Kids in the Kitchen:
Edible Choc. Chip Cookie Dough

What you’ll need:
3 Tbsp. Sweetener of your choice
1 Tbsp. Brown Sugar
2 Tbsp. Light Butter, Softened
5 Tbsp. Whole Wheat White Flour
1/8 Tsp. Salt
1/8 Tsp. Vanilla
1/2 Tbsp. Fat Free Milk
2 Tbsp. Dark Chocolate Chips

To Make:
Combine the sweetener, sugar and butter together until creamy. Add in the flour, salt, vanilla and milk and stir until well combined. Last, but not least, add in the chocolate chips and stir until mixed in. Enjoy! (theskinnyfork.com)

Child Development Tip:
Stages of Play from Birth to Six Months

- Feeling Connected: Your baby will be curious as to what you’re doing, often turning to look at you or being attentive when they hear your voice. Engage with them and remember its ok to take a break if they need it.
- Looking and Noticing: As their vision improves, babies will like toys with strong color contrast have them follow a toy with their eyes as you move it around or hold two rattles and move one at a time and watch their focus shift.
- Grasping: Practice grasping by having your baby reach for toys, or hand them one toy followed by another so they begin to learn how to hold/do two things at once (this will take practice!)
- Into the Mouth: Putting things in their mouths is one of the ways babies explore, so having baby-safe fabrics and toys are key! Be sure to clean the toys regularly!
- Tummy-Time: This is one way babies develop muscles in their neck and trunk. Add to tummy-time by switching your baby to their back sometimes and gently showing them how they can roll over onto their tummies.

Thank You!
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! Youth Activities Grant is funded from the citizens of the City and Borough of Juneau through sales tax revenues.

Have YOU Taken the Juneau Parents Survey?!
Southeast Alaska received a $21 million grant for early childhood education and we want to see how you want it to be spent. Head to aeyc-sea.org to let your voice be heard!

Make Your Own Snowflakes

What You’ll Need:
- Popsicle sticks
- Glue
- Buttons, sequins, pom-poms, or whatever fun things you want to decorate with
- Markers

To Make:
Color your popsicle sticks with the markers (or leave them plain if you’d prefer) Glue popsicle sticks into your snowflake pattern by making two x’s that overlap, be sure to put the glue at the center point! Let dry. Glue your decorations onto your snowflake, and leave to dry. Put your snowflakes up around the house and enjoy your winter wonderland!
December 2018 What’s Going On?
Get out your highlighter and choose the events you want to attend this month!

SPECIAL EVENTS

12/7 Family Night at the Turf: 5-6:30pm at the Dimond Park Fieldhouse. Call AEYC, 789-1235, for more information.

12/15 Kids Day: A full day of kid-friendly fun activities downtown! Hosted by the Downtown Business Association. 10am-5pm. (FB does not indicate that the activities cost money!)

12/16 Holiday Skating Show: 2:30-3:45 pm. Treadwell Ice Arena.

12/20 Family Night: Yoga with Heather and a fun craft! A light supper is provided. Downtown Library 5:30pm

12/29 Rock Around the Blocks: Downtown Library 2:00 - 3:30. They provide DUPLOS, LEGOS, Kiva Planks, Train tracks + more! You provide creativity!

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 at the Library: 12/3 and 12/10. 10 am Downtown Library 11am Valley Library


Toddler Time: 12/3 and 12/10 Downtown Library 10am Info: 586-5249.

Toddler Time: 12/3 and 12/10 Valley Library 11am 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

Storytime: 12/7 and 12/14 Valley Library 11-11:45am. Info: 789-0125.

Spanish Playgroup: JFHBC 2pm-3pm. Call 586-5765 or email info@juneaubirthcenter.org

means this program is FREE!

SAVE THE DATE:

1/5 Juneau Kindness Festival: Join community vendors, local dance groups, DJ Manu and ROCK Juneau for dancing, snacks, a photo booth, fun activities and plenty of kindness!!

Imagination Library Early Learning

BOOK TITLE: Taking Care of Mama
AUTHOR: Mitra Modarressi
AGE GROUP: Age 4

SUMMARY OF BOOK: A sweet rhyming story about a raccoon family taking care of Mama when she is sick for the day

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 questions such as these:
1. Talk with your child about the cover of the book. What do you think this book will be about?
2. Now look at the back cover: “What do you think is happening?
3. Take a “picture walk” through the book and talk about the illustrations before reading the book

DURING READING:

Ask these questions and anything else you come up with:
1. What does the raccoon family do to help take care of Mama? Look at everyone in the pictures; does everyone find a way to help?
2. Help your child identify the rhyming words
3. After reading the book several times, see if your child can finish the rhyme on each page

AFTER READING: (activity to extend book experience)

1. “What things can you do to help care for your own family?”
2. “How do you think the raccoon children feel after they take care of their Mama? How do you feel when you have been helpful?”
3. With your child, think of ways you can show a friend or neighbor that you care.
4. Play a rhyming game with your child– try talking in rhyme!

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/imaginary-library.html. A big thanks to Volunteer Librarian Patty George and Trish Custard for giving their time to keep this program running smoothly!

Save the date:

December 1st - 2nd

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 | 3200 Hospital Dr. Ste. 204, Juneau, AK | 907-789-1235 | www.aeyc-sea.org