Parents as Teachers!

Tips and tricks to create learning environments at home for infants and toddlers!

1. Create places to “find”: drawers and cabinets to open, baskets, Kleenex boxes
2. Make Discovery Baskets: Everyday items are often best!
3. Wonder: everything your child finds is new and exciting discovery so be sure to play along!
4. Play: You used to know how to do it, so just get down on the floor every day and watch to see what your child is interested in and follow their lead!
5. Big Movements Needs: toddlers are hard wired to move so think about areas that they can climb jump and move (Big throw pillows, small mat-tress to jump on, milk jugs with beans to pick up and carry etc.
6. Mirrors!: Children don’t start to possess self-recognition until around 18 months so until then, a mirror is like bringing over a play date.

Source: Parents as Teachers Resources

Kinder-Readiness:

Self-Confidence: the belief in your ability to master your body, behavior, and the challenges you encounter in the larger world.

How does self-confidence develop? Babies are born with no real sense of themselves as separate and distinct beings. They learn who they are primarily through their interactions and experiences with others. Primary caregivers—parents, relatives, caregivers, and teachers—reflect back to children their unique strengths and special attributes. In large part, a child’s sense of confidence is shaped and nurtured (or not) by those who care for them.

Ways you can help nurture self-confidence:

1. Help your child learn to be a problem solver. Help your child work through problems, but don’t always solve them for her.
2. Give your child responsibilities. Very young children can sort laundry with you, help feed pets, water plants, and pick up toys. Be specific about what is expected. Say, “Please put a napkin on each plate,” not “Help me set the table.”
3. Encourage your child to try and master tasks they are struggling with. Break down difficult tasks into manageable steps to help him feel in control, confident, and safe.
4. Celebrate Your Child’s Successes!

Source: https://www.zerotothree.org/resources/226-tips-on-helping-your-child-develop-confidence

Special Thanks:

• The Alaska Children’s Trust
• The Association of Alaska School Boards STEPS grant
• Tlingit and Haida Central Council
• AEYC
• ROCK Juneau

Because of these organizations, throughout the year, all across town, Juneau is able to offer a variety of parenting classes that nurtures and supports happy and safe family life.

Kids in the Kitchen:

Big Bird’s Seed Crackers

Ingredients:

♦ 1 cup white whole-wheat flour ♦ 1/2 teaspoon salt ♦ 1/2 cup water ♦ 1/4 cup olive or vegetable oil ♦ 1 cup shelled roasted pumpkin or sunflower seeds or a combination, finely chopped ♦ 1/4 cup sesame seeds

To Make:

Turn the oven on and set the heat to 350 degrees. Put the flour, salt, in the bowl and mix well. Add the water, oil, chopped seeds, and sesame seeds and mix well. Shape heaping teaspoons of dough into balls and place them 2 inches apart on the baking sheet (you don’t need to grease it first). Using the heel of your hand and your fingers, press down on the balls to make flat circles (they don’t need to be perfect). Put the pans in the oven and bake 20 minutes. Turn the heat off and leave the crackers in the oven until crisp, about 1 hour.

Source: https://chopchopfamily.org

Wild Hair Salon:

You will Need:

♦ Small disposable cup
♦ Dirt (enough to fill the cup)
♦ Grass seeds
♦ Items to decorate cup (markers, googly eyes, buttons, etc.)
♦ Glue

How to Make it:

1. Decorate your cup to create your creature.
2. Fill your cup almost to the top with dirt.
3. Add water so the dirt is damp.
4. Place a layer of grass seeds on top of the wet dirt.
5. Add a bit more water so the seeds are damp.
6. Place your creatures in a sunny spot and water them regularly until the hair grows. It takes about 1-2 weeks depending on the seeds and conditions.
7. Once grown, you can give your creature a hair cut!

Source: https://www.giftofcuriosity.com/wild-hair-creature-salon/
SPECIAL EVENTS
9/2 Childbirth Education: 6pm-8pm. Juneau Family Health and Birth Center.
9/6 First Friday: Come out join local businesses, organizations, artists, and the public for a free community event the first Friday of every month. This event runs from 4:30pm-7:00pm.
97 Training for new Girls on the Run coaches: At AWARE 9-4. Contact Heidi Davis heidid@awareak.org or 586-4902 to sign up.
97’s Dads n Kiddos Play Group: This fathers’ group gives Dad time with their infants and/or toddlers in a safe, fun atmosphere. Sponsored by BRH. Northern Lights Church, 400 W. 11th St, 9-11am. Info: 796-8975
97 Preschool and Parent Painting: Preschool age children and their guardians will discover inventive and traditional ways to paint. For this class, adult and preschooler must enroll together. Enroll at Juneau Arts & Humanities Council Website. 10am-11:00am
97 ASL Playgroup: 11am-12pm/1:00pm. Call 586-5765 or email info@juneaubirthcenter.org
9/14 Training for new Boys on the Run I toowo klatsee coaches: At AWARE 9-4. Contact Heidi Davis heidid@awareak.org or 586-4902 to sign up.
MONDAYS-Fridays
Turf for Tots Program: Dimond Park Fieldhouse. 9am-1pm. $6/child. For more info: 523-4910.

Be sure to check out the AEYC-SEA Facebook Page for more fun events this September!

Imagination Library Early Learning Activity

BOOK TITLE: ABC Look at Me
AUTHOR: Roberta Grobel Intrater
AGE GROUP: Up to age 1
SUMMARY OF BOOK: This is a wonderful book for teaching a child the alphabet. The book starts with A and ends with Z, showing children an example of a mood that each letter stands for. It starts out with “A is for angry” and ends with “Z is for zany.”

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 the following activity):
1. Take a “picture walk” through the book, looking at the pictures and talking about the faces of the babies and what they are doing. “Those babies look happy.” “I wonder why they are happy.”

DURING READING (Ask these questions):
1. Ask your child to point to a particular picture on the page. (Where is the Bashful Baby with her hands over her eyes?)
2. Ask your child to mimic the actions of the babies. (Can you send a Loving kiss?)
3. Relate your child’s experience to the pictures. (Ouch —he has a boo-boo. Where is your boo-boo?)

AFTER READING (Activities to extend book experience):
1. Sing the alphabet song at the end of the book and shout hooray with your child!
2. Point out letters in the environment — in your home (cereal boxes, toys, magazines, etc.) and as you go out in the community.

**This activity was created by students at the University of Alaska Anchorage**
Find more activities like this at www.bestbeginningsalaska.org

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!

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.

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