



AEYC

Association for the Education of Young Children
-Southeast Alaska
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RETURN SERVICE REQUESTED



JuneauFamilies.org

Parent Resource Bulletin | Summer 2016



Everything great that ever happened in this world happened first in somebody's *imagination*.
—Astrid Lindgren, author of Pippi Longstocking

New Child Care Search Tool

Looking for child care? Try the new thread search tool! <http://threadalaska.org/index.cfm/Families/Child-Care-Referral-Services>
From here you can search for care by zip code or city. Your results will show program details like location, cost, and age ranges. thread also has many great resources to help you in your search, including a Quality Guide, Interview Worksheet, and Child Care Assistance Calculator. If you prefer to speak to someone about your child care needs please call the statewide referral line at 800.278.3723, Monday-Friday, 8:30am-5:00pm.



Kids in the Kitchen

Peanut Butter Banana Yogurt Popsicles

INGREDIENTS

- 2 bananas
- 1/4 cup smooth peanut butter
- 1/2 cup plain Greek yogurt, or vanilla flavored yogurt
- 1 teaspoon vanilla extract (if you use the plain yogurt)
- 6 teaspoons mini chocolate chips



INSTRUCTIONS

1. Peel the bananas and break them up into chunks. Add them to the bowl of a food processor or good blender. Add the peanut butter, yogurt, and vanilla, if using, and puree until smooth. You will want to stop to scrape down the sides of the machine a couple of times to insure a good smooth texture.
2. Put one teaspoon of mini chips into the bottom of your popsicle molds. Fill the rest with the banana peanut butter yogurt puree. Tap the mold sharply on a firm surface to reduce air pockets.
3. Insert sticks and freeze until solid, 3-5 hours.
4. Run the molds under warm water for a few seconds before removing the popsicles.

Makes 4-6 popsicles, depending on your mold.

Blueberry Painting

Celebrate National Blueberry Month during July!

Give your children blueberries to look at, touch, smell, and taste. After the children have observed the blueberries, add a little water to them and cook them in the microwave for one minute. Have the children help you mush them up. Use the blueberry juice to paint a beautiful blue blueberry picture.



Summer 2016 What's Going On?

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

SPECIAL EVENTS

6/2, 7/7, 8/4 Breast Feeding Cafe: Juneau Family Health & Birth Center, First Thursday of the month, 1:00-2:30pm. Info: 586-1203. ☀

6/6, 8/1 Dads n Kiddos Play Group: Northern Lights Church, 400 W. 11th St., 9-11am. Info: 796-8975. ☀

6/9, 7/14, 8/11 Support for Moms Group: Juneau Family Health & Birth Center, second Thursday of the month, 5:30-7:30 pm. Child care provided with advance notice. Info: 789-1235. ☀

6/16 Business of Caring: AEYC, 12-1pm. Find out about becoming a child care provider! thread offers training and support to help you open your own childcare program. Door prizes & free books. Call AEYC, 789-1235 for more information. ☀

6/18-6/19 Juneau Gold Rush Days: Savikko Park ☀

6/18, 7/16, 8/20 Fathers Community Café: Every Third Thursday, JFHBC 5-7pm, child care and light supper provided. Info: 586-1203. ☀

6/18 Rhubarb Festival: Juneau Community Garden, Info: juneaucommunitygarden.org. ☀

7/4 Happy Fourth of July!

7/28-7/31 SE Alaska State Fair: Haines Alaska, Info: seekfair.org.

8/20 Harvest Fair: Juneau Community Garden, Info: juneaucommunitygarden.org. ☀

8/27 Food Festival: Juneau Arts & Culture Center, 9am-2pm. Info: jahc.org. ☀

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 & Valley Library 11:00am Info: 586-5249. ☀

TUESDAYS

New Parents Group: JFHBC 10:30am-12pm. 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. ☀

Toddler Open Gym: Juneau Gymnastics Academy, 11am-12pm, \$3 per child. Call 789-7440 for more information.

WEDNESDAYS

Women, Infants & Children (WIC) Walk-In Clinic Every Wednesday



9am-6pm: 3245 Hospital Dr. 1st floor. 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. ☀

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. ☀

FRIDAYS

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

SATURDAYS

6/4, 6/18, 7/2, 7/16, 8/6, 8/20 Spanish Playgroup: JFHBC, First & Third Saturdays of the month, 10:30-11:30am. Ages 0-5yr. Info: 586-1203. ☀

MONDAYS-FRIDAYS

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

Toddler Time at the Rock Dump: Tuesday-Thursday, 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!

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

ONGOING

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

☀ means this program is FREE!



Stroller-Friendly Trails For more Juneau activities see the Family Pages on www.juneaufamilies.org.

If you have little ones who may need a ride during an outing, check out these stroller-friendly options:

Brotherhood Bridge: This wide and easy path is paved from Brotherhood Bridge (by Safeway) to the end of River Road on the Back Loop.

Twin Lakes: One mile of paved lakeside trail right next to project Playground off of Old Glacier Hwy.

Douglas Glory Hole: Access this beautiful waterfall via the trail behind the Sandy Beach playground. The walk is less than 1/2 mile.

Imagination Library Early Learning

BOOK TITLE: *Blueberries for Sal*

AUTHOR: Robert McCloskey

SUMMARY OF BOOK: A little girl goes blueberry picking with her mother while a little bear and his mama go searching for blueberries to eat. As Sal picks and eats her berries, she gets separated from her mother. She hears a noise and thinks it's her mama, so she merrily follows along. Little Bear also gets separated from his mama. Little Bear ends up following Sal's mother while Sal follows Little Bear's mama. Both mothers are surprised to see who's following them.

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. Looking at the cover, "What do you think this book will be about?"
2. "Have you ever picked berries? What kind?"
3. "Where can we go to pick berries? Can you describe what berries taste like?"

DURING READING

1. "What does Sal's mother want to do with the berries? What does Sal want to do with them?"
2. "Why are mama and Little Bear eating berries?"
3. "How does Sal feel when she gets separated from her mother? How does mother feel?"

4. "When the mama bear sees Sal, what do you think is going to happen? Can you make the sounds that everyone is hearing?"

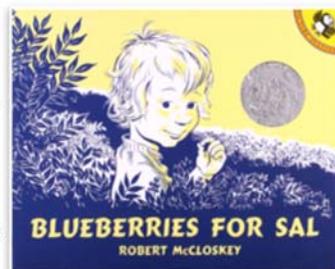
AFTER READING

1. Talk about real and imaginary. "How do we make sure we're safe when we go outside? What is the real way to behave around bears?"
2. "What do you like to do with blueberries?" Talk about the picture of the kitchen; have you ever canned fruit? What's familiar in the picture, what is not?
3. Talk about feeling relief. Is that how all the characters feel at the end of the story?

Compliments of: Rasmuson Foundation

Created by: Students at the University of Alaska Anchorage

To see more book activities like this, visit: www.bestbeginningsalaska.org/imagination-library/books-book-activities



BEST BEGINNINGS
Alaska's Early Childhood Investment



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.

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