Autumn is a second spring when every leaf is a flower.
—Albert Camus

Family Night Announcement!

Preschool Family Nights are CHANGING!
The AEYC Preschool Family Night will be on the 3rd Thursday of the month beginning in November at the New Valley Library!

The Downtown Library will have a Family Night event on every First Thursday of the month beginning in October. **Please note, there will be NO Family Nights at either library for the month of September**. See you in October!

Physical Activity

Basketball Game
Activity for 42 to 48 Months. Physical Health, Well-Being, & Movement Skills
This activity encourages children to cross midline, a skill needed throughout life.

Materials:
• Empty hamper, waste-paper basket, or cardboard box
• Large ball or beanbag

What to do:
1. Place the basket, hamper, or box near the child. Let the child throw the ball to make a basket. Keep the basket near enough to ensure his success.
2. Move the basket to the child’s far right and give him the beanbag in his left hand so he has to cross midline of his body in order to toss the beanbag in the target.
3. Move the basket to his left so his right arm crosses the middle of his body.
4. Make sure the child always stays centered – whether he is standing or sitting - so his arm reaches across the midline of his body.
- Find more activities at http://www.bestbeginningsalaska.org/activities

Kids in the Kitchen

Broccoli Makeover – from ChopChop Magazine

Hands-on time: 20 minutes, Total time: 10 minutes, Makes: 3 Servings

Kitchen Gear:
• Sharp Knife (adult needed)
• Vegetable peeler
• Baking sheet
• Mixing spoon
• Measuring spoons
• Cutting Board
• Clean dish towel or paper towels
• Plate Skillet

Ingredients:
1 head broccoli
1 tablespoon olive oil
1/2 teaspoon kosher salt
grated parmesan cheese (if you like)
lemon, quartered (if you like)

Instructions:
Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
With the help of your adult, turn the oven on and set it to 500 degrees.
With the help of your adult, using a sharp knife, separate broccoli into bite-size florets (the curly part) and stems. Using a vegetable peeler, remove the stalks’ outer peels and cut the stalks into 2–3 inch pieces. Put the florets and peeled stems on a baking sheet. Add olive oil and salt and mix well.
With the help of your adult, put the baking sheet in the oven and bake until the broccoli is lightly browned, about 10 minutes. With the help of your adult, take the sheet out of the oven. If you like, sprinkle with Parmesan cheese or lemon juice—or both.
- See more at: http://www.chopchopmag.org

—Dr. Seuss, Oh, The Places You’ll Go!
SPECIAL EVENTS

9/2 Women, Infants & Children (WIC) Walk-In Clinic (first Wednesday each month): 3245 Hospital Dr. 1st floor, 10:30-6pm. Free nutrition services for income-eligible women who are pregnant, breastfeeding or just had a baby and for children ages 0-5. Info: 463-4099. ☺

9/5 Dads n Kiddos Play Group: Sponsored by BRH. Northern Lights Church, 400 W. 11th St., 9-11am. Info: 796-8975. ☺


9/7 Happy Labor Day!


9/17 Fathers Community Café: Every Third Thursday, JFHBC 5-7pm, child care and light supper provided. Info: 586-1203. ☺

MONDAYS


Toddler Time: Downtown Library 10:00am, Info: 586-5249. ☺

TUESDAYS


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. ☻

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.

Imagination Library Early Learning

BOOK TITLE: Look, Look!
AUTHOR: Peter Linenthal
SUMMARY OF BOOK: This book has lots of simple pictures and high contrast black and white pictures. It is a good first book for babies.

BEFORE READING

1. When you show your child the first page, place her hands on the page and point to her hands as well as the page and label “hands.” You can also label other body parts, both on yourself and the child.

DURING READING

1. As you read the book to your child, point to the pictures as you say the words. As you talk about the cat that stretches, also talk about how the cat is soft and furry, makes cat sounds like “meow,” etc. For each object, describe to your child what it sounds, feels, smells, looks like.

2. As you read the book with your child, do the motions suggested in the book (hands reach, smile, stretch, etc.), and have your child do them also.

AFTER READING

1. To extend the book experience, have physical objects of the ones in the book to show your child as you re-read the pages (plastic car, stuffed animal, plant, etc.), and let your child explore the objects.

Compliments of: Rasmuson Foundation
Created by: Students at The University of Tennessee at Chattanooga and used by permission of the United Way of Greater Chattanooga.
For more activity ideas visit www.bestbeginningsalaska.org/imagination-library/books-book-activities

Your Dollars Make a Difference - Support the Dolly Parton Imagination Library

We know you enjoy and value the monthly books that your little one receives through the Dolly Parton Imagination Library program. Books are available thanks to local sponsors, Best Beginnings matching funds, and folks like you! For $30 a year you can ensure that a child in SE Alaska keeps receiving this wonderful resource. Make your tax deductible donation today at: http://www.aeyc-sea.org/imagination-library.html. A big thanks to Volunteer Librarian Patty George for giving her time to enroll children.

The Juneau Parent Bulletin is created by AEYC in coordination with Partnerships for Families and Children, with funding support from the Juneau Community Foundation. Find us and Like us on Facebook!

ONGOING

Hiking Group for Families: find out more at ‘Hike it Baby’ on Facebook.

◆ means this program is FREE!

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