resources, and support their relationship with their child.

**WHO :** For women during pregnancy or with at least one child from age 0-6 years old who are interested in participating and can attend most of the 10 sessions.  
Must be a Leelanau County resident.

**WHERE :** Friendship Community Center, 201 W. Broadway - Suttons Bay

**WHEN :** Wednesdays from 10:00am-12:30pm beginning 9/15/21 through 11/17/21

### **Why should I participate?**

Mom Power helps parents learn new ways to engage with your child, offers time with other moms, as well as learning self-care strategies. A light/to-go style breakfast, childcare, and gas cards are provided at weekly sessions.

If you are interested in participating, please scan the QR code to fill out a sign-up survey or contact:

Lauren Wolf, LMSW at (231) 882-6088 or email at

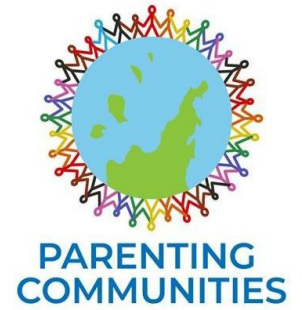
[lwolf@bldhd.org](mailto:lwolf@bldhd.org)



\*\*Supported by the Leelanau County Early Childhood Millage\*\*



# Books For Children Under Age Five In Leelanau County



*AT NO COST TO PARENTS*

- Dolly Parton's Imagination Library is now available for children from birth to their fifth birthday who reside within the borders of Leelanau County.
- Their parent or guardian can register them online at [www.imaginationlibrary.com](http://www.imaginationlibrary.com).
- Each child will receive a book in the mail every month until their fifth birthday.
- All costs are covered by the Leelanau Early Childhood Millage.
- Sign up online now so your little one can begin receiving their books!

