

FEBRUARY 2023

PARENTING COMMUNITIES

funded by the 2019 Leelanau County Early Childhood Millage

STORIES INSIDE
THIS ISSUE:

**PROTECTIVE
FACTORS**
PAGE 1
**BAKE FOR
FAMILY FUN**
PAGE 2
**FAMILIES
TOGETHER &
FAMILY YOGA**
PAGE 3
**UPCOMING
EVENTS**
PAGE 4

The Protective Factors: Nurturing & Attachment

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 **Nurturing & Attachment** - supporting our children's healthy growth and development by being responsive and sensitive to their needs. All humans have physical and emotional needs; infants and young children rely on their parents or caregivers to provide for their needs in a safe, predictable, and loving way - this is how parents and their children bond and form secure attachments with one another.

PLAY!

Just **10-20 minutes a day** of giving your undivided attention to your child through play can nurture a deep connection, alleviate family stress, and help your child learn and grow!

A few tips to make play a part of your daily routine:

- Say to your child "I'm all yours for the next 20 minutes, what do you want to do?" and follow their lead
- Limit distractions during play time to get lost in play
- Play may be unstructured, imaginative, active, & creative - the most important thing is to have fun with your child
- Give yourself grace - if you're juggling a lot, have multiple children, are single parenting, you name it - just do the best you can to bring play into your day. See how it goes!

For brain-building play ideas for children of all ages from Harvard's Center on the Developing Child, scan the QR code or head to developingchild.harvard.edu/brainbuildingthroughplay



Play is a powerful thing - it is the primary way young children learn, it helps relieve stress in both children and adults, and supports secure attachment between children and their caregivers.



Bake for Family Fun

February is *Bake for Family Fun* month! Have you tried baking with your children yet? Baking can be a fun way to get our littlest family members involved in the kitchen. They can help measure, stir, and pour ingredients. Just supervise for safety around sharp or hot objects! Perhaps these recipes will inspire you to try baking something new! Bonus: they're WIC-friendly!



Blueberry Bread

Ingredients

- 1 & 3/4 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 1/3 cup vegetable oil
- 2/3 cups sugar
- 2 eggs
- 2 bananas, peeled and mashed
- 2 & 1/2 cups blueberries

1. Preheat oven to 350°F.
2. In small bowl, mix flour, baking powder, salt and baking soda.
3. In large bowl, mix oil and sugar. Add eggs and mashed bananas. Mix well.
4. Add the flour mixture into large bowl (oil and sugar mixture). Mix well.
5. Mix blueberries into large bowl.
6. Pour into greased loaf pan.
7. Bake 1 hour, or until toothpick poked in the center comes out clean. Enjoy!

Baby Food Muffins

Ingredients

- 1 & 1/4 cups oat flour (simply blend oats or may use regular flour if desired)
- 1 & 1/2 tsp baking powder
- 1 tsp cinnamon
- 1 jar (or 1/3 cup) puréed baby food (any kind!)
- 1 ripe banana, mashed
- 1 egg
- 1/2 cup grated carrot

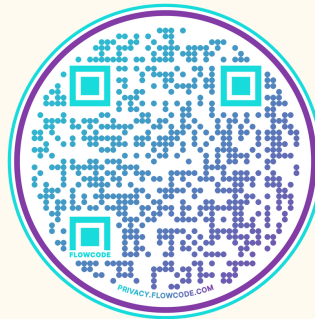
1. Preheat oven to 350 degrees F.
2. Spray a mini muffin pan with nonstick spray (or use muffin liners) and set aside.
3. In a large bowl, whisk together oat flour, baking powder and cinnamon, making a well in the center.
4. In a separate bowl, whisk together baby food, mashed banana and egg. Add wet ingredients to the dry ingredients, mixing until just combined, then fold in the grated carrot.
5. Divide oat mixture evenly among the 24 mini muffin cups (or 12 standard size muffins) and bake for 13 to 15 minutes, or until a toothpick inserted comes out clean. If making 12 standard size muffins, bake for about 25 to 30 minutes. Let cool and enjoy!



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

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



Pre-register for the February 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

FAMILY YOGA

Thursdays, February 2, 9, & 23
at the Leelanau Government Center
8527 E Government Center Dr., Suttons Bay

9am - 9:45am Infants & Toddlers
10am - 10:45am 3-6 years

Questions? Contact:
Hollie (231) 357-5777



FEBRUARY/FEBRERO 2023 EVENTS!

PARENTING
COMMUNITIES
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Early Childhood Millage

PLAYGROUPS

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

MONDAYS/LUNES

GRUPO DE JUEGO
PARA FAMILIAS QUE
HABLAN ESPAÑOL

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

TUESDAYS/MARTES

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

WEDNESDAYS/ MIERCOLES

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

(5toONE/PC) GREAT LAKES
CHILDREN'S MUSEUM
FEB 8 & 22, 10-11:30AM
[REGISTRATION LINK](#)

THURSDAYS/JUEVES

FAMILY YOGA
LEELANAU GOVERNMENT
CENTER
FEB 2, 9, & 23
9-9:45 infants & toddlers
10-10:45am 3-6 yrs

FRIDAYS/ VIERNES

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

COMMUNITY GATHERINGS

Families Together

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



Scan to Register

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.



Helping us all be the parents
we dream of being

@PCLeelanau

@parentingcommunities

www.bldhd.org/Parenting-communities

