A Hearty Thank You!

Thanks to the Juneau Community Foundation, Alaska Children’s Trust, and the Dept. of Education and Early Development, the Parents as Teachers home visiting, Circles of Security parenting series, and the Mom’s Support Group will be going strong supporting families again this year! Parenting can be a stressful 24/7 job, and these programs connect parents to each other, to community resources, answer questions, and provide top notch information on child development. For more information about Parents As Teachers, Mother Support Groups or Circles of Security parenting sessions, call AEYC at 789-1235 for more information.

Family Nights at the Turf!

Restarting in September are Family Nights at the Turf Field! Come with your preschooler to run and play and visit with other families. Turf Night is every 2nd and 4th Friday of the month from 5:00-6:30 pm at the Dimond Park Field House, 2961 Riverside Drive. Questions? Call AEYC, 789-1235.

Kids in the Kitchen

No Bake Carrot Bites

When you’re in need of a quick, healthy snack (or sweet treat), these carrot cake bites are the perfect recipe! They require no cooking, are quick to make, slightly sweet and packed with healthy ingredients!

Ingredients:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 medium carrot</td>
<td>1 teaspoon cinnamon</td>
</tr>
<tr>
<td>6 medium Medjool dates</td>
<td>1/2 teaspoon nutmeg, ground</td>
</tr>
<tr>
<td>1/2 cup, chopped pecans</td>
<td>1/2 teaspoon ginger, ground</td>
</tr>
<tr>
<td>1 tablespoon almond butter</td>
<td></td>
</tr>
<tr>
<td>1 cup oats</td>
<td>1/8 teaspoon sea salt</td>
</tr>
</tbody>
</table>

Instructions:

Add the carrots to the bowl of a food processor and process until finely ground. Transfer to a plate or bowl and return the bowl to the food processor base.

Add in dates and pecans and process until combined. Return the carrots to the food processor and add in the remaining ingredients.

Process until a dough forms and you can roll them easily into balls. If the mixture is too wet, add in a tablespoon or two of flaxseed meal (or more oats). Roll the mixture into balls and store in an airtight container in the fridge for up to one week. 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.

For more fun recipes visit: www.superhealthykids.com
SPECIAL EVENTS

9/2 Labor Day Weekend Fun Run/Walk: Sponsored by the Juneau Family Health and Birth Center. September 2, 2017. Both the 5 mile run and the family-friendly 1 mile walk/run are part of the Southeast Road Runners’ Empire Cup Series. The race will start at the Birth Center at 1601 Salmon Creek Lane at 9:00 am, with registration beginning at 8:00 am. Get a good hill workout with us, while showing your support for the Birth Center. 586-1203.

9/2 Dads n Kiddos Play Group: Sponsored by BRH. Northern Lights Church, 400 W. 11th St., 9-11am. Info: 796-8975. ☼

9/4 Happy Labor Day!


9/8, 9/22: Family Night at the Turf: 5-6:30pm at the Dimond Park Fieldhouse. Free! Call AEYC, 789-1235, for more information.

9/21 Downton Family Night: Downtown Public Library, 5:30pm. ☼

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. ☼

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. ☼

Imagination Library Early Learning

BOOK TITLE: My First Songs
AUTHOR: Tomie dePaola

SUMMARY OF BOOK: This brightly-colored board book contains ten popular nursery rhymes with familiar tunes and motions.

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. Look at the cover together, looking at each child: “What is she/he doing?” Point out that arms are raised, eyes are closed, etc.
2. Let your child explore the book, opening and shutting it, holding it, turning the pages.

DURING READING

1. The important thing here is to have your child experience the rhymes, the “music” of the rhymes. Sing the pages.
2. Add the motions: snoring; wiggling, “running” fingers; pat-a-cake; sticking a feather in his cap, etc.
3. Try going round the Mulberry Bush, ring around the Rosie, all falling down while singing.
4. Talk about the pictures: “Who’s going round the Mulberry Bush?” “Where’s the little dog?” “Why is the farmer’s wife running?”
5. Help your child see that reading is like having a conversation with the book.

AFTER READING

1. When it’s raining, sing those nursery rhymes. When you’re putting on your shoes, do 1-2. Find opportunities to repeat the rhymes.
2. If your child seemed to prefer one of the rhymes over the others, go back and spend extra time on it.
3. If you know other rhymes, add them to the repertoire. All this singing and rhyming is great for your baby to hear.

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

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 8am-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. Info: 586-2782.


SATURDAYS


☼ means this program is FREE!

AWARE is offering a variety of groups this fall season. They include groups for all ages and cover a variety of topics including life skills, creative play groups, healthy relationships, and parenting classes. Contact AWARE and speak to the Children’s Advocate for more info, www.awareak.org, 907-586-6623.