

JuneauFamilies.org

Parent Resource Bulletin | January, 2016



Downtown Family Night

January 7th, 5:30-6:30 pm, Downtown Library

Special guest, Olga Lijo will share stories, songs, and dance in Spanish. We'll have a craft and a light supper.

Call 586-5249 for more information.



Kids in the Kitchen

Lulu's Cheese Puffs

A cross between a muffin and a scone, these cheese puffs are great instead of sandwiches for lunch boxes and make the perfect savoury party nibble. makes: 18

Ingredients:

- 1 cup of self-raising flour
- 2 cups of grated cheese, any sort of hard cheese
- 1 egg beaten
- 1/2 cup of milk

Method:

1. Preheat oven to 180°C. Sift flour into a large bowl.
2. Mix in all other ingredients using a wooden spoon, adding the milk last to bind.
3. Mix well to ensure even combination, particularly the flour and milk – the mixture should be quite sticky.
4. Grease a muffin tin, or baking sheet and set aside.
5. Use a tablespoon to pop golf ball-sized amounts into the tin or onto the sheet.
6. Bake for approx. 10 minutes.

Cool in tray for five minutes then pop out separating edges of each puff with knife from tray. Serve immediately.

Notes:

Feel free to add a small tin of corn kernels or even chopped chili to this recipe for a different flavour.

For more recipes visit: www.kidspot.com.au



Preschool Family Night

Thursday, January 21st, 2016 from 5:30-7:00 pm at the Valley Library

wacky words & cool communication

Join Elizabeth Jenkins from KTOO as she talks about wondrous world of radio communication. Enjoy a light supper and a craft activity. Parents will have the opportunity to visit with a literacy specialist for tips and tricks to enhance learning through age appropriate activities. Each child will receive a FREE book. Questions? Call AEYC, 789-1235.

Family Night at the Turf

Turf nights are resuming their regular schedule. Come out and play on the 2nd & 4th Fridays of the month from 5-6:30pm at Dimond Park Field House, 2961 Riverside Drive. This month our guest host on the 22nd will be our wonderful partners from the AWARE Shelter. Be sure to say hello!



Pick. Click. Give

When you file for your PFD, why not donate to AEYC?

All donations go toward supporting the Dolly Parton Imagination Library in Southeast Alaska.

<http://www.pickclickgive.org/index.cfm/pfdorgs.info/Association-for-the-Education-of-Young-Children--Southeast-Alaska>



Association for the Education of Young Children
-Southeast Alaska
3100 Channel Drive, Suite 215N
Juneau, AK 99801 | www.aeyc-sea.org



January 2016 What's Going On?

Get out your highlighter and choose the events you want to attend this month!

SPECIAL EVENTS

1/1 Happy New Year!

1/2, 1/16 Spanish Playgroup: JFHBC, First & Third Saturdays, 10:30-12:00. Ages 0-5yr. Info: 586-1203. ☼

1/6 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. ☼

1/7 Downtown Library Family Night 5:30-6:30pm ☼

1/8, 1/22 Family Night at the Turf! 5:00-6:30 pm at the Dimond Park Fieldhouse. For ages 0-3. ☼

1/9 Beyond Baby Blues: Mom Support Group: Harborview Elementary School, 11am-1pm. Child care provided with advance notice. Info: 789-1235. ☼

1/18 Happy Martin Luther King Jr. Day!

1/21 Preschool Family Night: 5:30-7pm at the NEW Valley Library!

1/21 Fathers Community Café: Every Third Thursday, JFHBC 5-7pm, child care and light supper provided. Info: 586-1203. ☼

MONDAYS

Bartlett Beginnings Toddler Play Group: N. Lights Church 400 W. 11th St. 12:15-1:30pm. Parenting support for toddlers ages 1-3. Info: 796-8975. ☼

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

Toddler Time: at the Valley Library 11:00am, Info: 586-5249. ☼

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. ☼

WEDNESDAYS

Storytime: Downtown Library 11:00am. Info: 586-5249. ☼

Women's Support Group: Located at AWARE 6-7:30. Child care available, call to request. Info: 586-6623. ☼

Children's Creative Play Group: AWARE, 6-7:30pm. Info: 586-6623. ☼

THURSDAYS

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: 796-8975. ☼

MONDAYS-FRIDAYS

Turf for Tots Program: Dimond Park Fieldhouse. Monday-Friday 10am-1pm. \$6/child. Info: 523-4910.

Toddler Time at the Rock Dump: Tues-Thurs, 1310 Eastaugh Way off Thane Rd. 10am-1pm. Info: 586-4982. ☼

Lunch Bunch: Monday-Friday 11:15-1:00. Dimond Park Aquatic Center. For ages 7 years and younger to enjoy dump buckets, red, blue, & yellow fountains, slides & bubble bench! 586-2782.

Preschool Open Gym: Mt. Jumbo Gym, 909 4th St. 10:30am-12pm. Ages 1-6. \$3/child. 586-5223.

ONGOING

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

☼ means this program is FREE!

"When I say to a parent, 'read to a child', I don't want it to sound like medicine. I want it to sound like chocolate."

-Mem Fox

Imagination Library Early Learning

BOOK TITLE: The Gruffalo
AUTHOR: Julia Donaldson
ILLUSTRATOR: Axel Scheffler

SUMMARY OF BOOK:

A mouse is walking through the woods and keeps running into animals that would like to eat him. The mouse describes the Gruffalo, an imaginary creature he makes up to scare off the animals. But what happens if the Gruffalo is real, and the mouse runs into him?

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. What kinds of animals live in the forest?
2. What things are found in a forest (trees, sticks, grass, flowers)? You might look at the inside covers with your child.
3. Ask about the animals on the cover of the book. Can your child name them? (That's a trick question; read the book to find out!)

DURING READING:

1. Why do the animals want the mouse to visit?
2. Why is the mouse surprised to meet the Gruffalo?
3. Why do the animals run away from the mouse and the Gruffalo?

4. Do you think the Gruffalo is real?

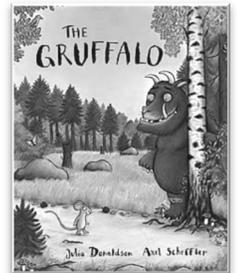
5. Point out the rhyming words. Pause at the end of a sentence and see if your child can complete the rhyme.

AFTER READING (activity to extend book experience):

1. Walk outside and see what things your child can find that were in the book.
2. Have your child imagine her own Gruffalo. What would it look like?
3. Have your child tell a story about walking outside and what animals she might encounter. What can she hear first that would warn her a certain animal is ahead?
4. If she were telling Alaska animals what the Gruffalo's favorite foods are, what would they be?

Compliments of the Rasmuson Foundation with funding support from [Best Beginnings](#). This activity was created by students at the University of Alaska Anchorage.

For additional activities, visit www.AlaskaimaginationLibrary.org.



BEST BEGINNINGS
Alaska's Early Childhood Investment



Alerts about this bulletin are emailed to families whose children are enrolled in the Dolly Parton Imagination Library. Find this bulletin and many other family resources any time at www.JuneauFamilies.org.

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!

