

SEPTEMBER 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, 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 **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.



Childcare is a service that can help families meet their needs by allowing parents the time to work, attend school, and attend to daily tasks while their children are provided with safe and nurturing care from another caregiver. Childcare can be an essential need for many families to survive, and it can be a challenge to navigate picking the right provider for your family, paying for childcare, and juggling the daily routine.

Leelanau County has many dedicated, quality childcare providers, but there is a need for more as our area grows and the need for childcare outside of the home increases. To help with the process of finding the right childcare provider for your family, here are a few suggestions:

- Search online to find licensed providers in our area:
  - **LARA** (Michigan's licensing agency) – search by county & view detailed reports  
[childcaresearch.apps.lara.state.mi.us](http://childcaresearch.apps.lara.state.mi.us)
  - **Great Start to Quality** – search for licensed providers with Great Start ratings  
[greatstarttoquality.org](http://greatstarttoquality.org)
- Once you have selected a few you are interested in, call the provider to set up a visit to the home or facility to discuss any questions you have and get to know one another
- Many providers are currently on waitlists so put your name in as early as possible – even if you are pregnant and know you will need childcare in the near future
- Need help paying for childcare?
  - **Child Care Assistance** thru MI Dept. of Education  
[michigan.gov/childcare](http://michigan.gov/childcare)
  - **Great Start to Quality scholarship**  
[Contact us for the application](#)
  - **Great Start to Readiness Program (GSRP)** – free preschool for 4 year olds (income eligible). Offered at Leelanau Children's Center, Suttons Bay Public School, Benodjenh, & Glen Lake Community Schools in Leelanau County
  - Talk with your provider about scholarship options – some childcares have their own scholarships available
  - We can help you navigate all of this if you need any help! Give us a call and we can help: 231-256-0227

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# So Long, Summer...

As we say goodbye to summer this year and prepare for fall, let's look back at how much fun we had during our short but sweet summer months!



Playgroups are a great opportunity for little ones to play & learn with their peers, as well as provide parents/caregivers a chance to connect with other adults in our community. We host playgroup 4 days/week - join us for one!



We hosted our first-ever Family Street Fair on July 16th and it was a huge success! Community partners, yard games, face painting, food & ice cream, music, and lots of family-friendly community fun! We are looking forward to next year already!



On August 9th, little ones and their grown-ups got to sing along to Miriam Pico's beautiful music which promotes family bonding, exploring emotions, playing with instruments, movement, and learning colors, ABC's, Spanish & sign language. Thank you to Miriam for a great show and to all our families who came - we had nearly 200 people in attendance this year!



Parent Cafe kicked-off this summer on the 2nd Saturday of each month- it is both a playgroup for children and a chance for parents/caregivers to fill their own cup (literally - we have coffee and tea!). Parents have the option to do a stress-relieving activity as they chat with other parents and enjoy refreshments. The children are supervised in a separate playgroup with Parenting Communities staff. We have one more Parent Cafe planned for Sept. 10th (please register - QR Code on Events page) and then we will transition to different offerings in the fall/winter months.

# September is Car Seat Safety & Baby Safety Month

## Types of Car Seats at a Glance

Age-group	Type of Seat	General Guidelines
Infants and toddlers	Rear-facing-only or Rear-facing-convertible	All infants and toddlers should ride in a rear-facing seat until they reach the highest weight or height allowed by their car seat manufacturer. Most convertible seats have limits that will allow children to ride rear facing for 2 years or more.
Toddlers and preschoolers	Forward-facing convertible or Forward-facing with harness	Children who have outgrown the rear-facing weight or height limit for their convertible seat should use a forward-facing seat with a harness for as long as possible, up to the highest weight or height allowed by their car safety seat manufacturer. Many seats can accommodate children up to 65 pounds or more.
School-aged children	Booster	All children whose weight or height exceeds the forward-facing limit for their car safety seat should use a belt-positioning booster seat until the vehicle seat belt fits properly, typically when they have reached 4 feet 9 inches in height and are 8 to 12 years of age. All children younger than 13 years should ride in the back seat.
Older children	Seat belts	When children are old enough and large enough for the vehicle seat belt to fit them correctly, they should always use lap and shoulder seat belts for the best protection. All children younger than 13 years should ride in the back seat.



Safe Kids North Shore provides car seat installation checks. Find them on Facebook @SafeKidsNorthShore or email jfroehlich@gtmetrofire.org



Rear-facing is the safest position for babies & young children! Make sure to follow your car seat's guidelines & once they meet the maximum height or weight limit, then they may forward-face.

## Baby Safety Tips

- A firm mattress and fitted sheet are all you need for your baby's crib. Remove blankets and toys.
- Learn to use your child's car seat correctly. Take it to a certified car seat technician to ensure it is properly installed.
- Make sure you have both a working smoke alarm and a carbon monoxide alarm on every level of your home, and in all sleeping areas. Test the alarms to make sure they work. You can also call your local fire station for free installation of smoke alarms throughout your home.
- Place your baby's crib away from windows and blinds. Your baby is safer without any strings or cords within reach.
- Set your water heater to 120 degrees to avoid scalds.
- Visit the American Academy of Pediatrics' website [HealthyChildren.org](https://www.healthychildren.org) for more safety tips!

# SEPTEMBER/SEPTIEMBRE 2022 EVENTS!

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



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## PLAYGROUPS

### TUESDAYS/MARTES

MYLES KIMMERLY PARK  
SEPT 6, 13, 20, 27  
10-11AM

### WEDNESDAYS/ MIERCOLES

PETERSON PARK, NORTHPORT  
(RAIN LOC. NORTHPORT SCHOOL)  
SEPT 7, 14, 21, 28  
10-11AM

(5toONE/PC) GREAT LAKES  
CHILDREN'S MUSEUM  
SEPT 14 & 28  
10-11:30AM

IF  
RAINING,  
PLEASE CHECK  
OUR FACEBOOK  
THE MORNING OF  
PLAYGROUPS  
TO SEE IF RAIN  
LOCATION WILL BE  
USED

### THURSDAYS/JUEVES

LELAND LIBRARY  
\*ENGLISH AND SPANISH  
SEPT 1, 8, 15, 22, 29  
10:30-11:30AM

### FRIDAYS/VIERNES

SUTTONS BAY ELEMENTARY  
SCHOOL PLAYGROUND  
(RAIN LOC. SB LIBRARY)  
SEPT 2, 10-11AM

SUTTONS BAY LIBRARY  
SEPT 9, 16, 23, 30  
10-11AM

SI ESTA  
LLOVIENDO  
POR FAVOR REVISE  
NUESTRA PAGINA  
DE FACEBOOK  
PARA VERIFICAR LA  
LOCACION

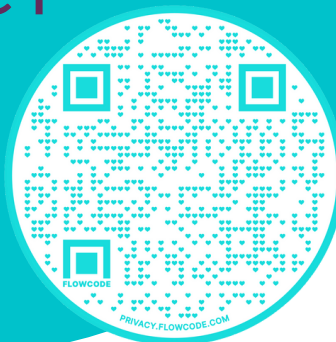
## COMMUNITY EVENTS

### SATURDAY/SABADO

September 10th, 10-11:30am

PARENT CAFE & PLAYGROUP  
BENZIE-LEELANAU DISTRICT  
HEALTH DEPT.

\*REGISTRATION REQUIRED

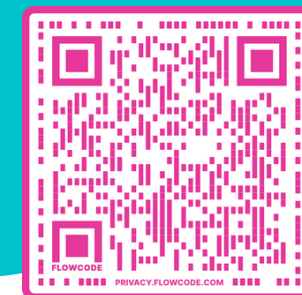


### WEDNESDAY/MIERCOLES

September 14th, 4:30-6pm

POTLUCK & CLOTHING SWAP  
SUTTONS BAY SOUTH BEACH

SCAN QR CODE FOR FLYER  
WITH MORE DETAILS



HELPING US ALL BE THE PARENTS  
WE DREAM OF BEING



 @PCLeelanau

 @parentingcommunities

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

