

JuneauFamilies.org

Parent Resource Bulletin | March, 2018

Kids in the Kitchen

Baked Vegetable Frittata

Serves: 4

Prep Time: 30 Minutes

Ingredients

- 3 teaspoons olive or canola oil
- 1 onion, peeled and chopped
- 1/2 head of broccoli or cauliflower or 3/4 pound of asparagus, chopped
- 1/2 cup cooked potatoes, or rice
- 8 large eggs
- 1 tsp salt
- 1/2 tsp pepper
- 1/4 cup chopped basil or parsley
- 1/2 cup grated or crumbled cheese



Directions

1. Turn the oven on and heat it to 350 degrees. Use 1 teaspoon of oil to grease the baking pan.
2. Put the skillet on the stove, turn the heat to medium and when the skillet is hot, add the remaining 2 teaspoons oil.
3. Add the onion and cook, stirring occasionally, until golden and softened, about 7 minutes. Turn the heat down to low, add the vegetables and potatoes, and cook until the vegetables are the tenderness you like, 5–10 minutes. Set aside for 10 minutes, or until cool.
4. To crack the eggs: hit the midpoint between the more-rounded (wide) end and the pointier end of the egg against a clean counter.
5. Hold the egg over the bowl with the cracked part facing up. Pry the shell open gently and allow the egg inside to slide into the bowl. Be sure to wash your hands with soap and water after handling raw eggs!
6. Beat the eggs gently with the fork until the mixture is pale yellow.
7. Add the onion mixture, basil or parsley, cheese, salt, and pepper and mix well.
8. Pour the mixture into the baking pan or pie plate and once the oven temperature has reached 350 degrees, carefully move it to the oven.
9. Bake until the top is golden and the eggs are set, 25–30 minutes.
10. Set aside to cool and serve warm or at room temperature, or cover and refrigerate up to 2 days.

Recipe source: <http://www.chopchopmag.org/recipe/baked-vegetable-frittata>

Register now for the 2018 Resilience Symposium!

March 15-17 at Centennial Hall AEYC is pleased to partner with Juneau Suicide Prevention Coalition, bringing together our community to build resilience in children, youth, and families. Keynote speakers, over 20 breakout sessions, and a Mindfulness Film Festival open to the community.

Find out more and register at www.rsvpbook.com/resilience2018

Questions? Contact AEYC: info@aeyc-sea.org

907-789-1235 | www.aeyc-sea.org

as the bunny



Child Development Tip

Everywhere you look, there's a screen with bright pictures and interesting noises—phones and computers, tablets and TVs. You may wonder if all this technology is good for babies and toddlers. Is it educational, distracting, or some combination of the two? It turns out that's a great question to ask. Here's what the American Academy of Pediatrics recommends for children's use of "screen media:"

Birth to 18 months: Avoid all screen media—phones, tablets, TVs and computers. (It's OK to video chat with grandparents and far-away friends)

18 months to 2 years: It is okay to introduce young children to high-quality children's media if you watch it with them and help them understand what they're seeing.

2 to 5 years: Limit screen use to one hour a day of high-quality programs designed for children. Watch with your children; explain what they're seeing and how it applies to the world around them. Full article: <https://www.zerotothree.org/resources/1630-new-screen-time-recommendations-for-children-under-six>

St Patrick's Day SLIME!

Note: This recipe uses a very small amount (1/4 tsp) of Borax. Children should never be allowed direct contact with undiluted borax. Always monitor small children playing with slime.

--Take two small bowls and add 1/4 cup of water to each. In one bowl add 1/4 cup of clear glue and a generous sprinkle of glitter and shamrock confetti. In the other bowl add 1/4 teaspoon of borax. Mix each bowl well.

--Slowly stir the borax mixture into the glue mixture and watch your slime begin to form! Keep stirring until everything is mixed well.

--Store your shamrock slime in a sealed container when you're not playing with the slime. And as always, keep out of reach of small children. (As in anyone young enough to potentially eat the slime!)

Source: asthebunnyhops.com/shamrock-slime/

seaaeyc

Southeast Alaska Association for the Education of Young Children



BEST BEGINNINGS
Alaska's Early Childhood Investment



PARTNERSHIPS
for families & children

thread



United Way
United Way of Southeast Alaska
Partner Agency

March 2018 What's Going On?

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

SPECIAL EVENTS

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

3/3 Color Mixing & Landscape Painting: Alaska State Museum, free, registration recommended, ages 6-9: 10-12p, ages 9-12: 1-3p ☼

3/8 Support for Mom Group: Juneau Family Health & Birth Center, 5:30-7:30pm. Child care provided with advance notice. Info: 789-1235.

3/9 Family Night at the Turf: Dimond Park Fieldhouse, 5-6:30pm. Free! Call AEYC, 789-1235, for more information. ☼

3/15 Family Night at the Valley Library: Special guest and light dinner, 5:30-6:30 pm ☼

3/17 St Patrick's Day!

3/23 Family Night at the Turf: 5-6:30pm at the Dimond Park Fieldhouse. Free! Call AEYC, 789-1235, for more information. ☼

3/26 Seward's Day!



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.

Preschool Open Gym: Mt. Jumbo Gym, 909 4th St. 10:30am-12pm. Ages 1-6. \$3/child. 586-5223.

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 10-11am, Info: 586-5249. Valley Library 11am-12:30pm, Info: 789-0125. ☼

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

TUESDAYS

New Parents Group: JFHC 10:30-12:00pm. Ages 0-1. Info: 586-1203. ☼

Children's Life Skills Group: AWARE, 6pm-8pm, 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 11am-1pm. Info: 586-5249. ☼

THURSDAYS

Storytime: Douglas Library 11am-1pm. 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 11am-1pm. Info: 789-0125. ☼

☼ means this program is FREE!

Imagination Library Early Learning

BOOK TITLE: *My Lucky Day*

AUTHOR: Keiko Kasza

SUMMARY OF BOOK: Mr. Fox is just getting ready to go on the hunt for dinner when he hears a knock at his door. It is his lucky day! A little pig has come looking for Rabbit. Mr. Fox finds himself in the middle of a sneaky plan.

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). Ask:

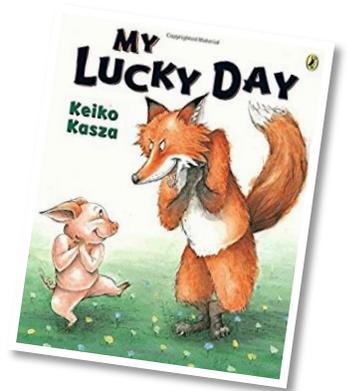
1. Have you ever had what you thought was a lucky day? Tell me about it.
2. What are some of your favorite meals for dinner?
3. What do you think this story will be about?
4. Tell me about a time when you got yourself into a bit of trouble.

DURING READING: As you read the book talk with the child about the story and the illustrations. Ask questions such as:

1. What is Mr. Fox going to do with the little piglet?
2. Why does he want to give piglet a nice bath?
3. Why does Mr. Fox give piglet a massage?
4. Do you think animals can really talk like Mr. Fox and the piglet? Why or why not?
5. Do you think the piglet knows he will not be eaten? Why or why not?

AFTER READING: (activity to extend book experience)

To extend the book experience, give the child a few magazines and a piece of paper. Have her make a collage using pictures from the magazines that depict what her own lucky day would consist of. It could be a dinner they enjoy like Mr. Fox or maybe a trip they would like to go on.



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



BEST BEGINNINGS
Alaska's Early Childhood Investment



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