



A snow day literally and figuratively falls from the sky, unbidden, and seems like a thing of wonder. -Susan Orlean

## Play is Learning

From *A Year of Play*, [www.zerotothree.org](http://www.zerotothree.org):  
January's theme is *Cold*. Try these fun activities to explore winter weather:

### Talk Together

- **For your baby:** Use the word "cold" when the two of you touch cold water, snow, or ice, open the fridge, or when you go outside in cold weather. Babies learn to speak when others speak to them. Repetition helps, as does changing your tone of voice for the word you are emphasizing (i.e., using a higher tone): "Feel the cold water. Ooooh, that's cold, isn't it? Cold, cold water." Listen for your baby's response. Starting at about 1 year, you may hear your baby start to imitate your sounds: "Co co."
- **For your toddler:** Talk about what "cold" feels like. Use other words for "cold"—like "freezing," "icy," or "chilly." You can start to discuss seasons, how in winter we have cold weather, like snow and ice.

### Read Together

Try some "freezing" winter books like *The Snowy Day* by Ezra Jack Keats or *Snowballs* by Lois Ehlert.

### Play Together

- **For your baby:** Let your baby (6 months and up) do ice play. Put a few wet ice cubes on her high chair try to touch and play with. How does she respond to this cold, wet stuff?
- **For your toddler:** Talk about how water turns into ice when it freezes. Then play "freeze" with your toddler. When you say "freeze," everyone has to stop moving. When you say "go," everyone can start moving again. Try letting your toddler have a turn calling "freeze" and "go." You can start/stop music to enhance this game as well. Let your toddler (18 mos. and up) experiment with ice. Shave some ice in a blender. Put it in a shallow pan, along with some ice cubes for fun, but cold, play. Throw in some spoons, cups, and bowls for him to scoop and dump with. For clean-up, let your child help you melt the ice with warm water and pour it down the drain. Talk about how the warm water melts the ice and turns it back into water.



## Kids in the Kitchen

### Healthy Homemade Teething Biscuits

#### Ingredients:

- 2 cup – oats, dry
- 1 medium – banana
- 2 tablespoon – coconut oil
- 0 cup – vanilla extract (optional)
- 1/8 teaspoon – cinnamon (optional)



#### Directions:

1. Preheat oven to 350 degrees. Prepare a baking sheet with parchment paper or a silicone baking mat.
2. In a blender (or food processor), blend the oats into a very fine powder. (A blender will work best for this job, but a food processor will also work)
3. Add banana and coconut oil (and any vanilla or spices you may be using) to the blender and puree until mixture comes together in a dough.
4. If the dough is very sticky to handle, you can pat a little flour (gluten free or wheat flour) onto the exterior of the ball to make it easier to handle. If the dough is too dry, you can add a little additional coconut oil.
5. Divide the dough into 12 balls or sections. Pat out each ball into a little baton about 4 inches long and 1 to 1 1/2 inches wide, and about 1/4 inch thick. Round the edges of each baton with your fingers so there are no sharp edges.
6. (Alternatively, you can roll the entire dough ball out into a rectangle about 1/4 inch thick and slice it into 12 rectangles. Round the corners of each rectangle and make the shapes roughly even. I've found that shaping each baton works better for me than rolling and slicing, but you can do what works best for you).
7. Place evenly on a baking sheet so that none of the batons are touching. Bake at 350 degrees for 10 minutes. Flip and cook another 5-10 minutes, or until the edges are golden and the centers are set but not too crunchy.
8. Allow to cool completely. Store in an airtight container at room temperature, in the refrigerator, or the freezer.

For more recipes like this visit [www.superhealthykids.com](http://www.superhealthykids.com)

# January 2017 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!**

1/7: **Dads n Kiddos Play Group:** Sponsored by BRH. Northern Lights Church, 400 W. 11th St., 9-11am. Info: 796-8975. ☼

1/12: **Support for Mom Group:** Juneau Family Health & Birth Center, 5:30-7:30pm. Child care provided with advance notice. Info: 789-1235. ☼

1/13: **Family Night at the Turf:** 5-6:30pm at the Dimond Park Fieldhouse. Free! Call AEYC, 789-1235, for more information. ☼

1/19: **Fathers Community Café:** Every Third Thursday, JFHBC 5-7pm, child care and light supper provided. Info: 586-1203. ☼

1/16: **Happy Martin Luther King Jr. Day!**

1/27: **Family Night at the Turf:** 5-6:30pm at the Dimond Park Fieldhouse. Free! Call AEYC, 789-1235, for more information. ☼

## 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. Valley Library 11:00am, Info: 789-0125. ☼

**Cuentacuentos Infantil: Spanish Storytime:** Valley Library, 5:30 pm, Info: 789-0125. ☼

## TUESDAYS

**New Parents Group:** JFHBC 10:30-12:00pm. 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

**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. ☼

## 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.

## Saturdays

**Spanish Playgroup:** JFHBC, 10:30-12:30. Ages 0-5yr. Info: 586-1203. ☼

☼ means this program is FREE!

## Imagination Library Early Learning

**BOOK TITLE:** *The Snowy Day*

**AUTHOR:** Ezra Jack Keats

**SUMMARY OF BOOK:** Peter has lots of adventures in the snow on a winter's day. [Download this Activity Sheet in PDF](#)

### 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. Talk with your child about the cover of the book. Predict what this story is going to be about.
2. Talk about how the world looks with snow, what snow feels like, and what kind of clothes you have to wear in the winter.
3. Ask your child what he/she likes to do in the snow.

### DURING READING:

Talk about each of the things that Peter does in the snow. Imagine that your child is Peter and add more details:

1. How would the snow feel when it lands on your head?
2. How does a mountain climber climb?

### AFTER READING

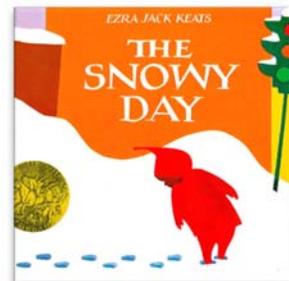
1. Talk about all the different games you can play outside. Talk about how these games change according to the weather.
2. You may use pictures of different kinds of weather to help the discussion – a windy day, a rainy day, a hot and sunny day. Brainstorm with your child all the different kinds of things you can do outside on these days. Remember, in the book the boy used simple things like a stick.

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**BEST BEGINNINGS**  
Alaska's Early Childhood Investment

For more activities visit  
[www.bestbeginningsalaska.org](http://www.bestbeginningsalaska.org)



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## 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>. Happy New Year!



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](http://www.JuneauFamilies.org).

The Juneau Parent Bulletin is created by **AEYC** in coordination with **Partnerships for Families and Children**, with funding support from **thread**. Find us and Like us on Facebook! **AEYC** | 3100 Channel Dr. Ste. 215, Juneau, AK | 907-789-1235 | [www.aeyc-sea.org](http://www.aeyc-sea.org)

