Thank You Megan McPhee!

Megan McPhee of UAF Fisheries Division taught us about Salmon at last month’s Preschool Family Night!

Family Night for Preschoolers
Light Up the Night!

Tuesday October 7th, 5:30-7:00pm, Downtown Library

Join special guest Alec Mesdag of AELP as we light up the night with a “shocking” activity! Since the dark days are ahead of us, we have a stash of reflective duct tape so bring your kid’s rain/winter gear and decorate it so they can be little walking reflectors for the long, long winter.

The night will also include a light meal, great chances to connect with other parents and a free book for the kids!

Questions? Call AEYC at 789-1235

Kids in the Kitchen!
Cinnamon Stars

You will have as much fun making this snack as you will have eating it. Serves 2

Directions:
1. Place the bread on the cutting board and cut star shapes from the center of the bread slices. You can nibble on the crusts while you finish the recipe.
2. Place the starts on a cookie sheet, then put your oven mitts on and place the pan under the broiler of the oven. Turn the broiler on, set the time, and cook the stars for 3 minutes or until browned.
3. Put your oven mitts back on and remove the pan. Place the pan on hot pad and spread the cream cheese with a butter knife on one side of the stars.
4. Sprinkle cinnamon over the cream cheese.

From: Kitchen Fun for Kids, Michael Jacobson

Tools:
- Cutting board
- Timer
- Butter knife
- Cookie sheet
- Measuring spoon
- Hot pad
- Star-shaped cookie cutter

Ingredients:
- 2 slices whole-wheat bread
- 2 teaspoons light cream cheese
- Cinnamon

Whenever you read a good book, somewhere in the world a door opens to allow in more light. —Vera Nazarian
SPECIAL EVENTS
10/4 Dads-n-Babies Play Group, N. Lights Church 400 W. 11th St, 9-11am. Info: 796-8422 ☼
10/7 Family Night for Preschoolers Downtown Public Library, 5-30pm ☼
10/9, 10/23 Beyond Baby Blues: Mom Support Group: JFHBC 5:30pm-6:30pm, child care provided with advance notice. Info: 586-1203 ☼
10/10, 10/24 Family Nights at the Turf: every 2nd & 4th Friday 5:30-8pm beginning 9/26, Dimond Park Fieldhouse. Light snacks included. Info: 789-1235 ☼
10/16 Fathers Community Café: Every Third Thursday, JFHBC 5-7pm, child care and light supper provided. Info: 586-1203 ☼
10/16 Third Thursday Family Time: Valley Library 5:30-7pm. Come for crafts & a light supper! Info: 586-5249 ☼
10/18 Alaska Day 10/31 Happy Halloween! ☼

MONDAYS
Bartlett Beginnings Toddler Play Group: N. Lights Church 400 W. 11th St, 11:30-1pm. Parenting support for toddlers ages 1-3 years. Info: 796-8422 ☼
Toddler Time: Downtown Library 10:00am, & Valley Library 11:00am. Info: 586-5249 ☼
Prenatal Yoga: JFHBC 5:30-6:45pm. $6 or pay-as-you-can. Info: 586-1203 ☼

TUESDAYS
New Parents Group: JFHBC 1-2:30pm. Ages 0-1. Info: 586-1203 ☼
Women's Education Group: AWARE 6-7:30pm. Child care available, call to request. Info: 586-6623 ☼
Children's Life Skills Group: AWARE 6-7:30pm. Info: 586-6623 ☼
Creative Child Care Solutions: AEYC 3100 Channel Dr. Suite #215 from 12-1pm. Meet with AEYC staff every first Tuesday of the month to learn about child care options and to meet other parents who are looking for care. Snacks included! Children welcome. Info: 789-1235 ☼

Jiu-Jitsu Preschool Playland: 10001 Bentwood Place 4-5pm. Play Jiu-Jitsu games in a positive environment. $15 per class or $50 per month. First class is free. Info: 789-9422 ☼

WEDNESDAYS
Storytime: Downtown Library 11:00am. Info: 586-5249 ☼
Women, Infants & Children (WIC) Walk-In Clinic: 3245 Hospital Dr. 1st floor. 12:30-5pm. Free nutrition services for income-eligible women who are pregnant, breastfeeding or just had a baby and for infants & children up to age 5. Info: 463-4099 ☼
Just for Dads: Bartlett Regional Hospital Classroom in Robert F Valliant Bldg. 6-8:30pm, to register: 796-8422 ☼
Women's Support Group: Located at AWARE 6-7:30pm. Child care available, call to request. Info: 586-6623 ☼
Children's Creative Play Group: AWARE, 6-7:30pm. Info: 586-6623 ☼

THURSDAYS
Parent Classes through Juneau Montessori School: This four week series begins October 2. 5:30 pm: light dinner, 6:00 class begins. Child care is provided, call 364-3535 to sign up. Topics include: Nature, Sensitive Periods, Supporting Montessori in the Home, and The Prepared Environment. Storytime: Douglas Library 11:00am. Info: 364-2378 ☼
Bartlett Beginnings Baby Parent Time: BRH Classroom, Robert F Valliant Bldg. 12-1:30pm. Parenting support for ages 0-1. New topic, baby songs & signs each week. Info: 796-8422 ☼

FRIDAYS
Storytime: Valley Library 11:00am. Info: 789-0125 ☼

MONDAYS-FRIDAYS
Turf for Tots Program: Dimond Park Fieldhouse Wednesday-Friday 10am-1pm. $5/child. Info: 523-4910
Toddler Time at the Rock Dump: Turf Thurs., 1310 Eastaugh Way off Thane Rd. 10am-1pm. Info: 586-4982 ☼
Lunch Bunch: Monday 9:30-10:30, Tuesday-Friday 10:30-12. Dimond Park Aquatic Center. For ages 7 years and younger to enjoy dump buckets, red, blue, & yellow fountains, slides & bubble bench! Info: 586-4982 ☼

Preschool Open Gym: Mt. Jumbo Gym, 909 4th St. 10:30am-12pm. Ages 1-6. $2/child. 586-5223 ☼

means this program is FREE!

Imagination Library Early Learning!

BOOK TITLE: Pouch!
AUTHOR & Illustrator: David Ezra Stein

SUMMARY: A baby kangaroo named Joey finds safety in his mama’s pouch, but he has the urge to explore the world. Every time he finds something new and startling, he retreats back to his mama’s pouch. In the end, he finds a friend exactly like himself and they hop off to explore the world around them together.

BEFORE READING
Ask questions and use what the child already knows to add to the discussion, assisting the child in understanding and enjoying the book.
1. Look at the cover and talk about the title, about how baby kangaroos live in their mother’s pouch.
2. Look through the book, find the other animals with your child. Note how they reappear in later pictures, too.

DURING READING
1. Try reading with expressions for Joey: eager for “I want to hop,” curious for “Who are you?” and frightened for “Come back!”
2. Talk about being afraid of things you don’t know, about wanting a safe place. “What do you do when you’re afraid?”
3. “When does Joey look happy? When is he scared?”
4. Can your child try hopping just like Joey? Try counting the hops that Joey does.
5. “What do Joey and his new friend find so funny?”

AFTER READING
1. Talk about feeling scared and think about suggestions on what to do when your child feels scared.
2. Explore the outdoors with your child, find the animals in the book and remember Joey’s reaction. When you find new creatures, talk about ways to feel comfortable with them.
3. Try a counting activity, with hopping or other movement.

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!