

MARCH 2022

# PARENTING COMMUNITIES

funded by the 2019 Leelanau County Early Childhood Millage

## The Protective Factors: Concrete Support in Times of Need

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 **concrete support in times of need**: having access to resources and services that provide a family's basic needs and reduce stress during challenging times.

Concrete Supports may be:

- Food
- Clothing
- Housing
- Personal care items
- Financial assistance
- Medical or dental care
- Mental health services



BLDHD offers many services such as WIC (nutrition assistance for pregnant women and children), immunizations, reproductive health services, and more. Everyone needs help from time to time. Seeking help when needed is a strength that can help families mitigate stress and get through challenges feeling less alone. It is not always easy to ask for help or know where to go, which is why Parenting Communities aims to help families navigate and access resources. Our knowledgeable and caring staff can help connect you to needed items or services. Visit our [referral link](#) on our website to introduce yourself to us and we will connect with you!

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Local Resource Spotlight:

**Leelanau Christian Neighbors**

7322 E Duck Lake Rd., Lk Leelanau

- Open every Monday 2-6pm
- Food pantry & baby pantry
- Neighborhood Assistance 2-4pm  
(emergency financial aid)
- [leelanauchristianneighbors.org](http://leelanauchristianneighbors.org)



# March is National Reading Month!



March 2 is Read Across America Day in honor of Dr. Seuss' birthday, and the whole month of March is National Reading Month!

Read early and often to your children from day 1 to promote language development, empathy, curiosity, and a strong parent-child connection.

## Birth-6 months

Babies love your soothing voice & exploring books with all of their senses. Board books are great!

## 2-3 years

Make connections between the story & your child's life - "The boy is playing in the snow, what do you like to do in the snow?"

## 6-9 months

Offer short stories with colorful pictures, baby may start to recognize favorites

## 3-4 years

Your child may like to tell you the story now based on what is happening in the pictures

## 9-18 months

Ask your baby to point to familiar objects - "Where is the doggy?"

## 4-5 years

Your child's imagination is growing. They may make up their own stories & you can be their scribe!

## 18mos-2 years

For new talkers, try pausing before you say a favorite line to see if they will finish the phrase

**Most importantly at all ages... HAVE FUN!**



# March is also National Nutrition Month!



As we step into spring, what better time to focus on good nutrition for the whole family?

## BLDHD offers WIC Services

Nutrition counseling, assessment of growth and development, and supplemental food benefits are provided to families with pregnant and postpartum women, infants, and children up to age five. Registered nurses and a registered dietician provide teaching and counseling to families as well as breastfeeding education and support.



- Income guidelines determine eligibility. Click [here](#) to see income guidelines or call (231) 256-0200 and we can assist you to see if you qualify

Need a little recipe or meal-planning inspiration? Check out this 7-day meal plan with recipes from [yummytoddlerfood.com](http://yummytoddlerfood.com)

## Helpful Tips:

- Want to reduce stress at meal-times? Remember this: you decide what is offered, your child decides how much to eat. Make sure to serve at least 1 food they usually like. Keep offering nutritious foods and they will learn to eat well in time
- Enjoy family meals around the table - this promotes connection, language and social skills, and children are more likely to eat balanced meals when parents model healthy eating habits
- Encourage your child to assist in meal prep as much as possible while monitoring for safety

# March 2022



# Parenting Communities Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <b>PC Playgroup</b> 10am-11am GL Community Reformed Church	2 <b>PC Playgroup</b> 10am-11am NP - Braman Hill	3 <b>PC Playgroup</b> 10:30am-11:30am Leland Library GL Library Storytime 11am	4 <b>PC Playgroup</b> 10am-11am SB Library (basement/outside) Leland Library Storytime 10:45a	5
6	7 <b>LCN</b> food pantry, baby pantry 2-6 Neighborhood Assistance 2-4	8 SB Library Storytime 10:30am	9 <b>PC Playgroup</b> 10am-11am NP - Braman Hill	10 <b>PC Playgroup</b> 10:30am-11:30am Leland Library GL Library Storytime 11am	11 <b>PC Playgroup</b> 10am-11am SB Library (basement/outside) Leland Library Storytime 10:45a	12 <b>Family Fun Crafts</b> 1:00pm Glen Lake Library
13	14 <b>LCN</b> food pantry, baby pantry 2-6 Neighborhood Assistance 2-4	15 <b>PC Playgroup</b> 10am-11am GL Comm. Ref. Church SB Library Story Time 10:30am	16 <b>PC Playgroup</b> 10am-11am NP - Braman Hill	17 <b>PC Playgroup</b> 10:30am-11:30am Leland Library GL Library Storytime 11am	18 <b>PC Playgroup</b> 10am-11am SB Library (basement/outside) Leland Library Storytime 10:45a	19
20	21 <b>LCN</b> food pantry, baby pantry 2-6 Neighborhood Assistance 2-4	22 SB Library Storytime 10:30am	23 <b>PC Playgroup</b> 10am-11am NP - Braman Hill	24 <b>PC Playgroup</b> 10:30am-11:30am Leland Library GL Library Storytime 11am	25 <b>PC Playgroup</b> 10am-11am SB Library (basement/outside) Leland Library Storytime 10:45a	26 <b>Family Fun Movie</b> 1:00pm Glen Lake Library
27	28 <b>LCN</b> food pantry, baby pantry 2-6 Neighborhood Assistance 2-4	29 <b>PC Playgroup</b> 10am-11am GL Comm. Ref. Church SB Library Story Time 10:30am	30 <b>PC Playgroup</b> 10am-11am Leelanau Montessori	31 <b>PC Playgroup</b> 10:30am-11:30am Leland Library GL Library Storytime 11am	1 <b>PC Playgroup</b> 10am-11am SB Library (basement/outside) Leland Library Storytime 10:45a	
<p><b>To schedule an appointment at the Health Dept. for immunizations, WIC, or reproductive health, please call (231) 256-0200, option 3</b></p>		 @PCLeelanau	 parentingcommunities	<p><b>Scan the QR code to visit our <u>website</u> for information about our services, staff contact information, newsletter sign-up, or make a referral</b></p>		

# MARCH 2022 PLAYGROUPS!

For Leelanau families with children ages 0-6



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## GLEN LAKE COMMUNITY REFORMED CHURCH

TUESDAYS (MARCH 1, 15, & 29)

10-11AM

## BRAMAN HILL, NORTHPORT

WEDNESDAYS (MARCH 2, 9, 16, & 23)

10-11AM

## LELAND LIBRARY

THURSDAYS (MARCH 3, 10, 17, 24, & 31)

10:30-11:30AM

## SUTTONS BAY-BINGHAM DISTRICT LIBRARY

FRIDAYS (MARCH 4, 11, 18, 25, & APRIL 1)

10-11AM

## LEELANAU MONTESSORI PUBLIC SCHOOL ACADEMY

WEDNESDAY, MARCH 30

10-11AM

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HELPING US ALL BE THE PARENTS  
WE DREAM OF BEING



 @PCLeelanau

 @parentingcommunities

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

