April is National Child Abuse Prevention Month

Check out the following link: https://www.alaskachildrenstrust.org/child-abuse-prevention-month to learn more and see how you can help make a difference!

Juneau, It’s Kindergarten Registration Time!

April 11th 1-5pm: Kindergarten Registration Day! For more info visit: https://www.juneauschools.org/

April 18th 5:30-6:30pm: Get Ready for Kindergarten Family Night at the Downtown Library! Kiddos will get a chance to hear stories about kindergarten and parents will get a chance to start the registration process with the help of a school district employee!

Spring Pinwheels

You will Need:
♦ Paper or cardstock
♦ Scissors
♦ Glue stick
♦ Crayons or markers
♦ Pencil with eraser
♦ Push pin

How to Make it:
1. Cut two identical squares from the paper/cardstock
2. Decorate the squares
3. Cut out the squares
4. Glue the squares together and let dry
5. Cut a diagonal line starting from each corner going halfway to the center of the square
6. Bring one tip to the center (see side image) this will be referred to as tip 1. You can hold it in place or glue it down
7. Bring tip 3 to the center, then tip 5
8. Insert a push pin in the center
9. Attach pinwheel to pencil by pushing the pin tip into the eraser

Source: https://www.firstpalette.com/craft/pinwheel.html

Kinder-Readiness: Developing Perseverance

What it is:
The ability to overcome obstacles and the desire to continue to work toward a goal or task even when challenges are involved.

Children typically start learning to persevere by doing something they are naturally skilled at, whether it be making puzzles, building with blocks, making art, etc. As they get better at doing this task, they start to persevere in areas where they may not be as skilled. The ability to stick with something despite facing obstacles is one of the most predictive social-emotional factors in terms of kindergarten readiness.

Ways you can help your child develop perseverance:
1. Read books together where characters overcome obstacles, like The Little Engine that Could.
2. Try to let your child fail sometimes. It may be hard, but do your best to not step in immediately if your child can’t figure something out– whether it be their jacket zipper, or a puzzle. When you think it is time to step in, ask first.
3. Remind your child that some tasks may not be completed all in one day– like learning to tie a shoe. Help them break it up into smaller goals.
4. Talk about the efforts that go into success. If you are watching a sports game with your child, tell them about how much practice athletes put in


Kids in the Kitchen: Blueberry-Banana Peanut Butter Bars

Ingredients:
♦ 1/3 cup honey ♦ 1/4 cup brown sugar ♦ 1/4 cup peanut butter ♦ 2 cups high-energy cereal made of strong flakes, crushed ♦ 1/2 cup dried blueberries ♦ 1/3 cup slivered almonds ♦ 1/4 cup banana chips ♦ 1/3 cup white or dark chocolate chips

To Make:
Break banana chips into small pieces, set aside. Heat honey and brown sugar in a large pot, simmer for 1 minute. Remove the pan from heat, stir in peanut butter. Add remaining ingredients, combine well. Coat the bottom and sides of 8-inch square pan with vegetable oil. Scoop mixture into the pan, pack down evenly. Freeze for 30 minutes. Transfer contents to a cutting board. Allow to return to room temperature and cut into bars. Wrap bars in waxed paper and store in Ziploc bags.

Source: https://outdoorfamiliesonline.com/kid-healthy-hiking-snack-ideas/
April 2019 What’s Going On?

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

SPECIAL EVENTS
4/5 Go Blue Day Rally for Child Abuse Prevention: Come out and wear blue to help raise awareness of this important issue— cupcakes, music, swag and more! 12-12:30pm on the Capitol steps. ☺
4/5 Family Night at the Turf: New toys, same fun! Dimond Park Field House, 5-6:30pm
4/6 Curiosity Unleashed— STEM for K-5 families: Hands-on STEM activities designed for kids in Kinder through 5th! Snacks and goodie bags! Dzantik’I Heeni Middle School, 10am-12:30pm ☺
4/6 JDHS Dance Team Kids Clinic: Learn fun routines, get a participation certificate and t-shirt! Friends & family show at 3pm., Some groups will get to perform at Showtime 2019! JDHS, 11am-4pm, $30 registration fee. Contact Kayla at dhsdance@jdhscdance.com
4/6 Spring Skating Show: Magic, Mystery and Mayhem! Tickets available through the JAHC, Hearthside Books, or Juneau Skating Club. Treadwell Arena, 3-5pm or 7-9pm.
4/11 Kindergarten Registration Day: Register at your neighborhood elementary school. Bring Immunization records and birth certificate. For kids turning 5 by September 1st 2019. 1
4/18 Family Night at the Downtown Library: This month is all about kindergarten! Come hear stories, and learn about kindergarten registration. Craft and light supper provided. 5:30-6:30 Downtown Library ☺
4/19 Family Night at the Turf: New toys, same fun! Dimond Park Field House, 5-6:30pm Hosted by Salmon Creek Head Start ☺
4/20 35th Annual Community Egg Hunt: Kids birth-10 can search for over 7,000 Easter eggs! Each participant gets a free gift! Pre-registration opens April 1st at Zach Gordon or on their website. Thunder Mountain High School, 10-11am. For more info call 586-2635. $5/child
4/26 Family Night at the Turf: New toys, same fun! Dimond Park Field House, 5-6:30pm. Hosted by Juneau Family Birth 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:
Toddler Time Valley Library:
TUESDAYS
Children’s Life Skills Group: AWARE, 6pm-8pm. Info. 586-6623. ☺
Parenting with Love and Logic: 6-7:30pm, every Tuesday through April 30th. Call 586-6623 to pre-register ☺
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. 5am-6pm, 3245 Hospital Dr. 1st floor. For more info call: 463-4099. ☺
THURSDAYS
Breastfeeding and Parenting Support Group: JFHC 9am-10am ☺
FRIDAYS
Spanish Playgroup: JFHC 2pm-3pm. Call 586-5765 or email info@juneaubirthcenter.org ☺
☺ means the event is FREE!

Imagination Library Early Learning Activity

BOOK TITLE: Whose Baby Am I?
AUTHOR: John Butler
AGE GROUP: Up to age 1
SUMMARY OF BOOK: A simple board book with pictures of an adorable baby animal on one page, and his parent on the next. Several of the animals are familiar to Alaska: seal, polar bear, owl
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. Look at the title and cover of the book together: “This is a polar bear cub, a baby polar bear.”
2. Take the opportunity to talk about babies, parents, mothers, fathers.
3. Introduce your baby to the features of a book: covers, pages, titles

DURING READING (Ask these questions):
1. Introduce your baby to the animals: would he have seen them? Do you have a name for the animal in another language?
2. Talk about size and big/little.
3. Some animals just get bigger, but some (like the sea) change color when they get older. Start a conversation with your child about him and you and your differences.
4. You might try introducing ideas about color or where the animals live.
5. Try making the sounds the animal might make.

AFTER READING (Activities to extend book experience):
1. When you encounter any animals from the book, remind your child about the book, and make connections back to reading it.
2. When you come across animals not in the book, talk to your child about whether they’re a parent or a baby, about what the baby might look like.
3. You could make up names for the animals, put them in a little story.
4. Try collecting pictures of other animals and their babies

**This activity was 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/imag -library.html. A big thanks to Volunteer Librarians 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.