

MARCH 2024

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 have and can build upon that support resilient, thriving children and families. They are:

- Parental Resilience
- Nurturing & Attachment
- Concrete Support in Times of Need
- Knowledge of Parenting & Child Development
- Social & Emotional Competence of Children
- Social Connections

These factors help to reduce stress, enhance wellbeing, and support parent-child relationships which are foundational for healthy development in children.

This month, our focus is on **Concrete Support in Times of Need** - these are resources and services that provide a family's basic needs and reduce stress during challenging times.



STORIES INSIDE THIS ISSUE:

PROTECTIVE FACTORS

PAGE 1

MARCH

MINDFULNESS

PAGE 2

FAMILY CHECK-IN

PAGE 3

UPCOMING EVENTS

PAGE 4



It can be so very hard to ask for help. For some of us, our self-worth feels closely tied to our ability to provide for our families. Many of us feel guilt and shame when we are challenged to do so, or we need help in accessing these resources. When parents ask for help, it is a step towards building resilience. At Parenting Communities, we are here to help you find the resources that you may need. All families need help sometimes.

One of the needs that many families are currently faced with is providing nutritious food within their budget. Did you know that when you use your bridge card, Double-Up matches your food and vegetable purchases dollar for dollar, up to \$20 a day? That means you and your family get *twice* as many fresh fruits and veggies! Double-Up food bucks can help you stretch your monthly food budget throughout the year.

Don't have a Bridge Card? The place to start is at the Mi Bridges website, where you can apply for benefits, and find other resources. Benefits are calculated based on the number of people in your household and your income, expenses, and assets for those in your household.

For immediate food needs families can contact the Northwest Food Coalition. It is a group of area food pantries, baby pantries and meal sites. Check their website for more information and resource listings: northwestmifoodcoalition.org

Reach out to us at Parenting Communities if you need help finding the resources you need to best support your family - we're here to help. Call (231) 256-0227 or email parentingcommunitieslc@bldhd.org

March Mindfulness

In our day to day lives the concept of mindfulness is one we hear about frequently. It is touted by wellness experts from all fields as a way to improve our physical, mental, and emotional health, but what does mindfulness really mean? How exactly can you start reaping the benefits personally, and as a parent?

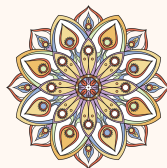
Seasonal changes are not only a perfect time to make changes to our daily habits. They are also a perfect time to **notice**. There is so much to notice about the transition to spring. The smells, sights and sounds of nature change dramatically as the days get longer and warmer. During mindfulness practice, you will allow yourself to quiet your mind and notice the details of your life experience that you do not perceive when you are occupied with all of the details of what you need to **do**. Mindfulness is about simply **being**.

Try this:

- Go outside
- Try sitting or lying down
- Decide on one of your senses to focus on
- Using sound as an example (my favorite), allow yourself to notice all the sounds around you. What do you hear?
- It is very common to get distracted by thoughts of other things. When this happens, just remind yourself to listen
- Take your time. The longer you stay, the more you will be able to let go of your stressors and enjoy the connection you feel



Give yourself the grace to practice mindfulness on your own, in addition to sharing it with your children. Listening to your child describe their experience of the world can be magical, but the benefits you get from the time spent together will be different from the time spent on your own.



Family Check-In

Parenting Communities needs your help! Twice a year we ask everyone who has participated in any of our offerings to give us feedback. The time is now! Show us your love, and your constructive criticism. Our goal is to build our program to best serve you, so your honest opinions matter.

Scan the QR code to complete your survey



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MARCH/MARZO 2024 EVENTS!

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

funded by the Leelanau Early Childhood Millage Financiado por los impuestos a la propiedad privada del condado de Leelanau que apoyan la primera infancia

PLAYGROUPS / GRUPO DE JUEGO

Play, learn, and grow together

MONDAYS/LUNES

ST. MARY SCHOOL
GYMNASIUM
GYMBOREE FAMILY
PLAYGROUP
MAR 4, 11, 18
10-11AM

TUESDAYS/MARTES

GLEN LAKE COMM.
REFORMED CHURCH
MAR 5, 12, 19, & 26
10-11AM

WEDNESDAYS/MIERCOLES

NORTHPORT PUBLIC SCHOOL
MAR 6, 13, & 20
10-11AM
GREAT LAKES
CHILDREN'S MUSEUM
MAR 13 & 27, 10-11:30AM



[REGISTRATION LINK
FOR CHILDREN'S
MUSEUM](#)

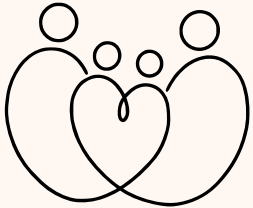
THURSDAYS/JUEVES

KESWICK UNITED
METHODIST CHURCH
MAR 7, 14, 21, & 28
10-11AM

COMMUNITY GATHERINGS / REUNIONES COMUNITARIAS

Families Together (Familias Unidas)

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



Bring your kids!
Dinner provided &
supervised playgroup
offered while grown-ups
meet to discuss the topic
of the evening

**March/Marzo 11
5:15pm - 7:00pm
Leelanau Children's Center
111 N Fifth St., Leland**

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



Register/inscribirse

Reunión mensual para que las familias exploren temas relacionados con la primera infancia, la crianza de los hijos y nuestro bienestar colectivo. ¡Trae a tus hijos! Se ofrece cena y se ofrece un grupo de juego supervisado mientras los adultos discuten el tema de la noche

Dentro del nuestro equipo contamos con personas hispano-hablantes que estarán con ustedes durante todo los eventos. Puedes comunicarte con Adri al 231-882-6136

Helping us all be the parents we dream of being



@PCLeelanau
 @parentingcommunities



www.bldhd.org/Parenting-communities



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