



Children's Trust Fund
Protecting Michigan's Children

The Roundtable

Mackinac County Child Protection Roundtable

Newsletter

June / July 2012

P.O. Box 56, St. Ignace, MI 49781 – Phone: (906) 643-0490

Mark Your Calendar



Family Summer Events

Kids Fishing Day

June 9, 2012
Castle Rock Ponds
10 am – 2 pm

Bark in the Park

June 23, 2012
American Legion Park
Saint Ignace

Straits Area Antique Auto Show Downtown St. Ignace

June 28-30, 2012

Mud Run

June 30, 2012
Little Bear Arena Grounds
St. Ignace, 6 pm

4th of July Celebration

July 4, 2012
Parade, Community Picnic,
Fireworks- Saint Ignace

St. Ignace Fish Feast

July 21, 2012
Downtown Public Marina, Fish
Specialties, Live Music and Kids
Games. 4 pm – 11 pm

Let's Get Moving Community Challenge 2012

Are you looking for a fun way to stay active and encourage your children to enjoy their summer outdoors? Why not join in on the Blue Cross / Blue Shield Let's Get Moving Community Challenge 2012? Saint Ignace residents will be competing against Kinross, Newberry, Manistique, Munising, and Sault Ste. Marie. A Grand Prize of \$2250.00 will be awarded to the community recording the highest participation levels over the course of the challenge. Those who log 100 wellness miles will get a free prize. Weekly prizes will be awarded as well. Check the local Farmer's Market for winners. To participate with your children go to www.walkingworks.com and set up your profiles. The challenge will begin June 2nd and run through July 27th 2012.

Do You Have a Green Thumb?

The Hope Chest is offering 3' X 16' plots for rent this summer for the low cost of \$10.00 which will cover the cost of fertilizer and the watering of the garden for the whole summer. The gardens are open to anyone in our community. The garden will be fenced and locked to protect your crop. If you have surplus food in the fall, you may donate it to the food pantry. Applications may be picked up from the Hope Chest Monday, Wednesday, or Friday, from 10 am – 4pm. For more information, contact Connie Litzner at 906-643-7360.

Let's Get the Ball Rolling

Gateway Lanes is offering several Summer Leagues

Saturday Bumper Bowling begins June 15, 2012 at 1:00 pm (7 weeks). Bowlers ages 4-6, one game, with bumpers, each Saturday. A medal and a certificate will be awarded at the end. Cost is \$4.00 each week.

Saturday Youth Bowling begins June 15, 2012 at 3:00 pm (7 weeks). Bowlers ages 7-13, two games each, while learning the basics of bowling. A medal and a certificate will be awarded at the end of the 7 weeks. Cost is \$5.50 for each bowler each week.

Monday Night Youth / Adult Bowling begins June 11, 2012 at 6:30 pm (7 weeks). One youth and one adult form a team. This is a beginner league, but all skill levels are welcome. 8 PIN NO TAP, If you knock down 8 pins, it is considered a strike. Trophies will be awarded to all youth bowlers. For Questions call 906-643-8476. Cost is \$12 for the team.

10 THINGS TO DO WITH YOUR KIDS THIS SUMMER

1. Have a Picnic
2. Fly a Kite
3. Walk the Boardwalk
4. Go Fishing
5. Take a Hike
6. Plant a Garden
7. Watch the Fireworks
8. Make a Sand Castle
9. Camp in your Backyard
10. Volunteer



Keeping Your Family Strong

Every family has strengths, and every family faces challenges. When you are under stress—something goes wrong with your car, you or your partner lose a job, your child's behavior is difficult to manage, or even when your family is going through a positive change, such as moving into a new home—sometimes it takes a little extra help to get through the day. **Protective Factors** are the strengths and resources that families draw on when life gets challenging. Building on these strengths is a proven way to keep the family strong and prevent child abuse and neglect. The following tips describe **Six Key Protective Factors** and some simple ways you can build these factors in your own family.

Nurturing and Attachment

- Take a few minutes at the end of each day to connect with your children with a hug, a smile, a song, or a few minutes of listening and talking.
- Find ways to engage your children while completing everyday tasks (meals, shopping, driving in the car). Talk about what you are doing, ask them questions, or play simple games (such as "I spy").

Knowledge of Parenting and Child Development

- Explore parenting questions with your family doctor, your child's teacher, family or friends.
- Subscribe to a magazine, website, or online newsletter about child development. Share what you learn with others.

Parental Resilience

- Take quiet time to reenergize: Take a bath, read, write, sing, laugh, play, paint, plant a garden, go fishing, or drink some tea.
- Do some physical exercise: Walk, stretch, take a yoga class, lift weights, or dance.

Social Connections

- Participate in neighborhood activities such as potluck dinners, street fairs, picnics, or block parties.
- Join a playgroup or online support group of parents with children at similar ages. Churches, mosques, or temples are a great way to connect with other parents and their children.

Concrete Supports for Parents

- Make a list of people or places to call for support.
- Reach out to the Diane Peppler Resource Center to pick up a Community Resource Directory for a complete listing of resource agencies in your area. Visit the office at 246 Ferry Lane in Saint Ignace, or call 906-643-0498.

Social and Emotional Competence of Children

- Provide regular routines, especially for young children. Make sure everyone who cares for your child is aware of your routines around mealtimes, naps, administration of medication, and bedtime.
- Talk to your children about how important their feelings are. Teach and encourage children to solve problems in age-appropriate ways.

For more information about on how to promote well-being and how to strengthen your family visit

www.childwelfare.gov/preventing/promoting/parenting

Diane Peppler Resource Center Family Fun Night and Burger Bash

When: Thursday, June 21st, 2012
Where: Red, White, & Blue Park
Rain Backup: VFW Hall
Time: 5:00 pm – 8:00 pm
Cost: \$5.00 (Includes Cheese Burgers, Chips, Drink, and a Cookie.

Free Games, Music, Raffles, Prizes, Kite Flying, Horseshoes, Tug of War
For more information contact Erica Rhome at 906-643-0498

Mom 2 Mom Sale June 9th, 2012

Moms and Dads Clean out your closets, **The Great Start Parent Coalition** is sponsoring a sale to raise money for The Local Foster Care Project. Tables are \$5.00 each and the sale will be held in the Saint Ignace Middle School Cafeteria. Shoppers, there will be a \$2.00 door charge or bring a pack of baby wipes. Call Katie 732-908-9309. Set up at 8 am.