Thank You Mara Early!

Mara Early was on hand at the November Preschool Family Night to help determine the winner between apples & pumpkins... Pumpkins won by only one vote!

Family Night for Preschoolers
Let’s Dance!
Tuesday December 2nd, 5:30-7:00pm, Downtown Library

Shake it, baby! Join special guests Eve and Amanda from the Daughters of the New Moon dance troupe as we learn some new belly dancing moves to keep ourselves warm on a brisk December night.

As always, a light supper is served and all children receive a free book.

Questions? Call AEYC at 789-1235.

Kids in the Kitchen!
Cheesy Broccoli Bites

Ingredients:
- 2 cup chopped – broccoli, raw
- 2 large – egg
- ½ tsp – salt
- ½ cup - bread crumbs
- ½ cup – parmesan cheese
- 2 tablespoon – olive oil

Directions:
1. Steam 2 cups of broccoli
2. Add broccoli, egg, salt, panko or bread crumbs, and parmesan cheese to a food processor.
4. Using 1 tablespoon at a time, form into balls.
5. Heat oil in a skillet. Drop balls of broccoli mixture into pan. Flatten with a spatula and cook until both sides are crispy.

More recipes like this are available at www.superhealthykids.com.

“Eating and reading are two pleasures that combine admirably.” -C.S. Lewis
Healthy Social and Emotional Development in Young Children is Essential!

Healthy social and emotional development describes the developing capacity of a child from birth to age 3 to experience,Regulate, and express emotions; form close and secure interpersonal relationships; explore and master the environment;

Through close, secure interpersonal relationships with parents and other caregivers, infants and toddlers learn what people expect of them and what they can expect of other people. If the social and emotional needs of young children are not met, it can result in behavior problems and mental health concerns. Are you concerned about the social or emotional health of a child you know? Are you a parent or care provider who would like additional support working with a particular child? If so, resources and assistance are available! Please contact Kathleen Rhea, Behavioral Health Consultant with the Early Childhood Mental Health Grant through Juneau Youth Services. You can reach Kathleen by email at kathleenr@jys.org or by phone at 907-523-6533.

Imagination Library Early Learning!

BOOK TITLE: Owl Moon

AUTHOR: Jane Yolen

SUMMARY OF BOOK: In the stillness of a winter's right, a young girl goes 'owling' for the first time with her Pa. Her brothers had been before, and now it is her turn to take the long quiet walk through the snow and look for the Great Horned Owl.

DURING READING

1. Pick out unusual words to teach the child (examples in book: crunched, disappointed, stained, cleaning, threading).
2. Talk about the beginning, middle, and end of the story. Have your child retell the story. Ask about setting and characters.
3. Point out and talk about the shadows on the snow in the pictures.
4. Try questions like this: What do you think will happen next? Will they find the owl? Where will an owl most likely be?

AFTER READING

1. Tip-toe around the yard, making owl noises. Stop and listen, then tell about what you hear.
2. Take a walk in the dark (in or around the house) with a flashlight. Look for anything in nature. Talk about what you see in the light.
3. Play hide and seek in the dark. Have the child call like an owl for you (or other family members) to find them.

Compliments of Rasmuson Foundation

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For more early learning activities visit: www.bestbeginningsalaska.org

This bulletin is sent to families whose children are enrolled in Dolly Parton’s Imagination Library. You can access the most recent bulletin and many other family resources any time at www.juneaufamilies.org.

This monthly bulletin is created by AEYC in coordination with Partnerships for Families and Children, with funding support from thread, and Best Beginnings. Find us and Like us on Facebook!