

Parenting Communities of Leelanau County

October 2009

Parenting Communities seeks to promote healthy children living in stable, nurturing families, supported by strong communities that provide comprehensive, supportive services

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October, for our family October has always been a time of settling in. Our brilliant season of autumn will soon be at its height with the many sensory delights to tease us—the smell of drying leaves, the sound of scuffling through the leaves, the sight of color, the weight of heavier clothing on our bodies and the sense that it is time to turn inward a bit as our planet turns us toward the darker season.

As promised in our September newsletter, our cover articles this year will explore the many facets of nourishment. We'll consider "nourishment" in a broad sense, and will address how the facets of nourishment support optimal brain, body and emotional health and development. Key to these conversations is the core value that the healthier, more alive and less stressed we parents are, the healthier, more inquisitive, and better regulated will be our children.

This month, let's consider the role of routines and rituals for a well-nourished life. First, let's clear up the difference between routines and rituals. Routines are the patterns of our life, the structures, which allow us to move through a complex day without inventing/negotiating each step of our movements.

Rituals operate on a deeper level, and are imbued with an effort to frame a sense of who we are in the context of our beliefs, our community, and often provide continuity over generations.

If we can agree that each moment in family life is over-loaded with possibility, one can easily see why routines are supportive of healthy and smooth family function. How easy would it be to drift through the day with your toddler and never get to the grocery store, feed the cat, brush your teeth, etc? Routines give our days a skeletal structure that cues and reminds us to attend to the perhaps more mundane—the when and hows of your day: *we brush our teeth after we eat, we feed the cat when we get up in the morning, etc.* The data on family routine tells us that marriages are strengthened and children are better able to manage their own behavior when family routines are consistent and reasonable.

And what about rituals, how might they support a sense of nourishment? Thoughtful rituals provide participants with a sense of belonging and connectedness—both critical elements in brain and emotional health. Rituals can be personal—*giving thanks*

to the people who helped you each day before bed, cultural—school starts after Labor Day, religious-communion, or familial—family skinny dipping at night during the comet showers. The commonality is that they are a routine (often shared) that imparts of sense of belonging or connectedness. Note that the preceding examples had elements of routine, but also engaged the participants with a higher purpose, a moral, or provided a means of connection to others. The data on rituals suggests that healthy rituals promote optimal development, academic success and stronger family relationships.

We invite you to contemplate how to bring routines and rituals into the life of your family. How can you use routines to ease the MANY aspects of your family life? How can rituals invite your children to know themselves in the context of your family, your values and your community? May the routines and rituals conversation be rich in your family!

We hope you'll share your routine/ritual ideas and thoughts with one another and with us at home visits, playgroups and Parents' Together, at the grocery store, park and post office! Next month, we'll consider how food and eating nourishes our families.

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Parenting Communities is guided by the Five Protective Factors

- Parental Resilience
 - Social Connections
 - Concrete Supports in Times of Need
 - Social and Emotional Competence of Children
 - Knowledge of Child Development & Parenting
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Parenting Communities offers weekly playgroups, home visits to support the hopes of the family, a monthly newsletter, parent education, wrap around services, developmental assessments, resources and referrals.

Please contact any of our area coordinators if you have questions or would like more information.

Parenting Communities programs are free for Leelanau County families with young children. Newsletters & activities are posted online at www.leelanauchildrenscenr.org/communities/

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ANNUAL HOE DOWN

• Saturday, October 24 •
 2:00 – 4:00 pm

Old Art Building, Leland
 Music, dancing, face painting,
 pumpkin carving, apple cider.
 Come in costume, or not.

NORTHPORT

ANGELA PONETA-DEDENBACH: 357-2715
 ANGELAPD@LEELANAUCHILDRENSCENTER.ORG

WIGGLER'S Story Hour

October 1, 8, 15, 22 & 29
 11:00 am - noon

Leelanau Township Library
 Join Claudia Bantel for stories, flannel boards,
 crafts, and a snack
 Thursdays weekly

BABY LOVE

Multi-Age Playgroup

October 6th & 20th • 11:00 am - noon
 Trinity Church (basement)
please use front door

Fun developmental activities for all. Snack provided
 First & Third Tuesday each month

Parents Together - Northport

October 13 • 6:00 - 8:00 pm

Leelanau Children's Center, Northport
 Join our group nourishing bodies and brains with
 fun, educational, experiential events. Dinner &
 child care provided. PLEASE RSVP 357-2715
 Second Tuesday each month

POOL PALS – Northport Pool

October 28 • 4:00 - 6:00 pm

Free family fun. Snack provided.
 Fourth Wednesday each month

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SUTTONS BAY

ALISON MANNING: 271-8697 • 866-0605
 MANNINGA@SUTTONSBAY.K12.MI.US

PLAYGROUPS

Wednesday mornings 10:00 – 11:00 am
 Suttons Bay Elementary School, Parenting
 Communities Room (Room 27)

LELAND

PATTI WURM: 218-2225
 PATTIMOMMY@AOL.COM

TRICIA DENTON: 313-0359
 TRICIA.DENTON@TUQUE.COM

BEA CRUZ: 392-6246
 CRUZB4@HOTMAIL.COM

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MUSIC WITH DOUG

FIRST FRIDAY OF MONTH

• October 2 • 10 am – 11 am

Leland Public School
 "The Studio" Room 140

PAINT & PLAYDOUGH

SECOND FRIDAY OF MONTH

• October 9 • 10 am – 11 am

Leland Public School
 "The Studio" Room 140

BILINGUAL PLAYGROUP

with BEA CRUZ

SECOND FRIDAY OF MONTH

• October 9 •

Leelanau Children's Center, Leland
 5:30 - 6:30 pm

CREATIVE MOVEMENT

WITH HUGHTHIR

THIRD FRIDAY OF MONTH

• October 16 • 10 am – 11 am

Leland Public School
 "The Studio" Room 140

STORY & PUPPET TIME

FOURTH FRIDAY OF MONTH

• October 23 •

Leland School – Elementary Library
 10:00 - 11:00 am

LIBRARY & STORY TIME

WEDNESDAYS WEEKLY

• October 7, 14, 21 & 28 •

Leland Township Library
 10:30 - 11:30 am

KINDERGYM

• Thursdays thru November 19 •
 Leland Public School – Small Gym
 \$2.50 per class suggested donation

9:30 am "Gym Grad" (42 mos – 4 yrs)
 10:30 am "Gym II" (newborn – 26 months)
 11:30 am "Gym III" (26 – 42 months)

Parents Together - Leland

October 14 • 6:00 - 8:00 pm
 LeelanauChildren's Center, Leland

Join our parent education group,
 nourishing bodies and brains.
 Dinner & child care provided.
 Second Wednesday each month

GLEN LAKE

KATHY BARTELL: 510-7883
 BARTELLK@GLENLAKE.K12.MI.US

PLAY GROUPS

• October 7, 14, 21 & 28 •
 Glen Lake Community Reform
 Church
 10:00 – 11:30 am

FAMILY RESOURCES

BABY PANTRY

First & Third Mondays: 5 – 7 pm
 Second & Fourth Mondays: 1 – 3 pm
 Immanuel Lutheran Church Annex
 213 N. Lincoln, Suttons Bay
 2 doors north of Immanuel Lutheran Church

YOUNG FAMILIES
 PLAYGROUP

Monday, Oct. 19 • 5 - 7 pm
 at the BABY PANTRY
 Immanuel Lutheran Church,
 Suttons Bay
 For parents aged teen through 23. Enjoy
 dinner, good company, free giveaways and
 developmental activities with your
 children. In conjunction with DOULA teen
 parent program and the Leelanau Baby
 Pantry.
 Third Monday each month

FOOD PANTRY

Mondays & Wednesdays: 1 – 3
 pm
 Suttons Bay Congregational Church
 Mondays: 5 – 7 pm
 St. Gertrude Catholic Church, Northport
 Thursdays: 5 – 6:30 pm
 Glen Lake Community Reform Church

LAUNDRY PROJECT

First & Third Wednesdays thru June
 9 am – 11:45 am
 Suttons Bay Laundromat

WIC & IMMUNIZATIONS

Leelanau Health Department
 call for appointment 256-0200



This past summer I was chosen to be the Leelanau Baby Pantry intern. Throughout the summer I helped at the evening Baby Pantries and spent time packaging diapers, sorting clothes, cleaning, etc.

I really enjoyed the internship. When I walk in the pantry and work I feel that I really make a difference. My extra time was dedicated to the Baby Pantry and I feel I have made an improvement to its existence.

I encourage anyone who has a few extra hours to stop by to help and see what you can do to make our community a better place.

-- Kayla Schaub

Kayla is from Lake Leelanau and is a senior at St. Mary's School. Kayla worked at the 5 – 7 pm baby pantries through the summer and came in during the week to help with

donations, restocking, and numerous other tasks. She will be sorely missed. Thank you Kayla!

The Baby Pantry is in need of volunteers! Moms are especially welcome.

- 5 – 7 pm on the first and third Monday each month
- 1 – 3 pm on the second and fourth Monday each month
- *and* off-hours Baby Pantry work

Please contact your Parenting Communities coordinator or Jennifer VerSnyder, Immanuel Lutheran Church (271-3671) jenatimmanuel@hotmail.com

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Parenting Communities of Leelanau County
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Lake Leelanau, MI 49653