**Kids in the Kitchen**

**Design Your Own Celery Sticks**

**Ingredients**
- 2 celery stalks, washed
- 2 tablespoons nut butter
- Toppings of your choosing!

**To make:**
Put the celery stalks on a plate. Using a spoon, scoop some nut butter from the jar and stuff it into the celery. Sprinkle with yummy toppings (granola, chocolate chips, raisins, etc.), and then press down with your fingers or a spoon to make them stick!

**Child Development Tip**

It's so important for parents to help their child learn how to cope with their feelings. What can parents do to ensure healthy emotional development and understanding?

- **Label and help toddlers cope with feelings:** Naming feelings is the first step in helping children learn to identify them, and it communicates to children that feelings are normal. This might mean acknowledging an 18-month-old’s anger at having to leave the playground as you help him into the car seat, or empathizing with a 3-year-old’s sadness that his grandparents are leaving after a long visit.
- **Don’t fear the feelings:** Listen openly and calmly when your child shares difficult feelings. When you ask about and acknowledge feelings, you are sending the important message that feelings are valued and important.
- **Avoid minimizing or talking children out of their feelings:** When feelings are minimized or ignored, they often get expressed through aggressive words and actions, or by turning them inward, which can ultimately make children anxious or depressed. Acknowledging a child’s strong feelings opens the door to helping her learn how to cope with them.
- **Teach tools for coping:** The fact is that our children’s emotional reactions trigger our own emotional reactions, which can lead to a knee-jerk need to rescue or “fix” whatever is causing our child distress. But it's important that we manage our own feelings and avoid this temptation, as it creates a missed opportunity to help children learn strong coping skills. For example, if your 18-month-old is angry that iPad time is over, guide her to stamp her feet as hard as she can or to draw how angry she is with a red crayon.

For the full article and more parenting support, visit zerotothree.org

---

**Candy Corn Mosaics**

**What You Need:**
- Construction paper (think fall colors!)
- Lots of candy corn
- Scissors
- Glue

**How to Make Them:**
Cut your construction paper into fun fall shapes, like pumpkins, corn husks, land leaves, or just create your masterpiece on the paper as is! Lay down your candy corn mosaic, glue down each piece in its place, and add whatever fall flair you’d like!

---

**United Way of Southeast Alaska**

“We United Way collaborates with communities and agencies across Southeast Alaska to strengthen and improve the Health, Education and Financial Stability of all individuals.”

We want to say THANK YOU to all those who have donated to us and our partner organizations through United Way.

Want to help out great local organizations!? **DONATE**

---

**Kids Vote!**

**Saturday November 3rd, 2018 - State of Alaska**

Where: Mendenhall Mall Annex
When: 10am-12pm

Come out and vote as a family! There will be stickers, snacks, prizes and child size picture voting booths for kids. It’ll be sure to keep them busy while you cast your vote! It’s so much easier for families with young children to VOTE EARLY! Take a look at our website to find out where the state candidates stand on issues facing families and children:


BOOK TITLE: Welcome to the Zoo
AUTHOR: Alison Jay

SUMMARY OF BOOK: This is a wordless picture book. It takes the reader through a journey of colorful pages filled with various animals and the visitors to the zoo. At the back of the book, there are seek-and-find games for children to play.

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):
Try prompts such as these:
1. Talk with your child about the cover of the book. What do you think this book will be about?
2. Who or what lives at the zoo?
3. What's your favorite animal? Where does it live?

DURING READING: As you read the book talk with the child about the story and the illustrations. Ask questions such as:
1. Can you find… (name an animal)?
2. What are the animals doing? Which things are possible and which are imaginary?

3. In the front of the book there is a map of the zoo. As you turn the pages, try going back to see where you are on the map.
4. What are the people doing? Can you tell which ones work at the zoo and which are just visiting? Can you follow them from page to page?

AFTER READING: (activity to extend book experience)
1. What animals might be found in an Alaskan zoo?
2. Have your child draw their favorite zoo animal
3. Some animals might be new to your child, look up the animals together and learn about them, whether it's at your library, online, etc.

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

Imagination Library Early Learning

SPECIAL EVENTS
11/2 Family Night at the Turf: 5:30pm at the Dimond Park Fieldhouse. Call AEYC, 789-1235, for more information.
11/3 Dads n Kiddos Play Group: Sponsored by BRH. Northern Lights Church, 400 W. 11th St., 9-11am. Info: 796-8975.
11/3 ASL Playgroup: JFHBC 11am-12pm . Call 586-5765 or email info@juneaubirthcenter.org
11/6 ELECTION DAY: Polls open 7am-8pm
11/9 Family Night at the Turf: Hosted by Parents as Teachers 5:30pm at the Dimond Park Fieldhouse. Call AEYC, 789-1235, for more information.
11/15 Family Night: Downtown Library 5:30pm-6:30pm
11/16 Family Night at the Turf: 5:30-6:30pm at the Dimond Park Fieldhouse. Call AEYC, 789-1235, for more information.
11/17 ASL Playgroup: JFHBC 11am-12pm. Call 586-5765 or email info@juneaubirthcenter.org
11/27 Giving Tuesday: #GivingTuesday is a global day of giving fueled by the power of social media and collaboration. Donate to your favorite local, state, national, or international organization!
11/28 ASL Playgroup: JFHBC 11m-12pm. Call 586-5765 or email info@juneaubirthcenter.org

MONDAYS-FRIDAYS
Turf for Tots Program: Dimond Park Fieldhouse. Monday-Saturday 10am-1pm. $6/child. Info: 523-4910.
Lunch Bunch: Monday-Friday 11:15-1:00. Dimond Park Aquatic Center. For ages 7 years and younger. Info: 586-2782.

MONDAYS
Toddler Time: Valley Library 11am-12:30pm. Info: 789-0125.

TUESDAYS
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.

THURSDAYS
Breastfeeding and Parenting Support Group: JFHBC 9am-10am

FRIDAYS
Spanish Playgroup: JFHBC 2pm-3pm. Call 586-5765 or email info@juneaubirthcenter.org ♦
♦ means this program is FREE!

November 2018 What’s Going On?
Get out your highlighter and choose the events you want to attend this month!

Imagination Library Early Learning

BOOK TITLE: Welcome to the Zoo
AUTHOR: Alison Jay

SUMMARY OF BOOK: This is a wordless picture book. It takes the reader through a journey of colorful pages filled with various animals and the visitors to the zoo. At the back of the book, there are seek-and-find games for children to play.

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):
Try prompts such as these:
1. Talk with your child about the cover of the book. What do you think this book will be about?
2. Who or what lives at the zoo?
3. What’s your favorite animal? Where does it live?

DURING READING: As you read the book talk with the child about the story and the illustrations. Ask questions such as:
1. Can you find… (name an animal)?
2. What are the animals doing? Which things are possible and which are imaginary?

3. In the front of the book there is a map of the zoo. As you turn the pages, try going back to see where you are on the map.
4. What are the people doing? Can you tell which ones work at the zoo and which are just visiting? Can you follow them from page to page?

AFTER READING: (activity to extend book experience)
1. What animals might be found in an Alaskan zoo?
2. Have your child draw their favorite zoo animal
3. Some animals might be new to your child, look up the animals together and learn about them, whether it’s at your library, online, etc.

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

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/imaginationslibrary.html. A big thanks to Volunteer Librarian Patty George for giving her time to enroll children.