

DECEMBER 2022

# PARENTING COMMUNITIES

*funded by the 2019 Leelanau County Early Childhood Millage*

## The Protective Factors: Social Connections

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 Connections**. We all need a community of support to share the "ups and downs" of life with, and having supportive social connections helps not only us grown-ups, but our children as well.

How do children benefit from our social connections?

- A caregiver's positive relationships give children access to other caring adults. "It takes a village"
- Caregivers model healthy relational skills including empathy, communication, and conflict-resolution
- When we get support from others, we can care for our children more easily

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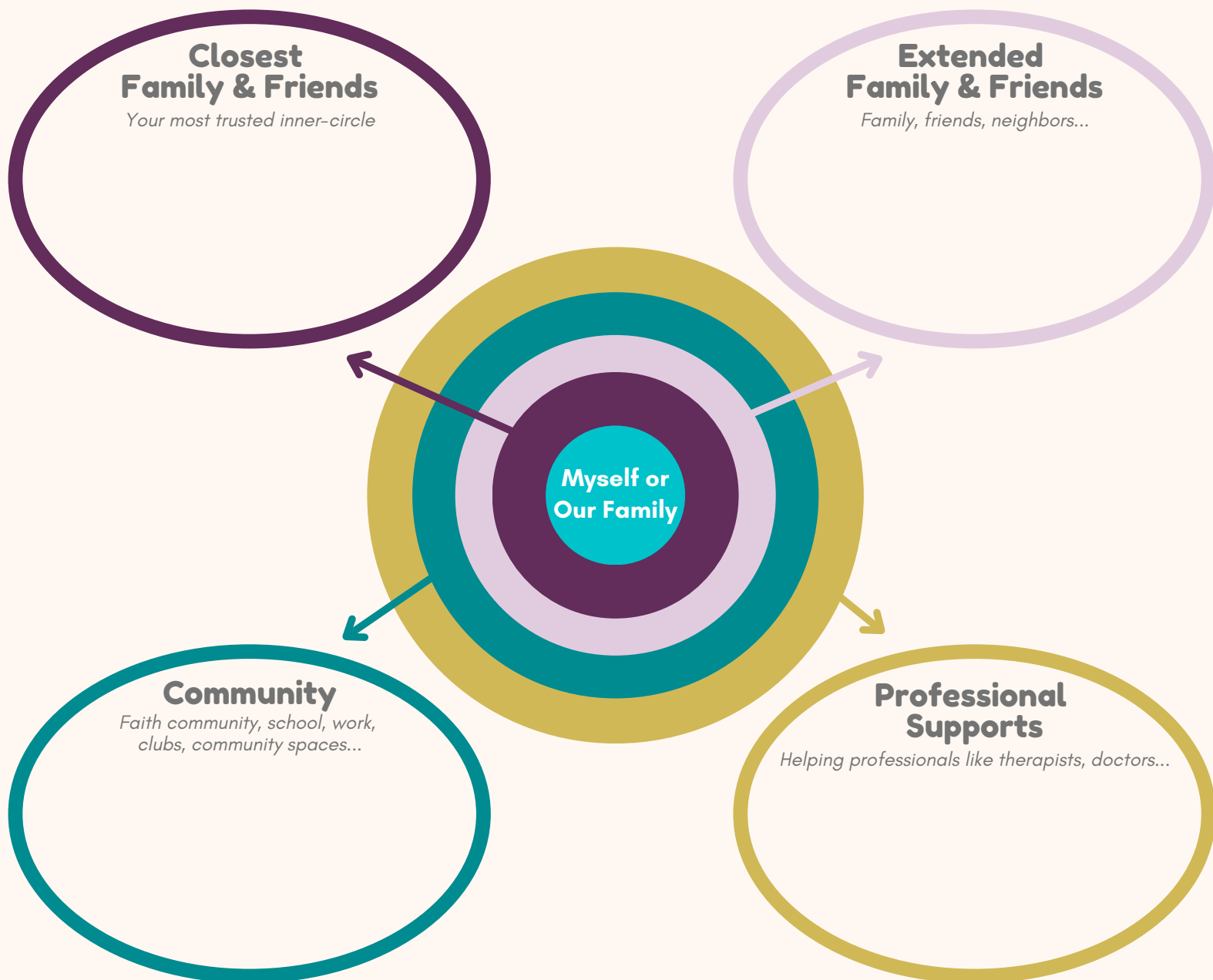
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FROM OUR FAMILIES TO YOURS - WE HOPE YOU  
HAVE A WONDERFUL HOLIDAY SEASON

# Map Your Family's Circle of Support

It can help to visualize what our support network looks like so we know who we can go to for support. To map your own Circle of Support, start with you or your family in the middle, and fill in any people or places you identify as supportive. Feel free to add more as you see fit for your family! It is unique to you and meant to be a helpful tool in identifying your own support network.



After mapping your Circle of Support, think about which areas you might have the strongest connections with, and if there any areas you would like to strengthen your connections with. It is a good thing to have multiple sources of support! We hope this tool has been helpful.



# Family Holiday Gathering



**DECEMBER 9, 2022  
4-6PM**

OUTDOORS AT THE KOLARIK'S BARN  
4940 N HOUDEK RD., SUTTONS BAY

**CRAFTS | SANTA | HOT COCOA**

PLEASE DRESS FOR THE WEATHER!  
REGISTER: [HTTPS://TINYURL.COM/2EJYJB5A](https://tinyurl.com/2EJYJB5A)

# DECEMBER/DICIEMBRE 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  
DEC 5 & 12  
4-5PM**

**WEDNESDAYS/  
MIERCOLES**

**NORTHPORT PUBLIC SCHOOL  
DEC 7 & 14  
10-11AM**

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

**FRIDAYS/VIERNES**

**SUTTONS BAY LIBRARY  
DEC 9 & 16  
10-11AM**

**TUESDAYS/MARTES**

**GLEN LAKE COMM.  
REFORMED CHURCH  
DEC 6, 13, 20, & 27  
10-11AM**

**THURSDAYS/JUEVES  
BOOK CLUB PLAYGROUP**

**GL COMM. REFORMED CHURCH  
DEC 1 & 15  
10-11:30AM**

## Family Holiday Gathering

**Friday, December  
9th, 4-6pm**

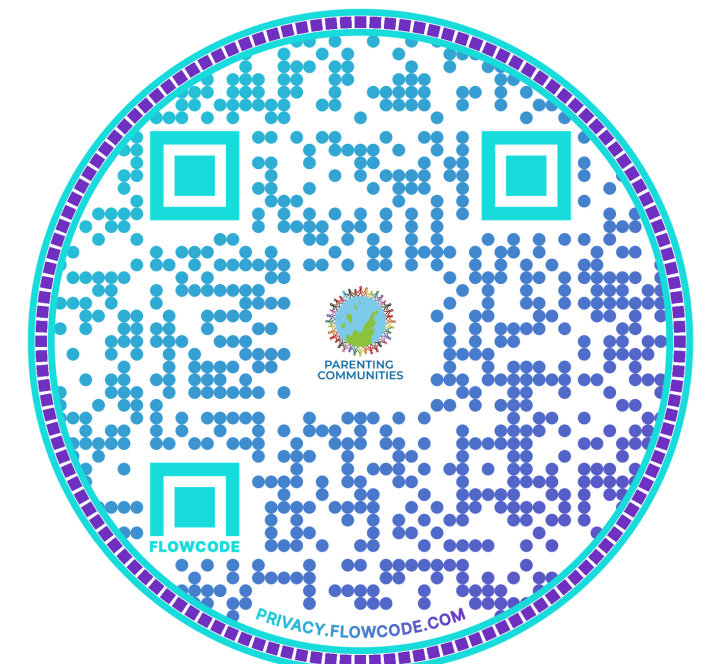
**4940 N Houdek Rd.,  
Suttons Bay**

Join us at the Kolarik's barn for a family holiday gathering with our special guest, Santa! Create a holiday keepsake, gather by the fire, & play in the snow! Hot cocoa & snacks will be served.

Please scan the QR Code on the left to register



*Helping us all be the parents  
we dream of being*



 @PCLeelanau

 @parentingcommunities



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