



October 2021 Newsletter



MATERNAL INFANT HEALTH



October is Infant Safe Sleep Awareness Month

Governor Gretchen Whitmer declared October 2021 Infant Safe Sleep Awareness Month calling attention to the importance of preventing **sleep-related infant deaths**. Most people think this would never happen to them, but the sad reality is that a baby dies nearly every other day in Michigan and these deaths are overwhelmingly preventable.

To keep babies 0-12 months of age safe, while sleeping at night and during naps, follow the **American Academy of Pediatrics (AAP) guidelines**:

- Place baby on back, in a crib, bassinet or pack n' play for every sleep time.
- Use a firm mattress with a tightly fitted sheet.
- Keep baby's sleep space clutter free – no pillows, blankets, bumper pads, or toys.
- Avoid covering baby's head or overheating. Instead of a blanket, consider using a sleep sack, wearable blanket or footed sleeper to keep baby warm.
- Remind everyone who cares for baby, including babysitters and family members, how to keep baby safe while sleeping.
- Keep baby in a smoke-free environment.
- Support breastfeeding and immunizations.

Learn more about the safe sleep guidelines and **why they are recommended** to keep babies safe.

Take time to promote infant safe sleep in your community - educate your clients, friends and family. Join us and **learn to how you can make a difference** in October, and all year long!

Good night. Sleep tight. Sleep safe.

Learn more at
michigan.gov/safesleep



We can't wait to see you at Playgroup!

Playgroup Dates

Tuesday: Northport Marina from 10-11
Glen Lake Community Reform Church from 10-11
EXCEPT FOR 10/12 – SEE BELOW

Wednesday:
Great Lakes Children's Museum 10-11:30 2nd and 4th Wednesdays

Thursday: Nedows Beach, Leland from 10-11

Friday: Veronica Valley Park from 10-11 EXCEPT FOR 10/15 – SEE BELOW

Playgroups are geared toward ages 0-6, siblings are welcome! A small snack will be provided. We look forward to connecting with you!

NOTE CHANGE OF VENUES


- **Myles-Kimmerly Tuesday Playgroup for has moved to Glen Lake Community Reform Church**

SPECIAL FALL HARVEST PLAYGROUPS

- **Tuesday October 12th at Jacob's Maze 10:00 – 11:30am**
- **Friday October 15th at 9 Bean Rows 9:30 – 11am**

SEE DETAILS ATTACHED

October 2021 Parenting Communities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	 PARENTING COMMUNITIES	Find us @PCLeelanau NOTE: ALL PARENTING COMMUNITIES' ACTIVITIES ARE FREE FOR EVERYONE	Parenting Communities: Benzie-Leelanau District Health Department (blhd.org)	Parenting Communities Community Health Workers: Hollie Anderson (231)357-5777 Kathy Bartell (231)357-5443 Heather Muha ~ Social Worker (231)383-2856	1 Parenting Communities Playgroup @ Veronia Valley Park Storytime at Leland Township Library 10:30 (Check FB for details)	2 Leelanau Farmers Markets Suttons Bay M22 & M204
3	4 LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	5 Parenting Communities Playgroup @ Northport Marina Playground 10-11 Parenting Communities Playgroup @ Glen Lake Community Reform Church 10-11 Suttons Bay Bingham Twp Library 10:30 Story Hour	6 Mom Power Friendship Community Center Suttons Bay 10am-12:30pm Leelanau Laundry Project Suttons Bay Laundromat 8am (last wash 10:30am)	7 Parenting Communities Playgroup @ Nedows Bay Beach 10-11 Glen Lake Community Library Story Time @ 11 Wiggler's Preschool Storytime @ Leelanau Twp. Library 10:30am	8 Parenting Communities Playgroup @ Veronica Valley Park 10-11 Storytime at Leland Township Library 10:30 (Check FB for details)	9 Leelanau Farmers Markets Suttons Bay M22 & M204 9am-1pm
10	11 LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	12 Parenting Communities Playgroup @ Northport Marina Playground 10--11 Parenting Communities Playgroup @ Jacobs Corn Maze 10-11:30am Suttons Bay Bingham Twp Library 10:30 Story Hour	13 Mom Power Friendship Community Center Suttons Bay 10am-12:30pm Parenting Communities Playgroup @ Great Lakes Children's Museum 10-11:30	14 Parenting Communities Playgroup @ Nedows Beach, Leland 10-11 Wiggler's Preschool Storytime @ Leelanau Twp. Library 10:30am	15 Parenting Communities Fun Fall Harvest Playgroup @ 9 Bean Rows Suttons Bay 9:30-11am Storytime at Leland Township Library 10:30 (Check FB for details)	16 Leelanau Farmers Markets Suttons Bay M22 & M204 9am-1pm Suttons Bay Bingham Twp Library Fall Family Fun Day 2-4pm
17	18 LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	19 Parenting Communities Playgroup @ Northport Marina Playground 10-11 Parenting Communities Playgroup @ Glen Lake Community Reform Church 10-11 Suttons Bay Bingham Twp Library 10:30 Story Hour	20 Mom Power Friendship Community Center Suttons Bay 10am-12:30pm Leelanau Laundry Project Suttons Bay Laundromat 8am (last wash 10:30am)	21 Parenting Communities Playgroup Nedows Beach, Leland 10-11 Wiggler's Preschool Storytime @ Leelanau Twp. Library 10:30am	22 Parenting Communities Playgroup @ Veronica Valley Park 10-11 Storytime at Leland Township Library 10:30 (Check FB for details)	23 Leelanau Farmers Markets Suttons Bay M22 & M204 9am-1pm
24	25 LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	26 Parenting Communities Playgroup @ Northport Marina 10-11 Parenting Communities Playgroup @ Glen Lake Community Reform Church 10-11 Suttons Bay Bingham Twp Library 10:30 Story Hour	27 Mom Power Friendship Community Center Suttons Bay 10am-12:30pm Parenting Communities Playgroup @ Great Lakes Children's Museum 10-11:30	28 Parenting Communities Playgroup Nedows Beach, Leland 10-11 Wiggler's Preschool Storytime @ Leelanau Twp. Library 10:30am	29 Parenting Communities Playgroup @ Veronica Valley Park 10-11 Storytime at Leland Township Library 10:30 (Check FB for details)	30



Join Parenting Communities for a

Fun Fall Harvest Playgroup at

JACOB'S CORN MAZE



Pumpkin painting, corn maze
adventure, play, and fun!

Tuesday, October 12th

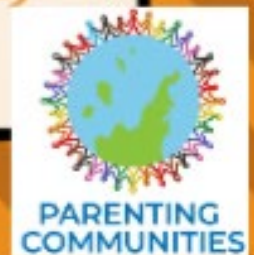
FROM 10-11:30 am

rain date: Oct. 19th

7100 East Traverse Hwy. (M-72 West)

Traverse City, MI 49684

Funded by the Leelanau Early Childhood Millage





Join Parenting
Communities
for a

**FUN FALL HARVEST
PLAYGROUP**



Friday

OCT
15th

9:30-11 AM

Costumes are
welcome!

Rain date: Oct. 29th



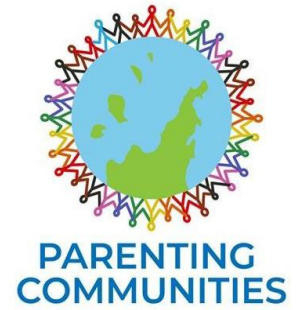
Pumpkin patch walk, garden
exploration, pumpkin
decorating, and cider &
snacks!

9 BEAN ROWS
9000 E. Duck Lake Rd.
Suttons Bay, MI
49682

Funded by the Leelanau County Early Childhood Millage



Books For Children Under Age Five In Leelanau County



AT NO COST TO PARENTS

- Dolly Parton's Imagination Library is now available for children from birth to their fifth birthday who reside within the borders of Leelanau County.
- Their parent or guardian can register them online at www.imaginationlibrary.com.
- Each child will receive a book in the mail every month until their fifth birthday.
- All costs are covered by the Leelanau Early Childhood Millage.
- Sign up online now so your little one can begin receiving their books!

