

# JuneauFamilies.org

Parent Resource Bulletin | April, 2018



## April is National Child Abuse Prevention Month

You can show your support by participating in the Go Blue Friday Rally! Representative Geran Tarr will be hosting a rally at the capital steps in support of ending child abuse. **Friday, April 6th, 12pm-12:30pm**

The Child Advocacy Center encourages anyone who suspects abuse to make a report to the Office of Children's Services at 907-465-1650 or the Juneau Police Department. Reports can be made anonymously if the caller prefers to remain unnamed.

The AWARE Shelter and the CAC both offer prevention and intervention resources and information for families concerned with a child's wellbeing.

## Coast Guard Family Fun Festival

Coast Guard families!! April is Month of the Military Child and the Coast Guard would like to celebrate and support their families and children. Come down to the field house for some family fun! There will be several community partners bringing informational materials and activities along with games and food for the kids. You can expect a bounce house, three legged races, prizes, and pancakes!

**Dimond Park Field House**  
**Saturday April 7th,**  
**10:30am-12:30pm**



## Healthy Relationships Class

AWARE is hosting at Healthy Relationships Class Series for women starting April 10th through June 12th. Classes focus on understanding boundaries, managing strong feelings, practicing assertiveness and developing a personalized self-care practice.

Register by calling AWARE at 586-6623

## Child Development Tip

There are a million reasons to learn about baby brain development. The latest research is clear: A child's brain undergoes an amazing period of development from birth to three, producing more than a million neural connections each second.

The development of the brain is influenced by many factors, including a child's relationships, experiences and environment.

Understanding some basic concepts about baby brains can better prepare parents for a child's developmental milestones, nurture healthy growth and help them build strong, loving relationships with their child. ZERO TO THREE knows that "brain science" can sound intimidating, so they break it down and make the information accessible and straightforward for parents and caregivers. Find several informational handouts and interactive activities on brain development at <https://www.zerotothree.org/resources/1893-a-million-reasons-to-learn-about-baby-brain-development>

## free! Early Learning FAIR

**Tuesday, April 24th 4:30-6:30 pm**  
**Valley Public Library**  
3025 Riverside Drive

especially  
for children  
ages 3-5

- \* Find out where to sign up for Kindergarten!
- \* Fun learning activities for kids!
- \* Resources for parents!
- \* Immunizations available, bring your shot record!
- \* Free hearing and vision screenings!
- \* Prizes !

**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

# April 2018 What's Going On?

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

## SPECIAL EVENTS

**4/7 Dads n Kiddos Play Group:** Sponsored by BRH. Northern Lights Church, 400 W. 11th St., 9-11am. Info: 796-8975. ☀

**4/7 Ua Fish Day at Lena Point:** A morning of activity-based science exploration. All Ages Welcome. Touch tanks, science games, microscope discovery and more. 17101 Point Lena Loop Rd, 9-1pm ☀

**4/7 JDHS Dance Team Kids Clinic:** \$30, You learn a dance, spend several hours with the JDHS dance team, leave with a certificate and t-shirt, get to perform for family and friends at the end of the day, 10-4pm, JDHS

**4/12 Support for Mom Group:** Juneau Family Health & Birth Center, 5:30-7:30pm. Child care provided with advance notice. Info: 789-1235.

**4/12 Kindergarten Registration Day:** Register at your neighborhood elementary school. Please bring immunization records and birth certificates. 1-5pm ☀

**4/13 Family Night at the Turf:** Dimond Park Fieldhouse, 5-6:30pm. Free! Call AEYC, 789-1235, for more information. ☀

**4/14 Project Playground Family Fun Night:** \$20 per family, bring a t-shirt to decorate, paint fish for the new playground, face painting, bouncy house, games and food! Thunder Mountain High School, 4-7pm

**4/19 Family Night at the Valley Library:** Special guest and light dinner, 5:30-6:30 pm ☀

**4/24 Early Learning Fair:** Prepare for kindergarten with this fun and informative event! Learning activities, resources for parents, immunizations available, vision screenings, prizes! Valley Library, 4:30-6:30☀

**4/27 Family Night at the Turf:** 5-6:30pm at the Dimond Park Fieldhouse. Free! Call AEYC, 789-1235, for more information. ☀

## 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 4<sup>th</sup> St. 10:30am-12pm. Ages 1-6. \$3/child. 586-5223.

## MONDAYS

**Bartlett Beginnings Toddler Play Group:** N. Lights Church 400 W. 11<sup>th</sup> 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:** *Good Night, Gorilla*

**AUTHOR:** Peggy Rathmann

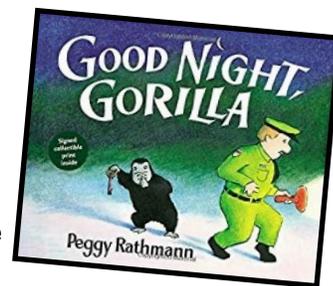
**SUMMARY OF BOOK:** As the zoo closes for the evening, Joe, the zookeeper, makes his rounds to make sure all the zoo animals are safe and secure for the night. He and his wife are in for a surprise when he gets home, crawls into bed, turns out the light, and bids his final "good night." Find out what these animals are up to.

**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 been to the zoo? What are some of your favorite meals for dinner?
2. What do you think happens at the zoo once everyone goes home?
3. If you could have any animal from the zoo as a pet, which one would it be?

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

1. Talk about each animal. Ask questions to describe the animals. Maybe your child will make their sounds
2. Can you predict what the zookeeper will say to the next animal?
3. Can you find the banana in the picture? The balloon?



**AFTER READING:** (Try to connect the book to your child's life and experiences)

1. Use your child's favorite stuffed animals, dolls, toys. Say "Goodnight, dog," "Goodnight, teddy." Have your child tuck them into bed.
2. Pick a favorite animal from the book and look for it in different places- on TV, in other books or magazines, on food packages, etc.

For more ideas like this visit [www.bestbeginningsalaska.org](http://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](http://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](http://www.aeyc-sea.org)