

JUNE 2022

PARENTING COMMUNITIES

funded by the 2019 Leelanau County Early Childhood Millage

The Protective Factors: Social Connections

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 **social connections**. We all need support, and having a solid support network can help families enjoy special moments with those they love, rely on friends and family when in need, and share the load of everyday stressors with others who understand what we are going through.

The pandemic has made social connections more of a challenge than usual, and we are not meant to parent alone. That is why we are happy to offer a safe and supportive community for families in Leelanau County with various opportunities for social connections: playgroups, community events, and home visiting.

Summer is a natural time to gather together. The days are longer, the warm and sunny weather draws us outside. We hope everyone enjoys their summer and that you can join us at playgroups and community events that we are so excited to host in the coming months.

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Get ready for summer with Parenting Communities!

Save the date for our family-friendly community events!

June

June 8: Baby & Toddler Clothing & Toy Swap, 5-7pm at the Benzie-Leelanau District Health Dept. (BLDHD)

June 11: Parent Cafe - coffee & conversation for parents and playgroup for children, 10-11:30am, BLDHD (registration required)

July

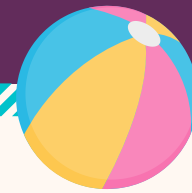
July 9: Parent Cafe - coffee & conversation for parents and playgroup for children, 10-11:30am, BLDHD (registration required)

July 16: Family Street Fair - family fun, carnival-style, resources for families, food truck, 10am-2pm, BLDHD

August

August 9: Miriam Pico - Mindful & Musical, music & fun for families, dinner included, 5-7pm, Herman Park

August 13: Parent Cafe - coffee & conversation for parents and playgroup for children, 10-11:30am, BLDHD (registration required)



Summer Safety

June marks the official beginning of summer so we wanted to share important summer safety tips for your family to stay safe while enjoying our beautiful Leelanau summer!

In the water

- Always have an adult within arms reach of children when in & near water ("touch supervision")
- Children should have proper-fitting life preservers. "Floaties" are not a substitution for Coast Guard approved life jackets.
- Children should wear life jackets **at all times** on boats, docks, and near bodies of water
- Be aware of rip currents & the weather forecast
- It is a good idea to know CPR
- Swim lessons are recommended for children 2+ or younger if near water often



In the sun

- The sun's rays are strongest between 10am-4pm, limit time in the sun during these hours
- Apply sunscreen 30 minutes before going out & reapply every 2 hours
- Babies under 6 months should stay out of direct sunlight, wear lightweight clothing & brimmed hats, and stay in the shade as much as possible
- Stay hydrated! Offer water to your children over 1 year of age frequently
- Take breaks from the heat & allow for extra rest time



Out & about

- Never leave your child in a car even with the windows open - cars can become dangerously hot in a matter of minutes
- Use insect repellent in wooded & high grass areas. Always check for ticks immediately after being outdoors & at the end of the day.
- It is a good idea to run clothing through the dryer on high heat to kill any ticks and to bathe your child to spot & remove any ticks
- Keep a few first aid supplies in your vehicle



At the park

- Always supervise children on play equipment
- Look for play equipment that is developmentally appropriate for your child
- Children should always wear helmets when riding bicycles, scooters, roller skates, or skateboards
- Look for helmets that have a sticker that says it meets the CPSC safety standard

Celebrating Dads!

Happy Father's Day to all our Parenting Communities dads!

Dads - You are a role model for the next generation and we love and appreciate all that you do! We hope you enjoy your special day.

With love,

the Parenting Communities team



JUNE/JUNIO 2022 EVENTS!

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



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Early Childhood Millage

PLAYGROUPS

**WEDNESDAYS/
MIERCOLES**

NORTHPORT MARINA (RAIN LOC. TRINITY CHURCH)
JUN 1, 8, 15, 22, 29
10-11AM

(5toONE/PC) GREAT LAKES CHILDREN'S MUSEUM
JUN 8 & 22
10-11:30AM

CHERRY BEND COMMUNITY PARK
JUN 1 & 15
10-11AM

TUESDAYS/MARTES

MYLES KIMMERLY PARK
JUN 7, 14, 21, 28
10-11AM

THURSDAYS/JUEVES

**NEDOWS BEACH
RAIN LOC. LELAND
LIBRARY**
*ENGLISH AND SPANISH
JUN 2, 9, 16, 23, 30
10:30-11:30AM

FRIDAYS/VIERNES

SUTTONS BAY ELEMENTARY SCHOOL
JUN 10, 17, 24
10-11AM

SUTTONS BAY LIBRARY
JUN 3
10-11AM

COMMUNITY EVENTS

WEDNESDAY/MIERCOLES

JUNE 8th- 5-7pm

**BABY & TODDLER CLOTHING & TOY
SWAP**

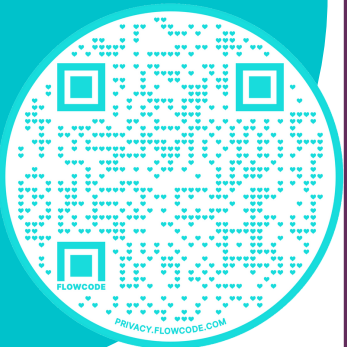
BENZIE-LEELANAU DIST. HEALTH DEPT.
MORE_INFORMATION, CALL COURTNEY
AT 231-882-6500

SATURDAY/SABADO

JUNE 11th- 10-11:30AM

PARENT CAFE & PLAYGROUP
**BENZIE-LEELANAU DISTRICT
HEALTH DEPT.**

***REGISTRATION REQUIRED**



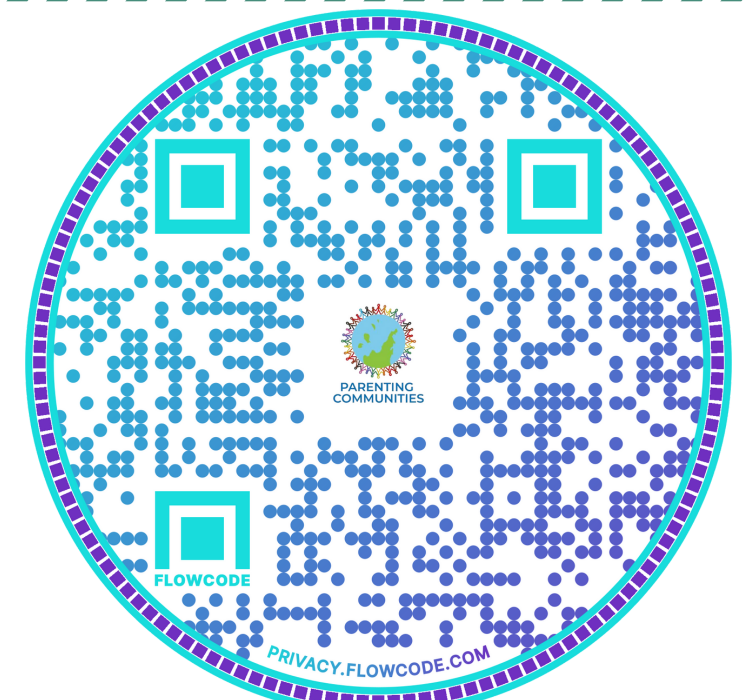
HELPING US ALL BE THE PARENTS
WE DREAM OF BEING



 @PCLeelanau

 @parentingcommunities

 www.bldhd.org/Parenting-communities



June/Junio 2022



Parenting Communities Calendar/Calendario

SUNDAY DOMINGO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIERCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SABADO
		31 PC Playgroup 10am-11am Myles Kimmerly Park SB Library Story Time 10:30	1 PC Playgroup 10am-11am Northport Marina Rain loc: Trinity Church 10-11am Cherry Bend Community Park	2 PC Playgroup 10:30am-11:30am Nedows Beach Rain location Leland Library Leelanau Twp. Library Storytime 10:30am GL Library Storytime 11am	3 PC Playgroup 10am-11am SB Library Leland Library Storytime 10:30	4
5	6 LCN 2-6pm food & baby pantry Neighborhood Assistance 2-4pm	7 PC Playgroup 10am-11am Myles Kimmerly Park SB Library Story Time 10:30	8 PC Playgroup 10am-11am Northport Marina <u>5toONE/PC Playgroup @ Great Lakes Children's Museum 10-11:30am</u>	9 PC Playgroup 10:30am-11:30am Nedows Beach, Rain location Leland Library Leelanau Twp. Library Storytime 10:30am GL Library Storytime 11am	10 PC Playgroup 10am-11am SBPS Elementary - front playground Leland Library Storytime 10:30	11 PC Parent Cafe 10am-11:30am BLDHD Office <u>Registration Required</u>
12	13 LCN 2-6pm food & baby pantry Neighborhood Assistance 2-4pm	14 PC Playgroup 10am-11am Myles Kimmerly Park SB Library Story Time 10:30	15 PC Playgroup 10am-11am Northport Marina Rain loc: Trinity Church 10-11am Cherry Bend Community Park	16 PC Playgroup 10:30am-11:30am Nedows Beach, Rain location Leland Library Leelanau Twp. Library Storytime 10:30am GL Library Storytime 11am	17 PC Playgroup 10am-11am SBPS Elementary - front playground Leland Library Children's Summer Program 10:30	18
19 	20 LCN 2-6pm food & baby pantry Neighborhood Assistance 2-4pm	21 PC Playgroup 10am-11am Myles Kimmerly Park SB Library Story Time 10:30	22 PC Playgroup 10am-11am Northport Marina <u>5toONE/PC Playgroup @ Great Lakes Children's Museum 10-11:30am</u>	23 PC Playgroup 10:30am-11:30am Nedows Beach Rain location Leland Library Leelanau Twp. Library Storytime 10:30am GL Library Storytime 11am	24 PC Playgroup 10am-11am SBPS Elementary - front playground Leland Library Children's Summer Program 10:30	25
26	27 LCN 2-6pm food & baby pantry Neighborhood Assistance 2-4pm	28 PC Playgroup 10am-11am Myles Kimmerly Park SB Library Story Time 10:30	29 PC Playgroup 10am-11am Northport Marina Rain loc: Trinity Church	30 PC Playgroup 10:30am-11:30am Nedows Beach Rain location Leland Library Leelanau Twp. Library Storytime 10:30am GL Library Storytime 11am		

To schedule an appointment at the Health Dept.
for immunizations, WIC, or reproductive health,
please call: (231) 256-0200, option 3



Scan the QR code to visit our website
for information about our services, staff contact
information, newsletter sign-up, or to make a referral



@PCLeelanau



parentingcommunities

Check our Facebook page to stay up to date on all of our events