

FEBRUARY 2022

PARENTING COMMUNITIES

funded by the 2019 Leelanau County Early Childhood Millage

Parenting Communities in the News

Parenting Communities was in the January 13, 2022 edition of the Leelanau Enterprise with a feature detailing some of our services and testimonials from a few of our Parenting Communities families.



Kathy Bartell, CHW, reading a story at one of our playgroups in Fall 2021.

We are proud to share the ways in which our program is helping families – from home visiting, playgroups, MomPower, lactation support, and more – we are happy to be here for our community. PC participant, Erin Bellinger, was quoted in the article: "I would love to see more families be able to utilize the program, it's made a huge difference in my life and for both of my kids." Thank you to all of our PC participants for continuing to trust us with supporting your families.

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February is National Children's Dental Health Month

Every February, the American Dental Association (ADA) sponsors Children's Dental Health Month to promote the importance of good oral health beginning in childhood. The ADA states: "developing good habits at an early age and scheduling regular dental visits helps children to get a good start on a lifetime of healthy teeth and gums."

Before your baby's first tooth ever breaks through their gums, you may begin a regular dental hygiene routine by softly rubbing the gums with a damp cloth in the morning and bedtime. Once teeth emerge, brush with a soft infant brush and a smear of fluoride toothpaste. Children under 3 should have a smear the size of a grain of rice, and children over 3 can have a pea-sized smear of fluoride toothpaste to prevent cavities. Visit the dentist around baby's first birthday to establish routine cleanings and check-ups.

Continue helping your child brush their teeth twice a day every day and ask their dentist about sealants when age-appropriate. Use the brushing chart at the end of this newsletter to help you keep track with your child!

“

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Keeping children's teeth healthy

BRUSH 2 TIMES DAILY.

FLOSS
Add flossing to daily brushing routine as soon as your child's dentist recommends it.

AVOID SODA POP
The combination of sugar and acid breaks down teeth.

FLUORIDE
Children by the age of **6 months** should have fluoride in their water.

Children should use **soft brushes** and **fluoridated toothpaste**.

PARENTAL SUPERVISION
Children need supervision with brushing at least halfway through grade school.
You can stop supervision when you think your child is doing as good of a job as you would.

MAYO CLINIC HEALTH SYSTEM

The first week of February is

Burn Awareness Week

Precautions you can take to keep your children safe from potential burns:

- Always supervise children in the kitchen and dining areas.
- Create a "No Child Zone" while preparing and serving hot foods and beverages.
- Don't carry or hold a child while cooking on the stove. Instead, place the child into a high chair or other safe area while cooking.
- Children love to reach, so to prevent hot food or liquid spills, simply use the back burner of your stove and turn pot handles away from its edge; also, keep hot foods away from the edge of your counters.
- Find ways your little chef can safely help in the kitchen, such as helping prepare food away from the stove
- Cool a burn under cold running water for 10-15 minutes and call 9-1-1 for serious burns.
- A small adjustment to your water heater can give you one less thing to worry about. To prevent accidental scalding, set your water heater to 120 degrees Fahrenheit or the manufacturer's recommended setting.
- Make a habit of placing matches, gasoline, and lighters in a safe place out of children's reach and avoid novelty lighters as they may look like toys in a child's eyes.
- When filling the bathtub turn on cold water first then mix in warmer water carefully.



Burning Issues in the Kitchen

Keep children safe in the kitchen!

Have a "kid-free zone" of at least 3 feet (1 meter) around the stove and areas where hot food or drink is prepared or carried.



BURN PREVENTION

What does your family like to do in the winter?

Sledding, playing in the snow, snowshoeing, or getting cozy indoors with a family game and hot cocoa – there are so many ways to have fun, be healthy, and create wonderful winter memories with your children. Remember these winter safety tips to stay safe & warm this snowy season!

Dress older infants & young children in several thin layers, rule of thumb is one extra layer than an adult would wear

Bulky jackets & snow pants should never be worn in car seats. Opt for thin, snug layers, you may place a coat or blanket over child after harnessing them in

Consider a helmet when sledding or ice skating, avoid crowded areas & trees

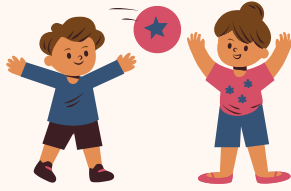
Check out [healthychildren.org](https://www.healthychildren.org) "Tips to Keep Kids Warm All Winter" for more!



**WINTER
SAFETY**



Healthy Hearts



Physical Activity

Physical activity is so good for children & adults alike! What better way for parents and their children to gain this health benefit than by doing something active together?

A few of our favorite activities are:

Sledding

Yoga

Playing in the snow

Hiking

Build a fort

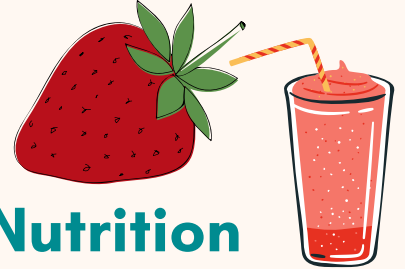
Hide & Seek

Living room dance party!

Tummy Time (babies)



Nutrition



Red foods are not only beautiful and delicious, they are also good for your heart! Red foods contain lycopene, which is a heart-healthy antioxidant. This month, try out as many of these red, heart-healthy foods as you can:



Strawberries



Tomatoes



Beets



Kidney beans



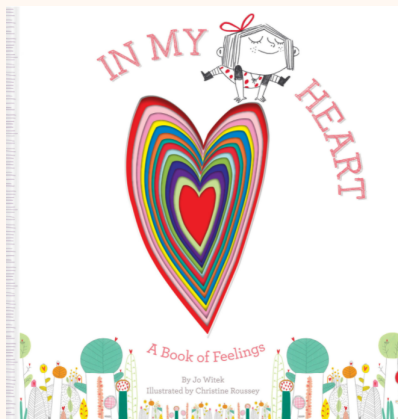
Raspberries



Red Pepper

Book Recommendation

In My Heart, by Jo Witek



In My Heart is a book of feelings, helping children to understand the many feelings that live inside their hearts. This book is a great step to building social-emotional capacity in young children, and is beautifully illustrated as well. A great addition to your child's library!

Meet the Parenting Communities Team

These Health Department employees are available to help you reach your parenting goals



Kathy Bartell, Community Health Worker

Kathy has lived in Leelanau County for 38 years. She has raised 3 children here and now has three grandchildren. She has worked in the field of early childhood development for the past 35 years. Most of that time has been with Parenting Communities. Kathy loves gardening, cooking, and playing with her dog, Luna.



Hollie Anderson, Community Health Coordinator

Hollie has worked with Parenting Communities since June of 2018. She is married and has 2 children of her own. She was new to the area in 2008 and began taking her children to PC playgroups to provide social connection for both herself and her children. This allowed her an opportunity to meet other moms in the community. Hollie has a bachelor's degree in Elementary Education with an Early Childhood endorsement. She is also a certified Lower Elementary Montessori teacher. Hollie enjoys practicing yoga, learning new things, being in nature, paddle boarding, and spending time with her family & pets.



Adriana Loomis, Community Health Worker

Adriana (Adri) is from Bogota, Colombia, and is bilingual. She is married, has a 2-year-old girl and a 6-year-old Husky, and has been living in Northern Michigan for four years. She has a bachelor's degree in speech and language pathology with a postgraduate degree in audiology. During the years that she worked in her home country as an audiologist, she had the opportunity to interact with diverse populations and multicultural groups. She has always focused on the well-being and specific needs of each person. She joined Parenting Communities in November 2021 and is eager to support parents and children by assessing their needs and supporting them at this important point in their lives.



Courtney Yapple, Community Health Worker

Courtney lives in Leelanau County and is raising her two young children here with her husband; she has a 4-year-old son, a 10-month-old daughter, and a German Shepherd. Courtney has a bachelor's degree in psychology and several years of experience working with youth and families from diverse backgrounds. She participated in Parenting Communities playgroups and home visiting and found it especially helpful after having her second baby to have a caring and supportive place to go with both children. Courtney enjoys disc golfing, endless beach days, and being outdoors. She joined the Parenting Communities team in November 2021 and is excited to be an advocate and support to other Leelanau families as they navigate the joys and challenges of parenthood.



Heather Muha, Social Worker

Heather has worked in Early Childhood programming at the Health Department since August 2020. For the past 20+ years, she has worked alongside families as an advocate, teacher, and community support. She has a master's in social work and has a special interest in connecting with women. She is a single mother of a teen son and a grown daughter who is married and lives in Australia. She became a grandma during the pandemic and will get to meet her first grandchild this month in Australia. She will also be getting a second grandbaby this summer! She loves nature, especially near water and dreams of learning to sail.



Nikki Cleland, Public Health Nurse

Nikki has worked with families in Early Childhood programs at the Health Department since September 2021. She has a bachelor's degree in Nursing and has worked with a variety of age ranges and specialties during her nursing career. Nikki enjoys connecting with families to help support and advocate for the Leelanau County community! Nikki is married with two young children of her own. She enjoys spending time outside in the summer, boating, cooking, and spending time with family and friends!



Autumn Jurek, Personal Health Supervisor

Autumn has been working as a nurse with a focus on the health of mothers and babies since 2006. She joined the Benzie-Leelanau District Health Department in January of 2013. As a resident of Leelanau County for most of her 47 years of life, she is grateful to be able to work with families in her own community. Autumn is the supervisor of the Parenting Communities program, and is also a certified Lactation Consultant, and continues to home visit families who are looking for support to reach their breastfeeding goals.




There are many other staff members who work in multiple programs at the Health Department, but through their expertise lend invaluable support to the success of the Parenting Communities program.

Michelle Klein is the Director of Personal Health at BLDHD. She has worked tirelessly to ensure that Early Childhood services in Leelanau County have the support they need to succeed. **Rachel Pomeroy** wears many hats at the Health Department. Her work in the Parenting Communities program is primarily on display through her talent for visual media and publicity. **Mariah Kaufman** is a Registered Dietician and the WIC coordinator for our agency. She is available to provide nutrition education and support to all families with young children in Leelanau County. **Sue Sparkman** is an Administrative Assistant at BLDHD. Her work of organizing the details behind our ideas, big and small, helps the rest of us stay focused on our day-to-day work with families.

We love our Parenting Communities team and are proud to serve the families of Leelanau County!

February 2022

Parenting Communities Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		1 Story Time 10:30-11:30am Suttons Bay Library	2 Leelanau Laundry Project , SB Laundromat 8am-11:45am (10:30am last wash)	3 Story Time 10:30-11:30am Leelanau Twp. Library 11-12 Glen Lake Library	4 Story Time 10:30-11:30am Leland Library	5	
6	7 LCN food pantry, baby pantry 2-6 Neighborhood Assistance 2-4	8 Story Time 10:30-11:30am Suttons Bay Library	9	10 Story Time 10:30-11:30am Leelanau Twp. Library 11-12 Glen Lake Library	11 PC Winter Fun Playgroup! 10-11am Suttons Bay Library	12 Family Adventure Day 9:30am-12pm Boardman River Nature Center. Registration required - www.greatstartkids.com/great-start-parents	
13	14 LCN food pantry, baby pantry 2-6 Neighborhood Assistance 2-4	15 Story Time 10:30-11:30am Suttons Bay Library	16 Leelanau Laundry Project , SB Laundromat 8am-11:45am (10:30am last wash)	17 Story Time 10:30-11:30am Leelanau Twp. Library 11-12 Glen Lake Library	18 Story Time 10:30-11:30am Leland Library	19 Yeti Fest Suttons Bay Crafts at library 10:30-12 More activities all day!	
20	21 LCN food pantry, baby pantry 2-6 Neighborhood Assistance 2-4	22 Story Time 10:30-11:30am Suttons Bay Library	23	24 PC Winter Fun Playgroup! 10am-12pm Glen Lake Library	25 Story Time 10:30-11:30am Leland Library	26 Family Fun Movie 1:00pm Glen Lake Library	
27	28 LCN food pantry, baby pantry 2-6 Neighborhood Assistance 2-4				Parenting Communities Staff:	Hollie Anderson CHW 231-357-5777	Kathy Bartell CHW 231-357-5443
www.bldhd.org/Parenting-Communities	 @PCLeelanau	 parentingcommunities			Heather Muha Social Worker 231-383-2856	Adriana Loomis CHW 231-882-6136	Courtney Yaple CHW 231-882-6500



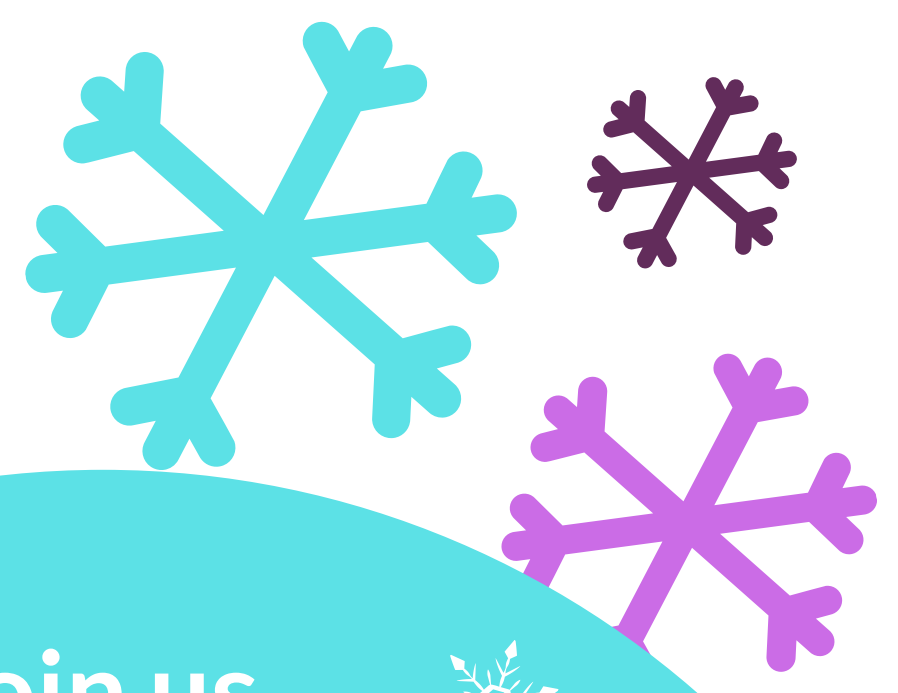
**PARENTING
COMMUNITIES**

WINTER FUN PLAYGROUPS!

For Leelanau families with children ages 0-6

funded by the Leelanau
Early Childhood Millage

FRIDAY, FEBRUARY 11	10:00AM
SUTTONS BAY LIBRARY	
THURSDAY, FEBRUARY 24	10:00AM
GLEN LAKE LIBRARY	

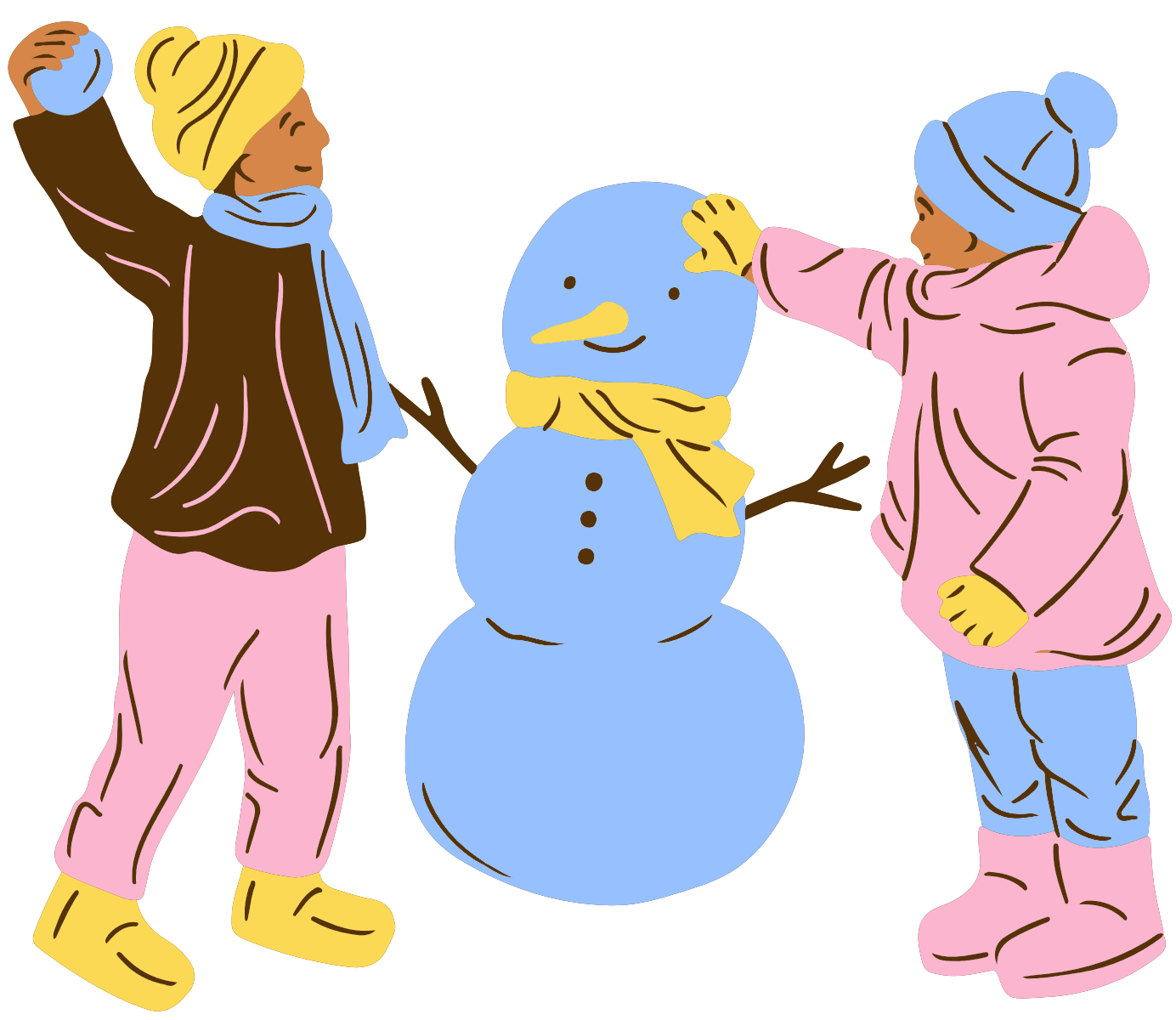


Join us
in-person for
some snowy fun!

Building snow sculptures, snow
painting, & playing in the snow

Story & music time in the library

Goody-bags for your family to
take home!



HELPING US ALL BE THE PARENTS
WE DREAM OF BEING



 @PCLeelanau

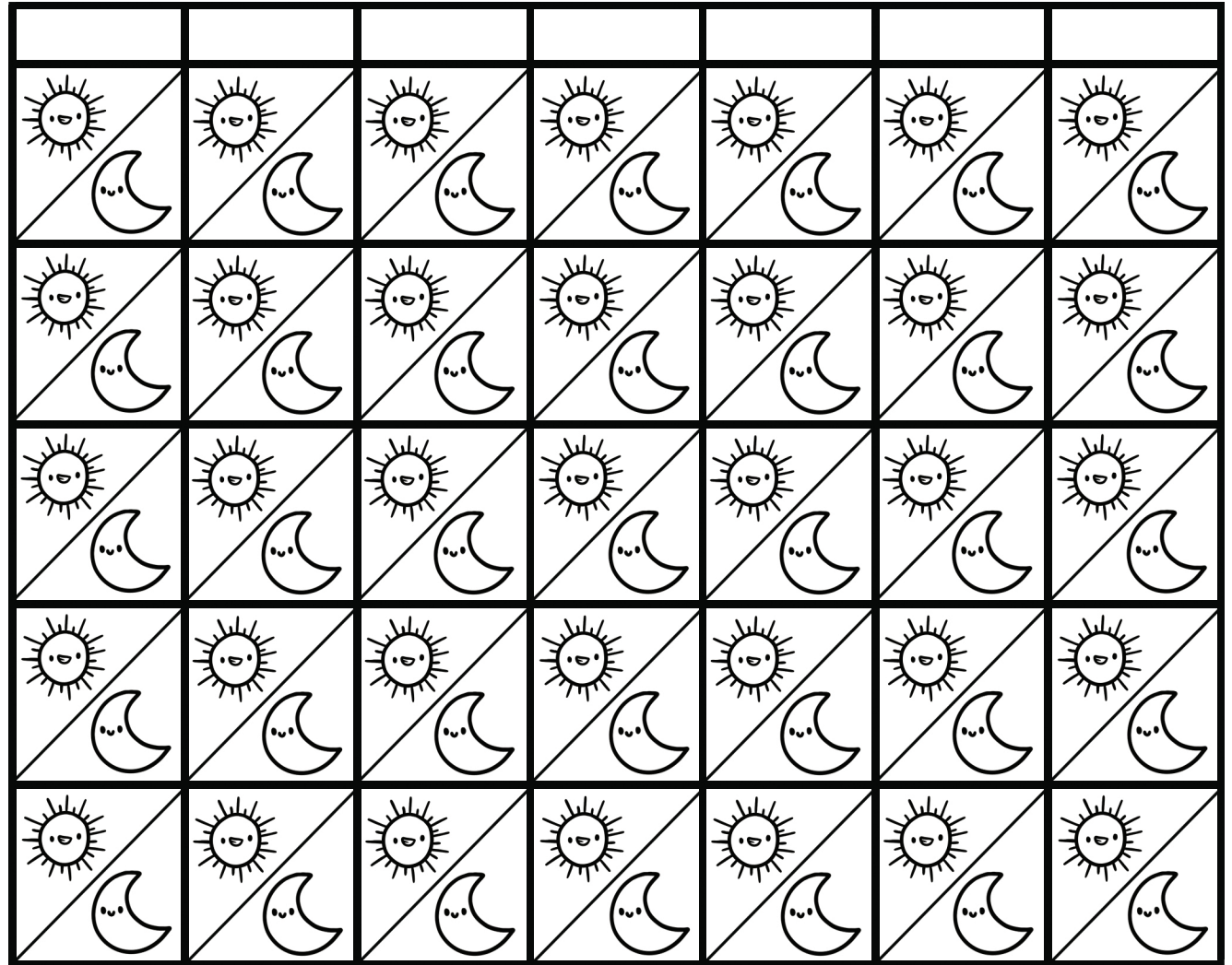
 @parentingcommunities

 www.bldhd.org/Parenting-communities

**Brush twice
a day!**



_____ 's Brushing Calender



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February is National Children's Dental Health Month. Visit [ADA.org/NCDHM2022](https://ada.org/NCDHM2022) for activity sheets.

HEALTHY SMILE TIPS

- Brush your teeth twice a day with a fluoride toothpaste.
- Clean between your teeth daily.
- Eat a healthy diet that limits sugary beverages and snacks.
- See your dentist regularly for prevention and treatment of oral disease.

ADA American
Dental
Association®