

NOVEMBER 2022

# 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, social & emotional competence of children, and nurturing & attachment.

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-emotional competence of children**.

As the weather continues to get colder and the days become shorter, it is a great time to spend with our family - making memories, celebrating traditions, and sharing stories. The holidays remind us of thankfulness and expressing gratitude. We may help our children learn gratitude through modeling.

Saying thank you to another family member, friend, or neighbor teaches our children that we value kindness and shows them how to express our appreciation to others. Expressing gratitude directly to our children is also important! Saying thanks for the little things (like picking up toys) and the big things ("I'm so thankful you are my child") shows them that they are valued and builds up their sense of self-worth.

Another idea this month is to share family stories with your children. Family stories are an important part of a child's self-identity, and can teach children what their family values are, history, and important traditions - these are all important aspects of the social-emotional development of children. The holidays are a great time to share family stories while making new memories!



### What are some family stories you would like to share with your children?

Try making a family memory page with your children. Start with a blank piece of paper & fill it with photos, drawings, stickers, or whatever your family likes! Talk about your memories & feelings as you create something special together!

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# Harvest Playgroup Fun!







# Leelanau Holiday Program 2022 Leelanau Programa de Navidad 2022

(VFW Holiday Program)

If you/ Si usted

**Need help with gifts this holiday season for your children?**

Necessitan ayuda con regalos para Navidad

**Are receiving assistance from a social services agency?**

Reciban ayuda de una agencia social de servicios

(DHS, WIC, Social Security...)\*

**Please register with** (Registre por favor con) **Audrey at**

**Leelanau Christian Neighbors**

**7322 E Duck Lake Rd, Lake Leelanau**

**Monday November 21 - 2:00pm – 5:30pm**

**Monday November 28 - 2:00pm – 5:30pm**

**Monday December 5 - 2:00pm – 5:30pm**

**Monday December 12- 2:00pm – 5:30pm**

*\*To register you **MUST** have a form of ID- State ID OR Birth Certificate OR Social Security card...etc for ALL family members*

## You **Must** register to receive gifts!

*\*Registrarle debe tener forma de identificación- el Estado identificación, la Acta de nacimiento... para TODOS los miembros de la familia Y demostrar ayuda (traiga La Tarjeta de Puente, la impresión del contenido de la memoria de beneficios...)*

**\*DEBE REGISTRAR para recibir regalos**

The program will take place  
at the VFW Hall in Lake Leelanau

*Questions? Preguntas? Audrey 231-883-2244*



# NOVEMBER/NOVIEMBRE 2022 EVENTS!



PARENTING  
COMMUNITIES

funded by the Leelanau  
Early Childhood Millage

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

## PLAYGROUPS

MONDAYS/LUNES

GRUPO DE JUEGO  
PARA FAMILIAS QUE  
HABLAN ESPAÑOL

FRIENDSHIP CENTER,  
SUTTONS BAY  
NOV 7, 14, 21, 28  
4-5PM

WEDNESDAYS/  
MIERCOLES

NORTHPORT PUBLIC SCHOOL  
NOV 2, 9, 16, 30  
10-11AM

(5toONE/PC) GREAT LAKES  
CHILDREN'S MUSEUM  
NOV 9 & 23  
10-11:30AM

TUESDAYS/MARTES

GLEN LAKE COMM.  
REFORMED CHURCH  
NOV 1, 8, 15, 22, 29  
10-11AM

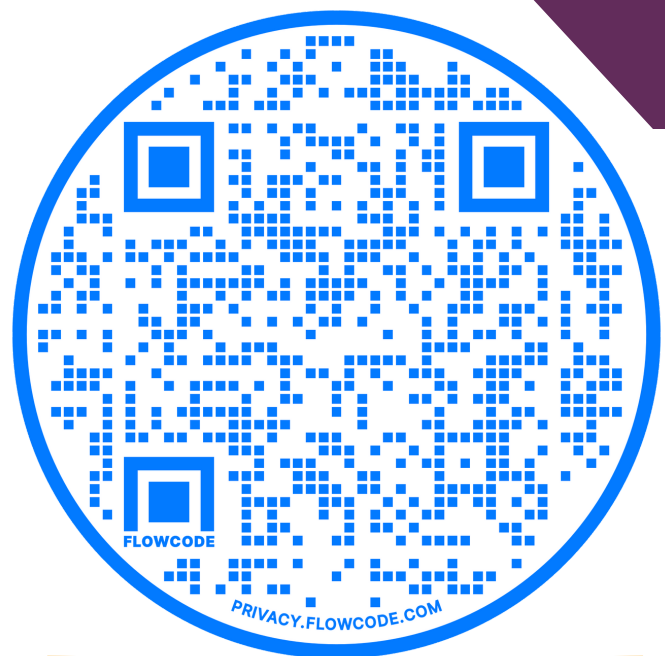
THURSDAYS/JUEVES  
BOOK CLUB PLAYGROUP

GL COMM. REFORMED CHURCH  
NOV 3, 17  
10-11:30AM

FRIDAYS/VIERNES

SUTTONS BAY LIBRARY  
NOV 4, 18  
10-11AM

\*No playgroup Nov. 11 & 25  
(holidays)\*



## Let's read together! Book Club Playgroup



### Book Club for grown-ups, playgroup for children

We are starting a new book club/playgroup! While children are playing, we will chat about a book we're reading together & end with a snack & story with the little ones. We ask that participants are committed to reading & joining us for each playgroup. We will provide the book at our first meeting. Please register by scanning the QR Code above.

HELPING US ALL BE THE PARENTS  
WE DREAM OF BEING



 @PCLeelanau

 @parentingcommunities

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

