

PARENTING COMMUNITIES

funded by the 2019 Leelanau County Early Childhood Millage

The Protective Factors: Social & Emotional Competence of Children

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 and Emotional Competence of Children**.

Parents can support their children's social-emotional development by naming and validating feelings, and practicing co-regulation while children are still developing the ability to understand and regulate their emotions. Being the calm in their storm is the key to guiding young children through their big feelings. If you would like to discuss this topic further or have any concerns, home visits are a great opportunity to explore social-emotional development with one of our PC staff members.

STORIES INSIDE THIS ISSUE:

- PROTECTIVE FACTORS**
PAGE 1
- MENTAL HEALTH MATTERS**
PAGE 2
- CELEBRATING MOMS**
PAGE 2
- PLAYGROUPS**
PAGE 3
- CALENDAR OF EVENTS**
PAGE 4

<p>0-3 Months</p> <ul style="list-style-type: none"> <input type="radio"/> Begins to smile in response to their caregivers, also called a social smile <input type="radio"/> Develops more facial and body expressions <input type="radio"/> Can briefly calm themselves, e.g. sucking on thumb <input type="radio"/> Recognizes they are having fun and may cry when playing stops <input type="radio"/> Makes eye contact and looks at people while interacting 	<p>4-6 Months</p> <ul style="list-style-type: none"> <input type="radio"/> Is usually happy when surrounded by cheerful caregivers <input type="radio"/> Responds to and copies some movements and facial expressions <input type="radio"/> Develops an awareness of their surroundings and expresses a desire to engage, e.g. banging objects or toys 	<p>7-9 Months</p> <ul style="list-style-type: none"> <input type="radio"/> May show anxiety around strangers <input type="radio"/> Plays social games, e.g. peek-a-boo <input type="radio"/> Learns the meaning of words when they're used consistently <input type="radio"/> Enjoys looking at self in a mirror <input type="radio"/> Becomes more "clingy" when leaving caregiver, e.g. reaches for caregiver when being held by someone else 	<p>10-12 Months</p> <ul style="list-style-type: none"> <input type="radio"/> Attempts to display independence, e.g. crawling for exploration or refusing food <input type="radio"/> May show fear around unfamiliar people and objects <input type="radio"/> Tries to get attention by repeating sounds and gestures <input type="radio"/> Enjoys imitating people in play
<p>1-2 Years</p> <ul style="list-style-type: none"> <input type="radio"/> Shows defiant behavior to establish independence, e.g. having tantrums <input type="radio"/> Does not understand what others think or feel and believes everyone thinks as he does, e.g. gets upset when no longer the center of attention <input type="radio"/> Enjoys being around other children, but not yet able to share easily <input type="radio"/> Can play independently for brief periods of time 	<p>2-3 Years</p> <ul style="list-style-type: none"> <input type="radio"/> Copies others in more complex tasks, e.g. cleaning, cooking, self-care <input type="radio"/> Shows affection towards friends <input type="radio"/> Shows an increasing variety of emotions <input type="radio"/> Upset when there are major changes in routine <input type="radio"/> Seems concerned about personal needs and may even act "selfishly" 	<p>3-4 Years</p> <ul style="list-style-type: none"> <input type="radio"/> Starts cooperating more with others during play, e.g. sharing toys <input type="radio"/> Can sometimes work out conflicts with other children, e.g. taking turns in small groups <input type="radio"/> Uses words to communicate needs instead of screaming, grabbing, or whining <input type="radio"/> Becomes more independent in daily activities, e.g. may choose own clothes to wear 	<p>4-5 Years</p> <ul style="list-style-type: none"> <input type="radio"/> Has more developed friendships and maybe even a "best friend" <input type="radio"/> More cooperative with rules <input type="radio"/> Understands and is sensitive to others' feelings <input type="radio"/> Understands the difference between real life and make believe <input type="radio"/> Has changes in attitude, e.g. is demanding at times and cooperative at times



The Social and Emotional Competence of Children refers to family and child interactions that help children to understand and regulate their emotions, communicate clearly, and form and maintain relationships.

"Social Emotional Development by Age" Pathways.org



Mental Health Matters

As parents, it is important to learn about how to support our mental health so that we can be present and engage with our children in positive ways that benefit both ourselves and our children. Everyone experiences challenges in life that can have an impact on how we show up for ourselves and our children. It is important to reflect, address, and seek support when needed to take care of our mental health and wellbeing.



What is Co-Regulation?

In the critical early years of life, children's brains are developing at a rapid rate, unmatched at any other period in life. Babies are born with little ability to self-regulate, or manage their thoughts, feelings, and actions. Parents can help babies through a process called **co-regulation**.

From infancy, parents can help their children manage emotions through co-regulation by using a soothing and calm voice, reassuring facial expression and body language, patience, and validating the child's emotions. Responding to our children's strong feelings with care and attunement helps them to develop the capacity for self-regulation that will help them throughout life. No parent is perfect, but striving for co-regulation through stressful moments at least 30% of the time will benefit children in a meaningful way.

It is also important as parents to recognize our own triggers and emotions during times of stress. We can model self-regulation by taking care of ourselves - mind, body, and spirit.

Resources

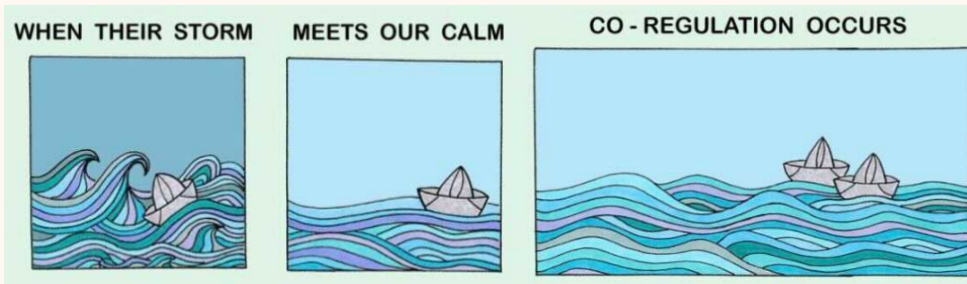
Parenting Communities offers home visits and we have a social worker on staff who can meet to discuss concerns you may have. We can also make referrals for counseling & other resources.

Community Connections is a free program that provides assistance connecting to resources for adults, children, & families. www.bldhd.org/community-connections

Perinatal Support Alliance is an alliance of therapists who offer a warm line and support group for anyone in their pregnancy and parenting journey. www.perinatalsupportalliance.org

Helplines & Crisis Support:

- Substance Abuse & Mental Health Services: 1-800-662-HELP (4357)
- Crisis Text Line: Text HOME to 741741
- Suicide Prevention Lifeline: 1-800-273-8255
- Domestic Violence: 1-800-799-7233
- Experiencing Homelessness: 1-844-900-0500
- United Way: 2-1-1



Celebrating Moms!

Happy Mother's Day to all our Parenting Communities moms!

Moms - you are doing a great job raising the next generation. We hope you feel loved and appreciated and get to spend a little time for yourself to honor your special role as a mother and refill your own cup.

With love,
the Parenting Communities team



MAY/MAYO 2022 PLAYGROUPS!



PARENTING
COMMUNITIES

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

funded by the Leelanau
Early Childhood Millage

GLEN LAKE COMMUNITY REFORMED CHURCH
TUESDAYS/MARTES (MAY/MAYO 3, 10, 17, 24, 31)
10-11AM

NORTHPORT MARINA (RAIN LOCATION TRINITY CHURCH)
WEDNESDAYS/MIERCOLES (MAY/MAYO 4, 11, 18, 25)
10-11AM

LELAND LIBRARY *SE PUEDE ATENDER EN ESPAÑOL
THURSDAYS/JUEVES (MAY/MAYO 5, 12, 19, 26)
10:30-11:30AM

SUTTONS BAY-BINGHAM DISTRICT LIBRARY
FRIDAYS/VIERNES (MAY/MAYO 6, 13, 20, 27)
10-11AM

HELPING US ALL BE THE PARENTS
WE DREAM OF BEING



 @PCLeelanau

 @parentingcommunities

 www.bldhd.org/Parenting-communities



May/Mayo 2022



Parenting Communities Calendar/Calendario

SUNDAY DOMINGO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIERCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SABADO
1	2 LCN 2-6pm food & baby pantry Neighborhood Assistance 2-4pm	3 PC Playgroup 10am-11am GL Comm. Ref. Church SB Library Story Time 10:30	4 PC Playgroup 10am-11am Northport Marina Rain loc: Trinity Church	5 PC Playgroup 10:30am-11:30am Leland Library Leelanau Twp. Library Storytime 10:30am GL Library Storytime 11am	6 PC Playgroup 10am-11am SB Library Leland Library Storytime 10:45	7
8  Happy Mother's Day!	9 LCN 2-6pm food & baby pantry Neighborhood Assistance 2-4pm	10 PC Playgroup 10am-11am GL Comm. Ref. Church SB Library Story Time 10:30	11 PC Playgroup 10am-11am Northport Marina <u>5toONE Playgroup @ Great Lakes Children's Museum</u> 10-11:30am	12 PC Playgroup 10:30am-11:30am Leland Library Leelanau Twp. Library Storytime 10:30am GL Library Storytime 11am	13 PC Playgroup 10am-11am SB Library Leland Library Storytime 10:45	14 PC Parent Cafe 10am-11:30am BLDHD Office Registration Link
15	16 LCN 2-6pm food & baby pantry Neighborhood Assistance 2-4pm	17 PC Playgroup 10am-11am GL Comm. Ref. Church SB Library Story Time 10:30	18 PC Playgroup 10am-11am Northport Marina Rain loc: Trinity Church	19 PC Playgroup 10:30am-11:30am Leland Library Leelanau Twp. Library Storytime 10:30am GL Library Storytime 11am	20 PC Playgroup 10am-11am SB Library Leland Library Storytime 10:45	21
22	23 LCN 2-6pm food & baby pantry Neighborhood Assistance 2-4pm	24 PC Playgroup 10am-11am GL Comm. Ref. Church SB Library Story Time 10:30	25 PC Playgroup 10am-11am Northport Marina <u>5toONE Playgroup @ Great Lakes Children's Museum</u> 10-11:30am	26 PC Playgroup 10:30am-11:30am Leland Library Leelanau Twp. Library Storytime 10:30am GL Library Storytime 11am	27 PC Playgroup 10am-11am SB Library Leland Library Storytime 10:45	28
29	30 Memorial Day LCN Closed BLDHD Closed	31 PC Playgroup 10am-11am GL Comm. Ref. Church SB Library Story Time 10:30	1 PC Playgroup 10am-11am Northport Marina Rain loc: Trinity Church	2 PC Playgroup 10:30am-11:30am Leland Library Leelanau Twp. Library Storytime 10:30am GL Library Storytime 11am	3 PC Playgroup 10am-11am SB Library Leland Library Storytime 10:45	4

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



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Check our Facebook events to ensure playgroups occurring