

AUGUST 2022

# 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, 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 **nurturing & attachment**. The parent-child relationship is the first and most important relationship for modeling to our children what a loving and safe relationship feels like.

Attachment is the connection we form with our children from the moment they are born. By responding to their unique needs with consistency, sensitivity, and warmth, we are nurturing a *secure attachment* in our children. Secure attachment between a loving caregiver and infant is the foundation to a lifetime of emotional health and resilience.

By providing our children with a safe-base to fall back on, we give them the opportunity to grow and explore as the individuals they are. So how do we create this secure attachment and form a nurturing relationship with our children? Read on below for a few ideas to use throughout development.

STORIES INSIDE  
THIS ISSUE:

**PROTECTIVE  
FACTORS**  
PAGE 1  
**STREET FAIR**  
PAGE 2  
**MINDFUL &  
MUSICAL  
EVENT**  
PAGE 3  
**AUGUST  
EVENTS**  
PAGE 4

### Infancy

- Responsive care to our infant's needs such as hunger, diapering, & being held
- Plenty of cuddles & skin-to-skin bonding time
- Talking, singing, & reading to them, delighting in them
- Warmth & sensitivity in our tone of voice & body language

### Toddler years

- Patience as they develop new skills & independence
- Celebrating their new discoveries & progress
- Remaining calm through tantrums or meltdowns
- Talking, singing, & reading together
- Naming & validating feelings

### Preschool & Beyond

- Talking about feelings & validating that they are all okay
- Modeling self-care & healthy ways to manage emotions (breathe, play, mindfulness etc)
- Be curious about their interests, & do things they love with them
- Continue responding with warmth & sensitivity - you're their safe space to return to

# Parenting Communities Family Street Fair

Our inaugural Parenting Communities Family Street Fair was on Saturday, July 16th. It was a giant success and oh-so-much fun! This event was planned with our youngest community members and their families in mind so it was extra special to put this on for everyone. We are so thankful for all who came (nearly 300 of you!) and to our community partners who provided activities, friendly faces, and shared information with families. We couldn't have done this without the support from our community! Looking forward to next year already!





**PARENTING  
COMMUNITIES**  
funded by the Leelanau  
Early Childhood Millage

# Family-Friendly Community Event

An event for families with young children

**PRESENTING**

*Mindful & Musical*

*with*

*Miriam Pico*

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

*~Miriam Pico*



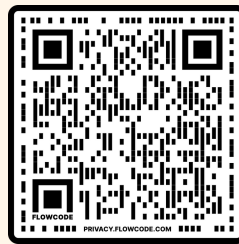
Miriam is a professional,  
touring singer/songwriter  
based in Traverse City.

**Tuesday, August 9, 2022**

**5-7pm**

**Herman Park**

1338 S Center Hwy,  
Suttons Bay, MI 49682



Scan QR Code to register so we can  
order enough food!

- Blankets or lawn chairs suggested
- Food & drinks provided
- Rain or Shine

# AUGUST/AGOSTO 2022 EVENTS!

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



**PARENTING COMMUNITIES**

funded by the Leelanau Early Childhood Millage

## PLAYGROUPS

### TUESDAYS/MARTES

MYLES KIMMERLY PARK  
AUG 2, 9, 16, 23, 30  
10-11AM

### WEDNESDAYS/ MIERCOLES

PETERSON PARK, NORTHPORT  
(RAIN LOC. TRINITY CHURCH)  
AUG 3, 10, 17, 24, 31  
10-11AM

(5toONE/PC) GREAT LAKES  
CHILDREN'S MUSEUM  
AUG 10 & 24  
10-11:30AM

IF  
RAINING,  
PLEASE CHECK  
OUR FACEBOOK  
THE MORNING OF  
PLAYGROUPS  
TO SEE IF RAIN  
LOCATION WILL BE  
USED

### THURSDAYS/JUEVES

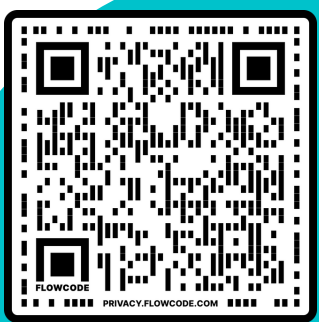
LELAND ELEMENTARY  
SCHOOL PLAYGROUND  
(RAIN LOC. LELAND LIBRARY)  
\*ENGLISH AND SPANISH  
AUG 4, 11, 18, 25  
10:30-11:30AM

### FRIDAYS/VIERNES

SUTTONS BAY ELEMENTARY  
SCHOOL PLAYGROUND  
(RAIN LOC. SB LIBRARY)  
AUG 5, 12, 19, 26  
10-11AM

SI ESTA  
LLOVIENDO  
POR FAVOR REVISE  
NUESTRA PAGINA  
DE FACEBOOK  
PARA VERIFICAR LA  
LOCACION

## COMMUNITY EVENTS



### TUESDAY/MARTES

AUGUST 9th, 5-7pm

MINDFUL & MUSICAL  
with MIRIAM PICO

Dinner & interactive musical family event  
HERMAN PARK, SUTTONS BAY

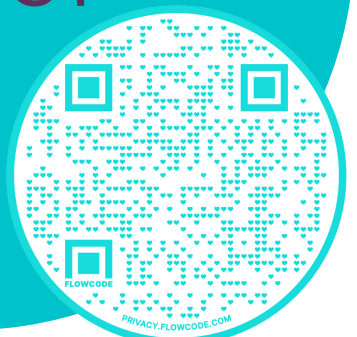
PLEASE REGISTER

### SATURDAY/SABADO

AUGUST 13th, 10-11:30am

PARENT CAFE & PLAYGROUP  
BENZIE-LEELANAU DISTRICT  
HEALTH DEPT.

\*REGISTRATION REQUIRED



HELPING US ALL BE THE PARENTS  
WE DREAM OF BEING



 @PCLeelanau

 @parentingcommunities

 [www.bldhd.org/Parenting-communities](http://www.bldhd.org/Parenting-communities)

