Early Childhood Mental Health (ECMH) Consultation Program

Offered through Juneau Youth Services, Individual Child Consultation referrals can come from a variety of sources, including teachers, child care providers, parents, medical professionals, and community services agencies etc. Referrals are usually made when a care provider has concerns about the social or emotional behaviors of a particular child and desires additional support and information to best meet the needs of that child.

Child consultations include:
* Observing a child in their care setting (at home, child care, preschool, etc.)
* Discussing the behaviors observed
* Formulating plans to effectively address certain behaviors
* Providing relevant information and training to caregivers and parents
* Therapeutic interactions with the child within their care setting

Program Consultation referrals come from child care programs themselves, usually when programs want to support their staff in gaining skills to promote the healthy social and emotional development of all of the children in the program.

Program consultations include:
* Observations in the classroom
* Discussing observations with staff
* Trainings, catered to the needs and desires of the specific program
* Ongoing evaluation of progress

For more information, contact: Kathleen Rhea, LPC, BH Clinician, 907-523-6533 | kathleenr@jys.org

Cheerios Poppyseed Muffin Snack Mix

Ingredients:
- 3 cups Cheerios
- 1 cup roughly chopped almonds
- 3 tb coconut oil
- 1/3 cup agave
- pinch of salt
- 1/2 tsp almond extract
- 2 tb poppy seeds
- 1/2 cup white chocolate chips

Instructions: 1. Preheat the oven to 350°F and line a large baking sheet with parchment paper. 2. Combine Cheerios and almonds in a medium-sized mixing bowl. 3. Heat agave and coconut oil in a small saucepan until coconut oil is fully melted. Add a pinch of salt and the almond extract. 4. Pour the agave-coconut oil mixture onto the cheerios and almonds and mix well, then mix in the poppy seeds. 5. Spread the mixture evenly on the baking sheet and place in the oven for 8-10 minutes, stirring halfway. 6. Allow to cool completely and then toss with white chocolate chips. Recipe from www.superhealthykids.com.

Zip-a-dee-doo-dah Family Concert

Saturday, Oct 8th, 11:00am - 12:00pm, Northern Light United Church
Stories from Lily Hope and Marjorie Hamburger, Music with the String Kids, Keely & Co., and the JCP Alumni Parent Band, Dancing by JDT Ballerinas.
Suggested donation at the Door: Adults $5, Children $3. Baked goodies and refreshments available by donation following the show. All proceeds benefit the Juneau Co-op Preschool.

Baby Fair

October 20th, 4-6 pm at the Valley Library
This event is especially for expectant families and children ages 0-2. Join the fun with local experts and other families to learn more about: Baby Development, Birth Support, Child Care Questions, Free Hearing & Vision Screenings, Flu Shots, Taking Care of You, Family Friendly Activities, Sleeping Like A Baby. Every family will take home a door prize! Questions? Contact AEYC, 789-1235.
SPECIAL EVENTS

10/1 Dads & Kiddos Play Group: Sponsored by BRH. Northern Lights Church, 400 W. 11th St., 9-11am. Info: 789-8975.
10/8 Zip-a-dee-doo-dah Family Concert: 11-noon, Northern Light Church.
10/14, 10/28: Family Night at the Turf: 5-6:30pm at the Dimond Park Fieldhouse. Free! Call AEYC, 789-1235, for more information.
10/20: Fathers Community Cafe: Every Third Thursday, JFHBC 5-7pm, child care and light supper provided. Info: 586-1203.
10/20 Baby Fair! Especially for ages 0-2. Valley Public Library, 4-6pm.
10/31 Happy Halloween!

MONDAYS

Toddler Time: Downtown Library 10:00am, Info: 586-5249. Valley Library 11:00am, Info: 789-0125.
Cuentacuentos Infatil: 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.
Children's Creative Play Group: AWARE, 6-7:30pm. Info: 586-6623.

THURSDAYS

Storytime: Douglas Library 11:00am. Info: 364-2378.

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.

Saturdays


☼ means this program is FREE!

BOOK TITLE: Little Owl's Night
AUTHOR: Divya Srinivasan

SUMMARY OF BOOK: Little Owl spends his night flying around the forest he lives in, watching, listening, and visiting with all the animals and creatures that live there. Many of them are awake during the night so this shows children about nocturnal animals and what they do.

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. “Have you ever seen an owl? Was it at night time?” If not, describe an owl for your child.
2. “What do we do at night? Do we sleep?” “What do we do during the day?” (eat, play, work) Some animals are awake at night and sleep during the day so in this book we’re going to see what happens while we’re asleep.

DURING READING
As you go through the book, talk about the animals your child may have seen before, explain ones she hasn’t.

1. “What sound does the _____ make?”
2. Point out details in the pictures: “Is the raccoon taking the squirrel’s nuts? How can we tell what the bear was eating? what the rabbit was eating?”
3. “What’s happening in the very last picture?”

AFTER READING
1. Talk with your child about who’s awake in the daytime and who’s asleep.
2. Pretend with your child what it would be like if she were up all night, what would she see, hear?
3. If you and your child experience the dawn, relate back to the book and how day begins.

Compliments of: Alaska Department of Education & Early Development
Created by: Students at the University of Alaska Anchorage
For more activities visit www.bestbeginningsalaska.org

Imagination Library Early Learning

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

Did you know that donations from supportive people like YOU make books available to children all over SE Alaska? For $30 a year you can ensure that a child receives a free book in the mail every month. 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.

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