Kids in the Kitchen: Zucchini Pizzas!

**Ingredients:**
- 2 medium-sized zucchini
- 1 tablespoon olive oil
- 3/4 cup tomato/marinara sauce
- 1 cup shredded mozzarella cheese

**To Make:**
1. Wash your hands!
2. Set a rack in the highest part of the oven, turn oven on and set heat to broil
3. Cover a baking sheet with aluminum foil
4. Cut zucchini into rounds (about 1/4 inch thick)
5. Spread zucchini on the baking sheet and lightly coat them with olive oil on each side
6. Put the baking sheet in the oven until the rounds begin browning (about 3 minutes)
7. Carefully turn the zucchini over and top with sauce and cheese, broil until cheese is melted
8. Remove from oven, let cool for a couple minutes and enjoy!

Source: https://www.chopchopfamily.org/recipe/zucchini-pizza-bites

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**Hungry Caterpillar Craft**

**You will Need:**
- green, red and black construction paper
- scissors
- glue
- stapler or tape
- marker
- googly eyes (x2)

**How to Make it:**
1. Cutting the “short” way on the paper, cut six strips of green paper and one of red paper
2. Using the strips, make a paper chain—make a circle with the paper and staple or tape the ends together, continue until all the paper is used. The red strip will be the head of the caterpillar, so make sure it’s at an end!
3. Cut antenna and a mouth out of your black construction paper (you can also draw on the mouth later with a marker if you’d prefer!)
4. Glue the mouth, antenna and googly eyes onto your caterpillar’s face, set aside to let it dry
5. Enjoy your new friend!

Source: https://www.thesprucecrafts.com/diy-caterpillar-craft-for-kids-4125131

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**thread Child Care Referrals**

Looking for child care? Try thread’s online search tool: http://threadalaska.org/index.cfm/Families/Child-Care-Referral-Services

Learn about program details like location, cost, and age ranges. thread also has many great resources to help you in your search including a Quality Guide, Interview Worksheet, and Child Care Assistance Calculator.

If you prefer to speak to someone about your child care needs please call the statewide referral line at 800.278.3723, Monday-Friday, 8:30am-5:00pm

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**Parenting Classes & Resources:**

Check out some of the great resources offered in Juneau! **some classes may require registration or payment**

- Bartlett Beginnings: https://www.bartletthospital.org/calendar/events/
- Juneau Family Health & Family Birth Center: https://www.juneaubirthcenter.org/calendar/events/
- AWARE: https://awareak.org/other-resources/news/
- Also offers kids programs: https://awareak.org/our-services/prevention/pathway-2-youth-engagement/

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**Kinder-Readiness: Practicing Self-regulation**

What it is:
The act of managing thoughts and feelings to enable goal-directed actions… for instance, finding ways to cope with strong feelings so they don’t become overwhelming; learning to focus and shift attention; and successfully controlling behaviors required to get along with others and work towards goals. (Promoting Self-Regulation In the First Five Years, UNC, Duke, OPRE)

Ways you can help your child practice self-regulation:

**Birth-12 Months:** Help babies learn to soothe themselves— Teach the babies in your care to calm themselves by staying calm yourself when they lose control. **Teach acceptable behaviors**— Tell and show babies what they can do, as well as what they can’t. If a baby is banging a toy on another child, stop them and show them where they can bang the toy, like the floor.

**12-24 Months:** Begin to teach children limits— Setting limits helps kids know what to expect. A child who has their crayons taken away when they write on a wall learns that they either write on paper or they can choose another activity. **Label and validate children’s feelings**— Letting kids know their feelings are understood helps them regain control. This doesn’t mean you give in to their demand. Saying, “I know you’re feeling x, but that doesn’t mean you can y. Let’s find another way to calm down”

**24-36 Months:** Give choices— Give kids options “Would you like to do x or y first?” If they really don’t have a choice, don’t offer one. Instead of “Are you ready for a nap?” Say, “It’s naptime. Which book do you want to read before lights out?” **Taking-Turn Games**— Take turns hitting a ball off a tee, or using a toy, this helps kids “practice” taking turns. This is a good skill for building strong friendships.

Source: zerotothree.org
Imagination Library Early Learning Activity

Book: The Gruffalo
Author: Julia Donaldson
Age Group: 3 years old

SUMMARY OF BOOK: A mouse is walking through the woods and keeps running into animals that would like to eat him. The mouse describes the Gruffalo, an imaginary creature he makes up to scare off the animals. But what happens if the Gruffalo is real, and the mouse runs into him?

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 kinds of animals live in the forest?
2. What things are found in a forest (trees, sticks, grass, flowers)?
3. Ask about the animals on the cover of the book. Can your child name them?

DURING READING- Ask these questions:
1. Why do the animals want the mouse to visit?
2. Why is the mouse surprised to meet the Gruffalo?
3. Why do the animals run away from the mouse and the Gruffalo?

4. Do you think the Gruffalo is real?
5. Point out the rhyming words. Pause at the end of a sentence and see if your child can complete the rhyme.

AFTER READING- Activities to extend book experience:
1. Walk outside and see what things your child can find that were in the book.
2. Have your child imagine her own Gruffalo. What would it look like?
3. Have your child tell a story about walking outside and what animals she might encounter. What can she hear first that would warn her a certain animal is ahead?
4. If she were telling Alaska animals what the Gruffalo’s favorite foods are, what would they be?

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

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.