

JANUARY 2023

# PARENTING COMMUNITIES

*funded by the 2019 Leelanau County Early Childhood Millage*

## The Protective Factors: Parental Resilience

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 **Parental Resilience** - the ability to manage and cope well with stress, trauma, and the challenges we face as parents.

Sharing our thoughts and worries with someone we trust can help lighten our load and make challenges more bearable. It also buffers our stress from our children and models how to give and receive support, helping build up our children's resilience as well as our own. Sometimes you may need someone to talk to, other times you may provide a listening ear to someone else - giving and receiving support makes us, our families, and our community more resilient.

### When We Share

When we share laughter, there's twice the fun;  
When we share success, we've surpassed what we've done.  
When we share problems, there's half the pain;  
When we share tears, a rainbow follows rain.  
When we share dreams, they become more real;  
When we share secrets, it's our hearts we reveal.  
If we share a smile, that's when our love shows;  
If we share a hug, that's when our love grows.  
If we share with someone on whom we depend,  
that person is always family or friend.  
And what draws us closer and makes us all care,  
Is not what we have, but the things we share.



*Author Unknown*

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# Self-Care Cup

The beginning of a new year is a good time to evaluate how our self-care is going and ways we may best support ourselves in this season. Use this page to think about things that fill and empty your cup to guide you in caring for yourself and your family. *We can't pour from an empty cup.*

## How do I feel when my cup is empty?

- 1.
- 2.
- 3.
- 4.
- 5.

## People who help me:

- 1.
- 2.
- 3.
- 4.
- 5.



## Places that calm me:

- 1.
- 2.
- 3.
- 4.
- 5.

## Activities that empty my cup:

- 1.
- 2.
- 3.
- 4.
- 5.

## Activities that fill my cup:

- 1.
- 2.
- 3.
- 4.
- 5.

*If you're feeling like your cup is often empty, Parenting Communities home visiting can help support you*

# Families Together

*a monthly gathering for families and those interested in the early childhood years to share and explore topics related to early childhood development, parenting, and our collective well-being*

**Second Monday of every month  
beginning January 9th, 2023**

**5:30pm - 7:00pm**

**at the Leelanau Children's Center  
111 N Fifth St., Leland**

**Dinner provided and starts at 5:30pm  
Bring your children!**

**We'll eat together, play together, explore ideas together,  
and ultimately grow together**



**PARENTING  
COMMUNITIES**

Pre-register for the  
January session by  
scanning the QR code.  
Questions?  
Call (231) 256-0227



*funded by the Leelanau Early Childhood Millage, Parenting Communities  
is free to all Leelanau residents with children ages 0-6*

# 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**

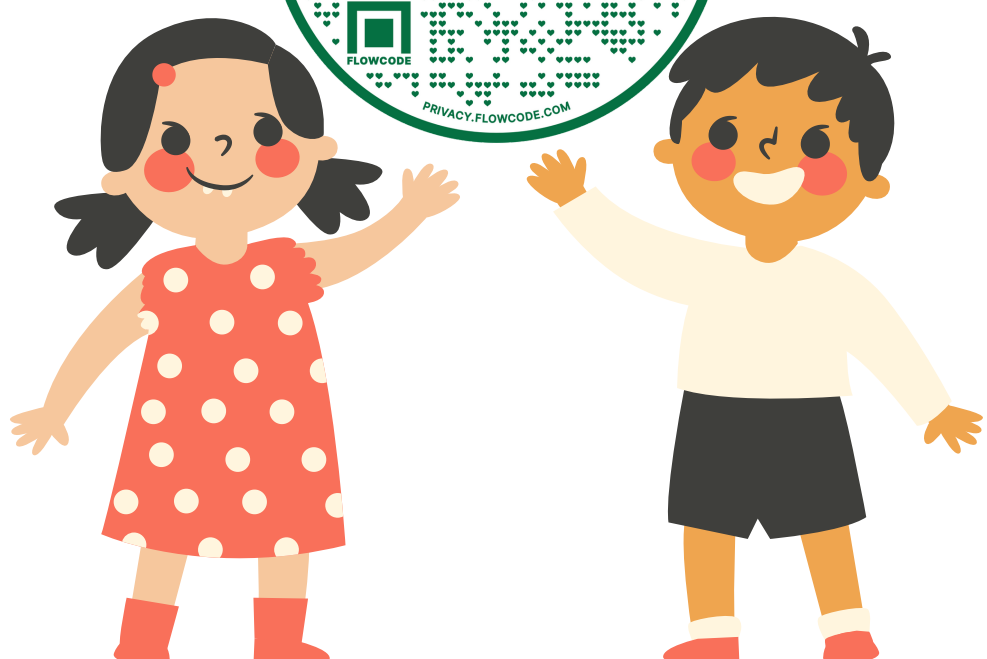
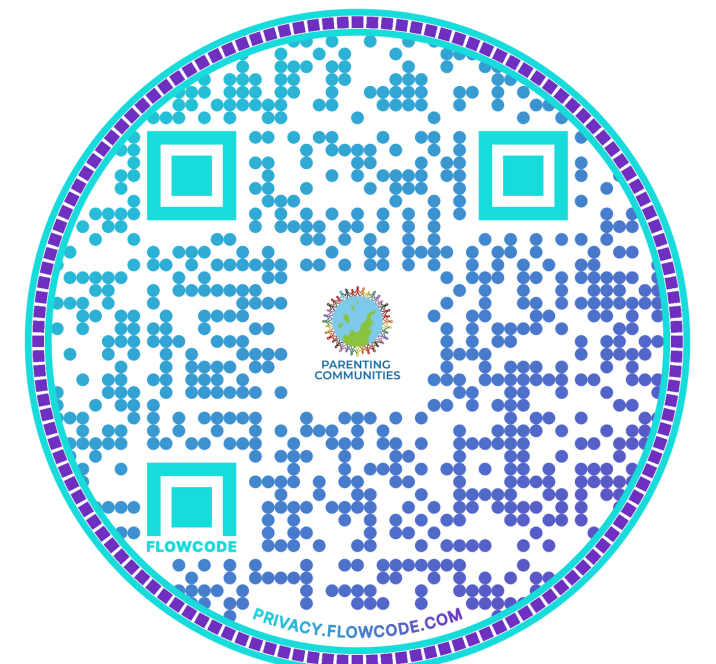
**4940 N Houdek Rd.,  
Suttons Bay**

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)