Kids in the Kitchen: Collard Roll-ups

Ingredients:
Collard leaves, olive oil, salt, beets or carrots (grated), avocado (mashed) or hummus, toasted nuts or seeds (optional), lemon or lime wedge

Instructions:
1. Use kitchen scissors to trim the thick part of the stem out of each collard leaf
2. Lay 1 leaf on a clean surface, underside up, drizzle with 1/2 tsp. olive oil and a pinch of salt. Rub the leaf until it looks shiny. Repeat with all leaves
3. Spread the mashed avocado or hummus over the center of each leaf, top with grated carrots or beets and nuts/seeds. Squeeze lemon or lime on top if desired.
4. Roll each leaf into a tight “log” and enjoy right away!

Source: https://www.chopchopfamily.org/recipe/collard-roll-ups

Kinder-Readiness: Learning to Write and Draw

Stage 1: Random Scribbling (15 months-2.5 years)
- Kids are just starting to figure out that their actions result in the lines and scribbles they see on the page. Expect big movements when creating and to see them hold the coloring tool in their fist. Taking in so many new senses (smell of the drawing tool, feeling of the material, visuals created), may be too much for some kids at first and that is ok!

Stage 2: Controlled Scribbling (2-3 years)
- As kids gain control over their muscles in their hands and fingers, their scribbles become more controlled. They may make the same mark over and over again on the page. Kids will begin to transition how they hold the drawing tool, moving it between their thumb and pointer finger.

Stage 3: Lines and Patterns (2.5 years to 3.5 years)
- Kids now understand that writing is made of these lines, etc. they have been creating! They know their drawings have the potential to convey meaning! While they may not write actual letters, they may write something down and tell you what it says—this is a key step toward reading and writing!

Stage 4: Pictures of Objects or People (3 years-5 years)
- Your child will soon start to plan what they want to draw before they start creating, and include more detail and control. Many early drawings of this kind stem from circles—so expect suns, people’s faces, etc. While this skill is developing, your child is learning symbolic thinking!

Stage 5: Letter and Word Practice (3 years-5 years)
- Kids will start to mimic letters in their name or even make up their own letters based on others they have seen. They start to grasp the fact that sometimes words are short or long and their writing mirrors this.

Source: https://www.zerotothree.org/resources/305-learning-to-write-and-draw

Cultural ReSource Corner:
Ways to teach your kids about Alaska Native culture, history and values.

Learn Tlingit words to use in your everyday life with:
“Colors” By Yarrow Vaara

For purchase at The SHI Store or website, www.sealaskaheritage.org.
They can also be found at our local libraries!

Early Learning Fair

Get your child geared up for Kindergarten at this fun and informative event!

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

Contact AEYC for more information, 789-1235.
Thursday, March 21st, 4:30-6:30 pm at the Valley Public Library
**FREE & Especially for children ages 3-5**

Salad Spinner Spin Art!

What You’ll Need:
- Salad Spinner
- Heavy Paper
- Washable Paint
- Scissors

Directions:
Cut the paper to fit in the salad spinner and place it inside. Squeeze poster paint onto the paper. Close the spinner and give it a spin! Open the spinner to admire your work and see if you want to add more colors. Clean the paint out of the spinner between creations!

Source: https://tinkerlab.com/salad-spinner-spin-art/
**March 2019 What’s Going On?**

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

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**SPECIAL EVENTS**

3/1/19 Polar Bear Rave: A place for parents, babies and kids to dance and have fun! 4-7pm Momma Says at the Mendenhall Mall.

3/2/19 Read Across Alaska!: Come learn about Alaskan authors, make crafts and eat cake! 10-Noon at the Valley Library.

3/8/19 Afternoon at the Turf!: Come run and play! Dimond Park Field House 2:30-4pm. Hosted by AEYC ☺

3/9/19 Youth Art Activity: Ages 6-9, call 465-2901 to register. Alaska State Museum 10am-Noon ☺

3/9/19 Mendenhall Minis–A Rock Friend for Me: Learn about rocks through a story and observational activities! Ages 3-5. Mendenhall Glacier Visitor Center 10:30-11am ☺

3/16/19 Rock Around the Blocks: Open play! They supply the blocks, you supply the creativity! Ages 7-11. Downtown Library 2-3:30pm ☺

3/21/19 Early Learning Fair: Esp. for kids age 3-5. 4:30-6:30pm at the Valley Library. Call 789-1235 for more info ☺

3/29/19 Afternoon at the Turf!: Come run and play! Dimond Park Field House 2:30-4pm. Hosted by AEYC ☺

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**MONDAYS-FRIDAYS**

Turf for Tots Program: Dimond Park Fieldhouse. 9am-1pm. $6/child. For more info: 523-4910. **Spring Break Hours May Differ**

Lunch Bunch: 11:15-1:00. Dimond Park Aquatic Center. For ages 7 years and younger. Info: 586-2782.

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**MONDAYS**


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**TODDLER EVENTS**

Toddler Time Downtown Library: Come for games, songs, and activities along with a story. 10am. Library Closed March 25th ☺

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**KIDS EVENTS**

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**Imagination Library Early Learning**

**BOOK TITLE:** A Place Called Kindergarten

**AUTHOR:** Jessica Harper

**AGE GROUP:** 5

**SUMMARY OF BOOK:** This is the exciting story about a boy named Tommy who goes to his first day of kindergarten and has to leave all his animal friends behind. His animal friends are really worried about him until he finally comes home that afternoon. Tommy then tells them all about what he learned at school that day.

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**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. What do you think this book will be about? (while showing your child the front cover of the book)
2. Have you ever been to a farm before? What did you see?
3. Can you tell me some of the letters of the alphabet?
4. What do you think it will be like on your first day of Kindergarten?

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**DURING READING:**

Ask these questions and anything else you come up with:

1. Why do you think Tommy came down to the barn every day?
2. How would you feel if one of your favorite people did not come to visit you when they were supposed to?

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**AFTER READING:**

1. Find different items in your house that start with the letters of the alphabet. Have your child identify the letters.
2. Have your child draw a picture of what it would look like if they were telling animals about their first day of school.
3. Pretend to be different animals with their different sounds

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**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!

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**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.**

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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