

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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November and the Thanksgiving holiday are a cherished custom of good food and company. Many of us love the cooking, eating, and sharing a sumptuous repast among beloveds. This next month, we will consider the ways in which food **nourishes** body and soul. In this article, we'll look at the "what and how" of eating. Throughout the year, we'll think about what we do when we are not eating.

The 21st century American diet has radically transformed. These new habits appear to have set us upon a slippery slope; children growing up today are expected to live a shorter life span than that of their parents—this will be the first time in America that adults can expect to outlive our children! There is much research on this lifespan change. The essential issues appear to be related to **what** we eat and **how** we eat, (including what we do when we are not eating.)

The history of what we eat is fascinating. As little as a generation ago, most of us grew, harvested, and stored most of our food. Today, we rely primarily on manufactured foods with many of our staple foods grown continents away. In our need for efficiency and trust in science, we have moved from eating local foods to eating foods that are highly processed, often containing the lethal salt-sugar-fat mixture that thrills the palate and devastates the body. The frightening news is that this dietary change may be degrading our quality of life.

The historical perspective on how we eat is equally intriguing. One study suggests that Americans have always been a people on the move. We developed a portable diets- sandwiches, hamburgers, snacks, drive through restaurants, etc. Americans often eat on the go and often eat alone, despite overwhelming evidence that communal meals lead to better health and improved academic performance.

Understanding how we fell into our eating habits and the toll these habits are taking on us; "What can we do to improve our nourishment from food?" How can we re-invest food with meaning and sustenance? Could we consider imbuing mealtimes with the qualities we seek to perpetuate in our lives (remember Dr. Bailey—"What you focus on, you get more of")? Imagine meals as a

vehicle through which we maximize our health **and** relationships!

Imagine our meals taking place in beautiful settings- (where in your house would be a beautiful spot for your mealtimes?). Imagine serving foods that delight your palate and build your strength- (what foods do you love to eat? how do these foods feed your body?) Imagine enjoying conversation with people you enjoy- (who sits at your imaginary table?) In my mind's eye, I am seeing a family sitting under a tree on an old blanket, eating tomato sandwiches (homemade mayonnaise, like my great grandmother taught me to make, tomatoes from the garden, cheese from the farmers' market, bread baked by a neighbor) with carrot sticks and apple slices.

Don't mistake the notion of food nourishment as fancy, time consuming, expensive meals. Weaving the concept of nourishment into the fabric of our days is important! Can we make nourishment a familiar friend? Can we reap the abundant benefits of living in well nourished bodies, improved and stable physical/ mental health, energy to face the many demands of child rearing, and a delight in the opportunities we face everyday?

Let us know how this concept of nourishing yourself by eating- **what** you eat and **how** you eat- feels to you. Your perspective always helps us think more deeply.

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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.LEELANAUCHILDRENSCENTER.ORG/COMM

PARENTING COMMUNITIES OF LEELANAU COUNTY

NOVEMBER 2009

MONDAY	TUESDAY	WEDNESDAY	THURS	FRIDAY
<p>2 FOOD PANTRY: •1-3p SB Congregational Church •5-7p St. Gertrude's Church Northport</p> <hr/> <p>Baby Pantry 5-7 pm Sutttons Bay Immanuel Lutheran Church Annex</p>	<p>3 Baby Love Multi-Age Playgroup 11 am – Noon Trinity Church, Northport (please use front door entrance)</p> 	<p>4 Glen Lake Playgroup 10 -11:30 am Glen Lake Community Reform Church</p> <hr/> <p>Laundry Project 9 am - 11:45 am Sutttons Bay Laundromat</p> <hr/> <p>Library/Story Time 10:30a-11:30a Leland Township Library</p> <hr/> <p>Food Pantry 1-3p Sutttons Bay Congregational Church</p>	<p>5 KINDERGYM Leland School Small Gym</p> <hr/> <p>Wiggler's Story Hour 11 am – noon Leelanau Twp Library</p> <hr/> <p>FOOD PANTRY 5-6:30p Glen Lake Community Reform Church</p> <hr/> <p>WIC (pm) • Imms (all day) Call for appt. 256-0200</p>	<p>6 MUSIC with Doug 10 – 11 am Leland Public School Room 140</p>
<p>9 FOOD PANTRY: •1-3p SB Congregational Church •5-7p St. Gertrude's, Northport</p> <hr/> <p>Baby Pantry 1-3 pm Sutttons Bay Immanuel Lutheran Church Annex</p>	<p>10 Parents Together 6 – 8 pm Leelanau Children's Center, Northport Dinner & childcare provided. Please RSVP 357-2715</p>	<p>11 Glen Lake Playgroup 10 -11:30 am Glen Lake Community Reform Church</p> <hr/> <p>Library/Story Time 10:30a-11:30a Leland Township Library</p> <hr/> <p>Food Pantry 1-3p Sutttons Bay Congregational Church</p> <hr/> <p>Parents Together • 6 – 8 pm Leelanau Children's Center, Leland Dinner & childcare provided.</p>	<p>12 NO KINDERGYM this week</p> <hr/> <p>Wiggler's Story Hour 11 am – noon Leelanau Twp Library</p> <hr/> <p>FOOD PANTRY 5-6:30p Glen Lake Community Reform Church</p> <hr/> <p>WIC • Call for appt. 256-0200</p>	<p>13 Paint & Playdough 10 – 11 am Leland School Elementary Library</p> <hr/> <p>Bilingual Playgroup 5:30 – 6:30 pm Leelanau Children's Center, Leland</p>
<p>16 Young Families Playgroup 5 – 7 pm Sutttons Bay - Immanuel Lutheran Church For parents aged teen thru 23.</p> <hr/> <p>FOOD PANTRY: •1-3p SB Congregational Church •5-7p St. Gertrude's, Northport</p> <hr/> <p>Baby Pantry 5-7 pm Sutttons Bay Immanuel Lutheran Annex</p>	<p>17 Baby Love Multi-Age Playgroup 11 am – Noon Trinity Church, Northport (please use front door entrance)</p>	<p>18 Library/Story Time 10:30a-11:30a Leland Township Library</p> <hr/> <p>Laundry Project 9 am – 11:45 am Sutttons Bay Laundromat</p> <hr/> <p>Glen Lake Playgroup 10 – 11:30 am Glen Lake Community Reform Church</p> <hr/> <p>Food Pantry 1-3p SB Congregational Church</p> <hr/> <p>WIC • 11 am – 7 pm Call for appt. 256-0200</p>	<p>19 KINDERGYM Leland School Small Gym</p> <hr/> <p>Wiggler's Story Hour 11 am – noon Leelanau Twp Library</p> <hr/> <p>FOOD PANTRY 5-6:30p Glen Lake Community Reform Church</p>	<p>20 Creative Movement with Hughthir 10 – 11 am Leland Public School Room 140</p>
<p>23 Baby Pantry 1-3 pm</p> <hr/> <p>WIC & Imms • 256-0200</p> <p>23 & 30 FOOD PANTRY: •1-3p SB Congregational Church •5-7p St. Gertrude's, Northport</p>	<p>24</p>	<p>25 Food Pantry 1-3p SB Congregational Church</p>	<p>26 HAPPY THANKSGIVING</p>	<p>27 No Playgroup</p>

KINDERGYM THURSDAYS through December 3
NO KINDERGYM on November 12 & 26

9:30 am (ages 42 mos – 4 yrs)
 10:30 am (ages newborn – 26 mos)
 11:30 am (ages 26 – 42 mos)

Kindergym is funded by donations. The suggested donation for a 10-week session is \$25 (\$2.50/class)

Contact Patti (218-2225) or Tricia (313-0359) with questions

<p><u>Sutttons Bay:</u> Alison Manning manniga@sutttonsbay.k12.mi.us 866-0605</p>	<p><u>Leland:</u> Patti Wurm Tricia Denton Bea Cruz 218-2225 313-0359 392-6246</p>	<p><u>Glen Lake:</u> Kathy Bartell kathybartell@gmail.com 510-7883</p>
<p><u>Northport:</u> Angela Poneta-Dedenbach angelapd@leelanauchildrenscenter.org</p>	<p><u>Leelanau:</u> pattimommy@aol.com tricia@tuque.com cruz4@hotmail.com</p>	

GLEN LAKE

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

PLAY GROUPS

• November 4, 11, 18 •

Glen Lake Community Reform Church
10:00 – 11:30 am

NORTHPORT

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

WIGGLER'S Story Hour

November 5, 12, 19

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

November 3 & 17

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

November 10 • 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

date & time to be announced

Contact Angela for more info.

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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)
contact Alison for details

LELAND

PATTI WURM: 218-2225
PATTIMOMMY@AOL.COM

TRICIA DENTON: 313-0359
TRICIA@TUQUE.COM

BEA CRUZ: 392-6246
CRUZB4@HOTMAIL.COM

MUSIC WITH DOUG

FIRST FRIDAY OF MONTH

• November 6 •

Leland Public School
Room 140
10 am - 11 am

PAINT & PLAYDOUGH

SECOND FRIDAY OF MONTH

• November 13 •

Leland School – Room 140
10:00 - 11:00 am

BILINGUAL PLAYGROUP

with BEA CRUZ

SECOND FRIDAY OF MONTH

• November 13 •

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

CREATIVE MOVEMENT

WITH HUGHTHIR

THIRD FRIDAY OF MONTH

• November 20 •

Leland School – Room 140
10 am - 11 am

STORY & PUPPET TIME

No Story & Puppet Time this month

LIBRARY & STORY TIME

WEDNESDAYS WEEKLY

• November 4, 11, 18 •

Leland Township Library
10:30 - 11:30 am

KINDERGYM

• November 5, 19 & Dec 3 •

Leland Public School – Small Gym
\$2.50 per class suggested donation

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

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Parents Together - Leland

November 11 • 6:00 - 8:00 p

Leelanau Children's Center,
Leland

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

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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, November 16
5 - 7 p

at the BABY PANTRY
Immanuel Lutheran Church,
Suttons Bay

Especially 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. Visit the Baby
Pantry while you are here.

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

• November 4 & 18 •
9 am – 11:45 am

Suttons Bay Laundromat

WIC & IMMUNIZATIONS

Leelanau Health Department
call for appointment 256-0200



Children's Trust Fund
Protecting Michigan's Children

Busy Day Survival Tactics *(modified from an excerpt of The Well Centered Child, November 2007)*

Moving children through the routines of the day can be a challenge. And when a busy day includes necessary errands, appointments, school activities and holiday events, it can be exhausting and frustrating for both parent and child. It's understandable that young children, with their newly-minted sense of independence, resist having to change activities. Here are some tactics that ease children's transitions from one activity to another.

- Remind children of changes five to ten minutes ahead of time.

In five minutes, it'll be time to get your jacket on and get in the car.

- Speak confidently when directing children, rather than asking. Speaking confidently conveys the necessity of a change. Asking suggests a choice, when in reality there is none.

It's time to go to the store instead of Do you want to go to the store?

- Offer some small toys to take along to ease the transition.

Do you want to take this toy car or this teddy bear with you?

- Give specific and clear directions about what children are to do next.

Hold my hand when you get out of the car. Then we'll look for a cart for you to ride in.

- Talk positively about the next activity without promising that it'll be fun or that he'll like it.

When we get to the store, let's look for cheese and bagels.

- Give children responsible roles during the transition.

You can carry this grocery bag to the car.

- Allow for "just one more time" (and stick to it).

It's time to go, so crawl through the tunnel one more time.

- Encourage younger children to wave good-bye to the present activity or person.

Wave good-bye to Kate's teacher. We're going to the grocery store now.

- Make the change fun by proposing that the children jump, hop, or try out a new way of moving.

See if you can tiptoe all the way in.



Parenting Communities of Leelanau County
7401 E. Duck Lake Road
Lake Leelanau, MI 49653