Kids in the Kitchen:
Cherry Sherbet

What you’ll need:
- Measuring cup
- Food processor (adult needed)
- Spatula

Ingredients:
- 1 (12-ounce) bag frozen pitted cherries (2 cups)
- 1/2 cup plain yogurt
- 1/4 cup almond butter

To make:
- Put the frozen cherries in the bowl of the food processor fitted with a steel blade and pulse until the cherries are well chopped.
- Add the yogurt and almond butter and process until smooth.

Serve right away and enjoy!

Source: https://www.chopchopfamily.org/recipe/cherry-sherbet

Child Development Tip:
Nurturing Gratitude

Fostering feelings of gratitude can transform our outlook on life and help us focus more on the good, than on the negative, news in our lives. But like anything else, gratitude requires practice. Here are some ideas on how to model gratitude and create family traditions that focus on values of thankfulness and generosity:

- **Show appreciation to your children**: tell your kiddos what you appreciate about them, appreciation is a powerful motivator.
- **Show appreciation for others**: model kindness, generosity and gratefulness in your interactions, kids notice these things!
- **Use the word “grateful”**: point out things that make you happy, and encourage your kids to do the same—the positivity will be contagious!
- **Read stories focused around thankfulness, gratitude and generosity**: point out the moments when a character exhibits one of these characteristics, and ask or tell your kids when they have recently shown thankfulness, gratitude, or generosity.
- **Emphasize presence over presents**: make victories celebrations more about who you share them with rather than what they get for it
- **Share “roses and thorns” every day**: encourage your family to share what went well that day (roses) and what was hard (thorns)—show your kids there is something good even on the worst days!

Source: https://www.zerotothree.org/resources/2108-nurturing-gratitude

Share the love

Shop for your Valentine at smile.amazon.com and Amazon donates. You shop. Amazon donates.

Hands On, Minds On!

Want to learn more about the arts in early education? Or maybe how to advocate for early childhood needs? Register for our symposium or the pre-symposium!! Go to http://www.aeyc-sea.org/index.html for more info.

Thank you to thread and the Alaska Department of Education and Early Development for co-sponsoring AEYC’s annual symposium

Threaded Heart Paper Plate

What you’ll need:
- paper plate
- sheet of paper
- hole punch (or another way to punch holes in plate)
- pencil
- Thread, twine, yarn etc.
- Scissors

To Make:
Cut an 8 x 8 piece of paper from your scrap paper, fold in half, and cut a large heart out on the folded line. Trace your heart onto the plate and cut out about a 1/4″ larger than your traced line. Punch holes all along the edges with your hole puncher, with about 1/2″ space in between each punch. Weave the end of your twine in and out of your holes along the edge until you reach where you started and tie the two ends into a knot. Then weave a new piece of twine into the back of any hole and through the front of any hole across the front, weave through the back of the neighboring hole and repeat until your plate heart is filled up as much as you’d like.

Source: https://www.easypeasyandfun.com/heart-paper-plate-craft/
February 2019 What’s Going On?
Get out your highlighter and choose the events you want to attend this month!

SPECIAL EVENTS
2/1 Turf Night: 5-6:30pm, Dimond Park Field House. Hosted by Bartlett Beginnings
2/5 AEYC Open House: Come see AEYC’s new space! Refreshments and kids activities. 4:30-6:30pm. 3200 Hospital Drive Ste. 204 ♥
2/8 Turf Night: 5-6:30pm, Dimond Park Field House. Hosted by AWARE ♥
2/15 Turf Night: 5-6:30pm, Dimond Park Field House. Hosted by JUMPP ♥
2/21 Family Night at the Downtown Library: Light supper provided. 5:30-6:30pm, Downtown Library ♥
2/22 No Small Matter Film: FOR PARENTS, come watch this incredible documentary on the importance of early care and education. 7-8:30pm at Centennial Hall
2/23 Pool Party!: Celebrate Dimond Park Aquatic center’s third anniversary! 12-5:30pm, Dimond Park Aquatic Center. ♥

MONDAYS-FRIDAYS
Turf for Tots Program: Dimond Park Fieldhouse. 9am-1pm. $6/child. For more info: 523-4910.
Lunch Bunch: 11:15-1:00. Dimond Park Aquatic Center. For ages 7 years and younger. Info: 586-2782.

MONDAYS
Toddler Time Downtown Library: Come for games, songs, and activities along with a story. 10am. ♥
Toddler Time Valley Library: Come for games, songs, and activities along with a story. 11am. ♥

TUESDAYS
Children’s Life Skills Group: AWARE, 6pm-8pm. Info. 586-6623. ♥

WEDNESDAYS
Women, Infants & Children (WIC) Walk-In Clinic: Free nutrition services for income-eligible women who are pregnant, breastfeeding or just had a baby and for children ages 0-5. 9am-6pm, 3245 Hospital Dr. 1st floor. For more info call: 463-4099. ♥

THURSDAYS
Breastfeeding and Parenting Support Group: JHBC 9am-10am ♥

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

♥ means this event is FREE!

Imagination Library Early Learning

BOOK TITLE: Corduroy
AUTHOR: Don Freeman
AGE GROUP: 3

SUMMARY OF BOOK: A little girl sees a teddy bear she wants to buy. Over night, the bear has adventures in the store. The next day, the girl returns to buy the bear with money she’s saved in her piggy bank. She brings him home.

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. The title is Corduroy. Who do you think Corduroy is?
2. What do you notice about the bear on the cover?
3. Is the bear missing something? What do you think is going to happen?

DURING READING:
Ask these questions and anything else you come up with:
1. What kind of store do you think they are in? Have you been to a store like this?
2. When you go to a store, do you want to get things? Do you always get what you want? How do you think the girl feels?
3. How do you think it would feel to be in a new place and not know what anything is?

4. Do you have a stuffed animal that is your friend?

AFTER READING: (activity to extend book experience)
1. Have the child draw a picture of their friend and talk about their friend.
2. Have the child come up with an adventure for their friend while looking for something that is lost. It can be inside, outside, anywhere

**This activity created by students at the University of Alaska Anchorage.

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

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

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.