

Juneau Families.org

Parent Resource Bulletin | May, 2017



Play gives children a chance to practice what they are learning. -Fred Rogers

Best Starts for Juneau Kids

At last! A plan to fix the child care problem in Juneau!

Please sign the on line petition TODAY to support high quality affordable child care and pre-k so Juneau children can learn while parents earn. Find it at www.juneaubeststarts.org click on "sign the petition" then click on the red "read more" button.



Child Development Tip

Did you know? Play is how children test their ideas and learn new skills. From day 1, children are eager and determined to understand how the world works. Play is how children learn to communicate, problem solve, test ideas, and get along with others. Learn how to nurture your child's development through the power of play from the short video series: 'Magic of Everyday Moments' found at www.zerotothree.org.



Kids in the Kitchen

Taste Test: Seasoning

One of the most important skills you can develop as a cook is learning to taste food. That means that you taste a dish before you serve it, to figure out if it needs anything—even if you've already added all the ingredients listed in the recipe! You have your own preferences, for one thing, and different ingredients will require different adjustments, for another. You'll want to learn how to season food so that it tastes as good to you as it could possibly taste. To learn a little bit about some of the main seasoning elements, try this:

Kitchen Gear:

- Vegetable peeler
- Sharp knife
- Small pot with lid
- Colander

Ingredients:

- 1 -potato, peeled and cubed
- fresh lemon, cut in half
- salt
- pepper
- other seasonings



Instructions:

Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter. Put the potato in the pot, fill the pot halfway with water, and put it on the stove. Turn the heat to high and bring the pot to a boil, then lower the heat to medium and simmer until the potato is tender, around 15 minutes. (You'll know the water is boiling when you see bubbles breaking all over the surface.)

Put the colander in the sink. Pour the potatoes in the colander and set them aside until cooled, about 20 minutes.

Notes:

- Take a cube of potato and eat it plain. What does it taste like?
 - Sprinkle a little salt on a cube and taste it.
 - Squeeze a little lemon juice on a cube and taste it.
 - Grind or shake a little pepper on a cube and taste it.
 - Now combine the seasonings and figure out what your perfect balance is: How much salt? How much lemon? How much pepper? Is there one you prefer not to use? What other seasonings can you try? Consider garlic, cayenne pepper or hot sauce, different spices, even a little of the grated zest from the lemon. What do you like best? Which flavors work best together?
- More recipes like this from www.chopchopmag.org

May 2017 What's Going On?

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

SPECIAL EVENTS

5/4: Breastfeeding Café (Every 1st Thursday): 11am-1pm at JFHBC. A mother-to-mother support group to answer questions about breastfeeding. More info, 586-1203. ☀

5/6: Dads n Kiddos Play Group: Sponsored by BRH. Northern Lights Church, 400 W. 11th St., 9-11am. More info, 796-8975. ☀

5/11: Support for Mom Group: Juneau Family Health & Birth Center, 5:30-7:30pm. Child care provided with advance notice. Info: 789-1235. ☀

5/14: Happy Mother's Day!

5/20: Breastfeeding Café (Every 3rd Saturday): 11am-1pm at JFHBC. A mother-to-mother support group to answer questions about breastfeeding. More 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. Valley Library 11:00am, Info: 789-0125. ☀

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

TUESDAYS

Kindermusik: 10-11 am at JFHBC - Fun and engaging music and movement classes for ages 0-5. Register at jayneandco.kindermusik.com.

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. ☀

Kindermusik: 10-11 am at JFHBC - Fun and engaging music and movement classes for ages 0-5. Register at jayneandco.kindermusik.com.

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.

SUNDAYS

New Parents Group: JFHBC 12:00-1:30 pm. A drop-in group designed and run by parent to share the joys and challenges of parenthood. More info, 586-1203. ☀

☀ means this program is FREE!

Imagination Library Early Learning

BOOK TITLE: Taking Care of Mama

AUTHOR: Mitra Modarressi

SUMMARY OF BOOK: A sweet rhyming story about a raccoon family taking care of Mama when she is sick for the day.

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:

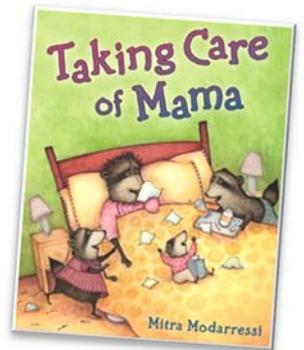
1. Talk about the cover of the book and the title. Ask your child what he/she thinks the book is about.
2. Now look at the back cover: "What do you think is happening?"
3. Take a "picture walk" through the book and talk about the illustrations before reading the book.

DURING READING

1. What does the raccoon family do to help take care of Mama? Look at everyone in the pictures; does everyone find a way to help?
2. Help your child identify the rhyming words.
3. After reading the book several times, see if your child can finish the rhyme on each page.

AFTER READING

1. "What things can you do to help care for your own family?"
2. "How do you think the raccoon children feel after helping take care of their Mama? How do you feel when you have been helpful?"
3. With your child, think of ways you can show a friend or neighbor that you care: bake cookies, draw a picture, shovel the snow, or anything else you can think of!
4. Play a rhyming game with your child; try talking in rhyme.



Compliments of: Rasmuson Foundation. Created by: Students at the University of Alaska Anchorage. For more activities visit www.bestbeginningsalaska.org



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 **thread**. Find us and Like us on Facebook! **AEYC** | 3100 Channel Dr. Ste. 215, Juneau, AK | 907-789-1235 | www.aeyc-sea.org

