

“Two sounds of autumn are unmistakable...the hurrying rustle of crisp leaves blown along the street...by a gusty wind, and the gabble of a flock of migrating geese.” -Hal Borland

thread Child Care Referrals

Looking for child care? Try the online 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.



Fun at the Dimond Park Fieldhouse

Thanks to the CBJ Youth Activity Grant, all licensed child care programs and Head Starts have access to the Turf for Tots program at the Dimond Park Field House Monday through Friday.

Families also have a chance to experience the fun at Fieldhouse Family Nights hosted by AEYC and partner organizations, generally the second and fourth Fridays. This is a great chance for children and parents to be active together with balls, hoops, tunnels, riding toys, and so much more! One more way Juneau is a great place to live and raise a family! The Youth Activities Grant is funded from the citizens of the City and Borough of Juneau through sales tax revenues.



Kids in the Kitchen

Roasted Chickpeas

These crave-able snacks really satisfy that urge to crunch. But chickpeas are full of protein and nutrients, so they give you lots of great energy too. Eat them by the handful or try them on a salad instead of croutons! Hands-on time: 10 minutes, Total time: 40 minutes, Makes: 1 and 1/2 cups

Kitchen Gear:

Can opener	Rimmed baking sheet
Paper towels	Spatula
Measuring spoons	Pot holders or oven mitts

Ingredients:

1 can chickpeas, drained and rinsed with cold water	1/2 teaspoon salt
1 tablespoon olive oil	1/4 teaspoon cayenne pepper

Instructions:

Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter.

1. Turn the oven on and set it to 400 degrees.
2. Put a layer of paper towels on the countertop and add the drained chickpeas. Roll them around to dry them.
3. Put the chickpeas, oil, salt, and cayenne (if you like) on the baking sheet and stir well.
4. Put the baking sheet in the oven. Bake until the chickpeas are crunchy and golden brown, about 25 to 35 minutes, stirring halfway through to make sure they cook evenly.

Remove them from the oven, set them aside to cool, then eat them right away or store them in a covered container for up to a day.

Notes:

Zing these up with a different spice, if you like, such as curry powder, chili powder, or cumin. Did you know? Chickpeas and garbanzo beans are the same thing. - See more at: <http://www.chopchopmag.org>

September 2016 What's Going On?

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

SPECIAL EVENTS

9/3 Dads n Kiddos Play Group: Sponsored by BRH. Northern Lights Church, 400 W. 11th St., 9-11am. Info: 796-8975. ☀

9/5 Happy Labor Day!

9/8 Support for Mom Group: Juneau Family Health & Birth Center, 5:30-7:30pm. Child care provided with advance notice. Info: 789-1235. ☀

9/9, 9/23: Family Night at the Turf: 5-6:30pm at the Dimond Park Fieldhouse. Free! Call AEYC, 789-1235, for more information. ☀

9/15 Fathers Community Café: Every Third Thursday, JFHBC 5-7pm, child care and light supper provided. Info: 586-1203. ☀

9/15 Downton Family Night: Downtown Public Library, 5:30pm. ☀

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: *Peekaboo Morning*

AUTHOR: Rachel Isadora

SUMMARY OF BOOK: A child wakes up and plays peekaboo with various family members and even toys! You are invited to play along while reading this book and although it has few words, the fun is limitless.

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. Go over the cover of the book and the title thoroughly with your child. This familiarizes the child with the topic of the book and helps him remember what book it was if he'd like to open it again himself later.
2. Look at the illustrations, encouraging your child to use any vocabulary he may have to describe the pictures and what he sees.
3. Point to familiar objects in the illustrations to help him connect pictures to words and words to real life items.

DURING READING

1. Try animations to get your child more interested. If she doesn't want to actually play peekaboo, try using a variation of loud, soft, and silly

voices to capture her attention.

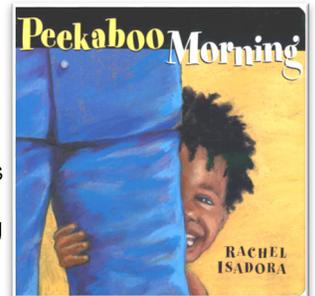
2. If your child is attempting to repeat your words, ask her to repeat words or parts of words back to you.
3. Help your child relate things in books to her own real life experiences. For example, if you are a mother reading about a mother playing peekaboo, point to yourself and play peekaboo.

AFTER READING

Activities to extend the book experience.

1. If you can, find objects in real life around you and point to them, say the word, then point to the illustration in the book and say the word.
2. Play a game of peekaboo, teaching your child how to hide his face.
3. If your child is a bit more energetic, hide behind objects and pop out for a bigger game of peekaboo.

Compliments of: Rasmuson Foundation & Best Beginnings
Created by: Students at the University of Alaska Anchorage



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!

