

JULY 2022

PARENTING COMMUNITIES

funded by the 2019 Leelanau County Early Childhood Millage

The Protective Factors: Parental Resilience

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 **Parental Resilience**, the ability to manage and cope well with stress, trauma, and the challenges we face as parents.

It's inevitable - we all face a certain level of stress every day by nature of parenting, balancing life's demands, and unforeseen stressors that can catch us off guard. Our ability to manage and function well during these times helps buffer the negative effects of stress from our children so that they can continue to grow and develop in the best way they can.

We cannot shield our children from stress 100% of the time, but by modeling self-care and connecting with our children during challenging times, we can use our resilience to help us (and our children) get through adversity.

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Ask yourself...

*What do I notice when I am stressed?
How is my parenting affected?
What is one new self-care activity
I can commit to this week?*

Meet us at the beach!

Sunday, July 24th, 10am-12pm
Sutton Park, Suttons Bay
(the beach across from Hansen's)

July 24 is **National Parents Day** so to honor parents & the most important role of raising children, let's gather to celebrate our families together! This is a very informal gathering so please pack your own picnic & beach gear and we'll be there celebrate with you!



Parenting Communities in Action!



Baby & Toddler
Clothing & Toy Swap
June 8, 2022



Playgroup fun!





funded by the Leelanau
Early Childhood Millage
for Leelanau County families

PARENTING
COMMUNITIES

FAMILY STREET FAIR

Saturday, July 16, 2022 | 10am-2pm

Hosted on the Leelanau Montessori School
Campus at 7401 E Duck Lake Rd, Lake Leelanau

**IT'S
FREE!**



**FOOD
& ICE
CREAM
TRUCKS**

**FACE
PAINTING**



MUSIC!



**GAMES,
BUBBLES,
& MORE!**

**OR BRING
YOUR OWN
PICNIC
LUNCH**

Activities & information on all things
early childhood! Learn about
community partners such as schools,
libraries, & more!



**CONNECT
WITH
COMMUNITY
RESOURCES**

JULY/JULIO 2022 EVENTS!

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



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PLAYGROUPS

TUESDAYS/MARTES

MYLES KIMMERLY PARK
JUL 5, 12, 19, 26
10-11AM

WEDNESDAYS/ MIERCOLES

NORTHPORT SCHOOL PLAYGROUND
(RAIN LOC. TRINITY CHURCH)

JUL 6, 13, 20, 27
10-11AM

(5toONE/PC) GREAT LAKES
CHILDREN'S MUSEUM

JUL 13 & 27
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

JUL 7, 14, 21, 28
10:30-11:30AM

FRIDAYS/VIERNES

SUTTONS BAY ELEMENTARY
SCHOOL PLAYGROUND
(RAIN LOC. SB LIBRARY)

JUL 1, 8, 15, 22, 29
10-11AM

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

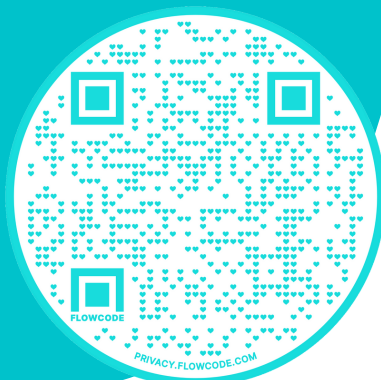
COMMUNITY EVENTS

SATURDAY/SABADO

JULY 9th, 10-11:30am

PARENT CAFE & PLAYGROUP
BENZIE-LEELANAU DISTRICT
HEALTH DEPT.

*REGISTRATION REQUIRED



SATURDAY/SABADO

JULY 16th, 10am-2pm

FAMILY STREET FAIR
BENZIE-LEELANAU DISTRICT
HEALTH DEPT/LEELANAU
MONTESSORI PARKING LOTS



HELPING US ALL BE THE PARENTS
WE DREAM OF BEING



 @PCLeelanau

 @parentingcommunities

 www.bldhd.org/Parenting-communities

