

MARCH 2023

# 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**: the resources and services that provide a family's basic needs and reduce stress during challenging times.

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## Upcoming Changes to Medicaid & Food Assistance Program

During the beginning of the Covid-19 pandemic, changes were made to Medicaid eligibility to allow continuous coverage for people receiving Medicaid benefits and food assistance programs so that families would not lose health insurance and have extra food assistance during the public health emergency. Medicaid extended benefits are ending April 1, 2023 and Food Assistance Program extra benefits ended in February, so food assistance benefits will return to the pre-pandemic amount beginning in March. We understand that many families who rely on these benefits may be worried about how these changes will impact them and we're here to help.

“ Starting from April 1, 2023, the Michigan Department of Health and Human Services (MDHHS) will begin sending renewal information to the addresses they have on file. Renewal packets will go out one to two months before the month they are due. MDHHS plans to spread the renewals out over a year, so you may not get a renewal letter until 2024. **You must respond to this renewal if you get it, or your Medicaid coverage will stop.** (Michiganlegalhelp.org) ”

What families can do now:

- Login to [michigan.gov/mibridges](https://michigan.gov/mibridges) to make sure your contact information is correct. You may also wish to contact the local MDHHS office located in Traverse City: (231) 941-3900
- Check your mail for your renewal notice. Most people will need to submit documents for renewal once per year. You may also check online with your MI Bridges account to see what documents are required for verification and upload them directly in your MI Bridges account. Complete the verification process right away so you do not lose benefits for not responding within the window of time MDHHS requests verification.
- If you lose benefits, you can appeal the determination or reapply for benefits.

**If you would like help navigating this process, are concerned about your benefits, or need other resources, Parenting Communities is here to help. We can help with questions, applying for benefits, verification, or connect you with community resources to help your family meet your needs.**



# Reading as a Family



Reading helps children develop their early literacy skills - these include understanding language, beginning to communicate verbally, forming connections between pictures and words, recognizing familiar shapes and symbols, and so much more! 15 minutes a day of reading together can help your child learn, allows you quality time with your child, and encourages creativity.



## Try these reading activities at home!

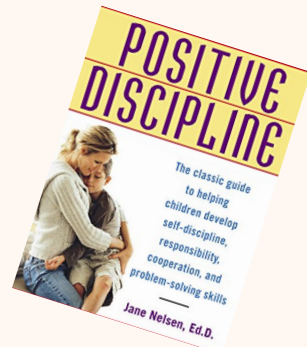
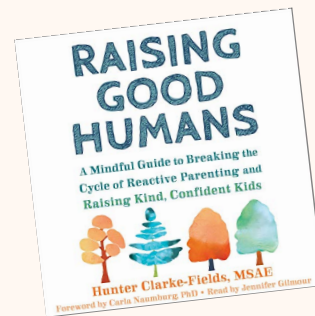
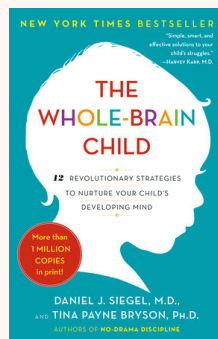
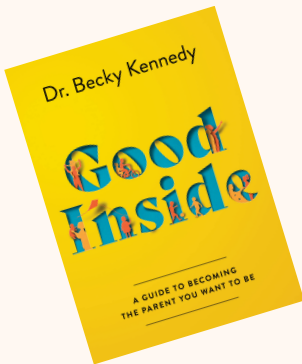
Look at books without words, or choose not to read the words and make up your own story! If your child is talking, ask them what they think is happening and make up a story together. If your child is not yet talking, describe what you see on the pages and invent a story of your own. It's a fun way to tell stories and add some creativity into our reading routine.

Make a book with your child as the main character! Use construction paper to make a blank book and come up with a story featuring your child, then color the scenes on the pages and cut out photos of your child to glue in. Could your child be a superhero? Or an animal? Or take a trip to their favorite place? The possibilities are endless!

Visit your local library for story-time so that children can look at books with friends and explore a variety of books. Borrow a few books, return, & repeat! Getting new books each week is exciting and lets children explore new interests.

Sign up for Dolly Parton's Imagination Library to receive one book in the mail every month until your child turns 5 - for free! Children love receiving mail and what's better than a special new book? Go to [imaginationlibrary.com](http://imaginationlibrary.com) to sign up!

## Parenting Communities Lending Library



Did you know we have a lending library for parents and caregivers? We have a whole bunch of great books on parenting and child development that families are free to borrow!

Message us on facebook, call us at (231) 256-0227, email us at [parentingcommunitieslc@gmail.com](mailto:parentingcommunitieslc@gmail.com), or talk to us at a playgroup or home visit if you're interested in using our lending library!

# 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

**March 13th**  
**5:30pm - 7:00pm**  
**at the Leelanau Children's Center**  
**111 N Fifth St., Leland**



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

Dinner provided and starts at 5:30pm  
Bring your children!  
We'll eat together, play together, explore ideas together, and ultimately grow together

A

b

C



## School Readiness Starts at Home

**Saturday, March 18th, 10:00am**  
at Suttons Bay Elementary School  
310 S Elm St., Suttons Bay

An opportunity for families to talk about what we can do at home to support children in their learning

- information on area schools & upcoming kindergarten round-ups
- meet & greet with local teachers
- refreshments
- supervised playgroup offered
- giveaways!



Scan to register

1

2

3

# MARCH/MARZO 2023 EVENTS!

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



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## PLAYGROUPS

### MONDAYS/LUNES

GRUPO DE JUEGO  
PARA FAMILIAS QUE  
HABLAN ESPAÑOL

HEALTH DEPARTMENT  
7401 E DUCK LAKE RD.  
MAR 6, 20, & 27  
4:30-5:30PM

### TUESDAYS/MARTES

GLEN LAKE COMM.  
REFORMED CHURCH  
MAR 7, 14, 21, & 28  
10-11AM

### WEDNESDAYS/ MIERCOLES

NORTHPORT PUBLIC SCHOOL  
MAR 1, 8, 15, & 22  
10-11AM

(5toONE/PC) GREAT LAKES  
CHILDREN'S MUSEUM  
MAR 8 & 22, 10-11:30AM

[REGISTRATION LINK](#)



\*REGISTRATION ONLY  
REQUIRED FOR  
CHILDREN'S MUSEUM  
PLAYGROUP

### FRIDAYS/VIERNES

SUTTONS BAY LIBRARY  
MAR 3, 10, 17, 24, & 31  
10-11AM

## COMMUNITY GATHERINGS



### Families Together

Monday, March 13th, 5:30-7pm  
at the Leelanau Children's Center  
111 N Fifth St., Leland



A monthly gathering for families to share and explore ideas related to early childhood, parenting, and our collective well-being. Bring your children! Dinner is provided.

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



### School Readiness Discussion

Saturday, March 18th, 10-11:30am  
at Suttons Bay Elementary School  
310 S Elm St., Suttons Bay



Have a baby, toddler, or preschooler at home? It's never too early to start thinking about preparing for school! Together we'll discuss what families can do at home to support children's learning, share information on area schools & upcoming kindergarten round-ups, and local teachers will join us for a meet & greet! Bring your children! Supervised playgroup offered, refreshments, & giveaways.

Helping us all be the parents we dream of being



@PCLeelanau

@parentingcommunities

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

