**Kids in the Kitchen:**

**Healthy Summer Swaps**

- Swap burger buns for iceberg lettuce
- Make your own frozen treats! Try freezing blueberries, sliced kiwi, and grapes
- Instead of drinking fruit juice, eat the fruit instead
- Make your own trail mix with popcorn, whole grain cereal, and a handful of nuts
- Try ice cream sandwiches or fudgsicles instead of full fat ice cream
- Get some whole wheat graham crackers for your nights making s’mores

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**Kinder-Readiness:**

**Encouraging Curiosity**

Your kiddos are naturally curious, always exploring and trying to figure out why things are the way they are. As a parent, you can support their quest for knowledge and promote an interest in learning that will serve them well in kindergarten and beyond!

**Follow Your Child’s Lead:** Encourage natural interests, kids learn more doing activities that capture their imagination. If you see they like music, play music more, make music together with things around the house

**Answer their Questions Clearly and Simply:** When your kiddo asks a question, ask them what they think first then you can gauge what info they’re looking for. If you don’t know the answer, say so, teaching kids its okay to not know everything is important and gives you a chance to figure it out together.

**Ask Your Child Open-Ended Questions:** Get kids to elaborate, rather than asking yes or no questions, start questions with “tell me about…”

**Model Interest in the World:** Wonder aloud when spending time with your child

Source: https://www.zerotothree.org/resources/224-tips-on-nurturing-your-child-s-curiosity

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**Nature Collage!**

**You Will Need:**
1. Paper (construction or cardstock would be best)
2. Glue
3. Anything you can find outside that you want to add to your art!

**How To Make It:**
1. Get outside! Gather leaves, sticks, and whatever else catches your eye (and can stay glued to a piece of paper)
2. Lay out your pieces onto the paper to see how you want them to look
3. Glue each pieces down one at a time and enjoy your art!

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**Caregiver’s Self Care Corner:**

Whether you’re a parent, grandparent, extended family member, or friend, if you’re providing care for a child, you deserve to take some time for yourself too! Here are some tips from NAMI:

**Protect Your Physical Health**
- Practice good sleep hygiene— avoid screen time before bed, and take a 15-30 minute daytime nap if you need a recharge!
- Get up and move— whether it’s a quick walk around the block, or running around in the yard with the kiddos, anything helps!

**Take Time Away**

It may feel selfish, but spending time away from the kiddos in your life enables you to be more present when you’re with them. Here are some ideas:

- Have a monthly standing lunch with friends
- Create a special morning or nighttime routine for yourself when the kiddos are in bed, think of it as a “staycation”— read for 20 mins., do a face mask, listen to a guided meditation, do something just for YOU

**Practice Good Mental Habits**

- Notice the positive— write down tor point out the good parts of the day
- Know, and accept, your limits— abandon the idea of “doing it all”. Do what you CAN while still meeting your own needs, don’t be afraid to ask others for help, it’s not a sign of weakness!

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**Immunizations: Birth to Six Years**

If your child will be entering Kindergarten or Head Start this fall, the Juneau Public Health Center reminds you that they need to be current on their immunizations, including those for diphtheria, tetanus and pertussis; polio; measles, mumps and rubella and chicken pox. Check with their doctor or the Juneau Public Health Center at 465-3353 to find out what your child might need and to schedule an appointment.

For our friends in other SE communities, check in with your school district for immunization requirements and contact your doctor or local health clinic for info!
What's Going On, Juneau?
Get out your highlighter and choose the events you want to attend this summer!

SPECIAL EVENTS
Wednesday 6/5 Imagination Library Fundraiser: Stop by and donate to the amazing program serving over 1,500 kids throughout SE! Free book for those who stop by while supplies last. Bartlett Hospital cafeteria. 8am-2pm.
Thursday 6/20 Family Night with Juneau Drag: ☺
Saturday 6/22 & Sunday 6/23 Gold Rush Days: Celebrate past, present and future of mining and logging in AK. Food, crafts, carnival, gold panning, competitions and more! 8-5pm both days at Savikko Park 😊
Thursday 7/18 Family Night at the Douglas Library: Hosted by the Red Cross. Light supper and craft provided. 5:30-6:30pm 😊
Saturday 8/10 Back to School Kick Off Party: Bouncy houses, photo booth, snacks, music and plenty of fun! 1-3pm at the Dimond Park Field House. 😊

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.
Summer Lunch Program: June 3rd to August 9th, except July 4th holiday. Shepherd Of The Valley Lutheran Church 12:1-3:00pm. For youth 0-18 😊

MONDAYS
Toddler Time Downtown Library: 10-11am, especially for kids 0-2 😊
Toddler Time Valley Library: 11am-12:30pm, especially for kids 0-2😊

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. 😊
Rock Around the Blocks: Open build time. Downtown Library 11-12pm 😊

THURSDAYS

FRIDAYS
Valley Library Storytime: For kids ages 3-7. 11am Info: 789-0125. 😊
Spanish Playgroup: JFBC 2pm-3pm. Call 586-5765 or email info@juneaubirthcenter.org 😊
Summer Block Party: Music, games and fun for the whole family! The JAHC 5:30-7pm 😊

Other Opportunities to Check Out:
Juneau Signing Playgroup: a laid back drop-in meeting where Juneau families wishing to learn ASL can peer-teach, practice, and play! 😊
Circles of Security: 8 week class starting August 27th, dinner and child-care stipends provided! For more info email ROCKJuneau@gmail.com 😊
A Universe of Stories @ the Juneau Public Libraries: Contact the library to learn more about fun summer reading events! 😊
Dads 'n' Kiddos Play Group: Contact Bartlett Beginnings for more info! 😊

Imagination Library Early Learning Activity
Book: Mine-O-Saur
Author: Sudipta Bardhan-Quallen
Age Group: 2 Year Olds

SUMMARY OF BOOK:
The Mine-O-Saur has a problem with sharing. He takes the toys, snacks, and blocks and finally realizes those things are no fun without friends. When Mine-O-Saur learns to share, he gets the best thing of all: friends!

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 know about dinosaurs?
2. Have you ever played with someone who didn’t share? How did that make you feel?
3. What do you do when your friends aren’t sharing?
4. How do you share with your friends?

DURING READING- Ask these questions:
1. [After the first 2 pages] Do you think the dinosaurs are excited about seeing Mine-O-Saur?
2. Why did Mine-O-Saur have paint his project during snack?
3. What does Mine-O-Saur make out of the blocks?

AFTER READING- Activities to extend book experience:
1. Try making a collage with your child. Look through old magazines and newspapers for pictures of people sharing with each other.
2. Make sock puppets together—You can each design your own dinosaur out of an old sock. Ask your child to give their puppet a name and ask them why they chose it. You name your puppet and explain why you chose that name. Practice sharing with your puppets.

**This activity was created by students at The University of Tennessee at Chattanooga.

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/imagi -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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