Thanks CBJ for having HEARTS for kids!

Thanks to education awards offered to early childhood educators funded through CBJ, more kids in child care have a teacher that stays! Child care programs in Juneau benefit from a more stable and qualified workforce. Take a moment to thank the Mayor and Assembly for moving forward toward increased quality affordable child care so Juneau and its families can thrive.

Email boroughassembly@juneau.org.

Cheerios Bird Feeders

What you’ll need:

- Cheerios
- Floral Wire or Pipe Cleaners

To Make:

Bend wire or pip cleaners into a heart shape. Add Cheerios to the wire/pipe cleaners. Once full, carefully twist the ends to seal the shape. Add a ribbon for hanging and your done!

Source: https://www.redtedart.com/easy-bird-feeders-cheerio-bird-feeders/?ref=pcrorganicgglunkwn&prid=pcseoggjunkwn

Child Development Tip: Developing Thinking Skills

Fostering feelings of gratitude can transform our outlook on life and help us focus more on the good, than on the negative, news in our lives. But like anything else, gratitude requires practice. Here are some ideas on how to model gratitude and create family traditions that focus on values of thankfulness and generosity:

- Show appreciation to your children: tell your kiddos what you appreciate about them, appreciation is a powerful motivator.
- Show appreciation for others: model kindness, generosity and gratefulness in your interactions, kids notice these things!
- Use the word "grateful": point out things that make you happy, and encourage your kids to do the same— the positivity will be contagious!
- Read stories focused around thankfulness, gratitude and generosity: point out the moments when a character exhibits one of these characteristics, and ask or tell your kids when they have recently shown thankfulness, gratitude, or generosity.
- Emphasize presence over presents: make victories celebrations more about who you share them with rather than what they get for it.
- Share “roses and thorns” every day: encourage your family to share what went well that day (roses and what was hard (thorns)- show your kids there is something good even on the worst days!

Source: https://www.zerotothree.org/resources/2108-nurturing-gratitude

Circles of Security Parenting Classes

Thanks to grants from Alaska Children’s Trust and the Alaska School Boards (STEPS), over 100 parents are reporting less stress, more confidence, and enjoyment of parenting. Check out the www.ROCKJuneau.org calendar of free parenting classes and sign up – you and your child will be glad you did! Circles of Security and Motherhood is Sacred / Fatherhood is Sacred classes are hosted throughout the year all around town, and usually include a free dinner too!

Early Learning Fair

Thursday, February 20th 4:30-6:30pm
Mendenhall Valley Public Library

A FREE event especially for children ages 3-5!

- ★ Get Ready For Kindergarten!
- ★ Fun Learning activities for kids!
- ★ Resources for parents!
- ★ Immunizations available, bring your shot record!
- ★ Free vision and hearing screening!
- ★ PRIZES

Kids in the Kitchen: Baked Apple French Toast

Ingredients

- 1 teaspoon vegetable oil (for the foil)
- 6 large eggs
- 5 1/2 cups milk
- 2 tablespoons maple syrup (plus extra for serving)
- 1 teaspoon vanilla extract
- pinch kosher salt
- 8 slices whole-wheat bread (preferably day-old sandwich or bakery bread, cut into 1-inch squares)
- 2 tablespoons unsalted butter
- 3 apples (peeled, cored, quartered, and thinly sliced)
- 2 teaspoons ground cinnamon

To Make:

Turn the oven on and set the heat to 375 degrees. Use the oil to grease the foil. Place the apples in a skillet, then the butter, and, when it has melted, add the apples and cinnamon. Cook until the apples are tender and caramelized, about 7 minutes. Put the bread cubes and push the cubes down until the bread has soaked up most of the liquid, about 2 minutes. Set aside to finish soaking while the apples are cooking. Put the skillet on the stove and turn the heat to medium-low. Add the butter and, when it has melted, add the apples and cinnamon. Cook until the apples are tender and caramelized, about 7 minutes. Put the bread mixture on top of the apples and, using the spatula, press down so that the mixture is flat. Carefully cover with the aluminum foil (the skillet will be hot, so this is a job for an adult). Once the oven temperature has reached 375 degrees, put the skillet in the oven and bake until the mixture is set, about 45 minutes. Serve right away, drizzled with maple syrup.

Source: https://www.chopchopfamily.org/recipe/baked-apple-french-toast
SPECIAL EVENTS

2/1 Dads n’ Kiddos Play: 9-11am Northern Lights Church, 400 W. 11th St, Juneau. Info: 907.796.8975

2/1 ASL Playgroup: 11am-12pm. Info: christine@juneaubirthcenter.org

2/3 Healthy Pregnancy Seminar: 5:30-7pm Robert Vaillant Admin Building, Frist Floor. Info: 907.796.8975

2/7 Turf Night: 5-6:30pm, Dimond Park Field House. Hosted by Bartlett Beginnings

2/8 Breastfeeding Café: JFBC , 1-2pm 9am-10am

2/10 Breastfeeding Success and Newborn Care & Safety Class: 6-8:30pm, Robert F. Vaillant Center/Administration Building. Info: 907.796.8975 Register at bartlettospital.org

2/11 Infant Massage: 12:55-1:55pm, Robert F. Vaillant Center/Admin Building. Info: 907.796.8975. Register at bartlettospital.org

2/15 ASL Playgroup: 11am-12pm. Info: christine@juneaubirthcenter.org

2/20 Early Learning Fair: Mendenhall Valley Library 4:30-6:30

2/21 Turf Night: 5-6:30pm, Dimond Park Field House. Hosted by JYS

2/26 Breastfeeding Café: JFBC , 1-2pm 9am-10am

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: 586-2762.

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

BOOK TITLE: Grandfather Buffalo

AUTHOR: Jim Arnosky

AGE GROUP: 4

SUMMARY OF BOOK: This book is about a wise, old buffalo named Grandfather Buffalo who is lonely. One day he meets a female buffalo that is about to have a baby buffalo. Grandfather Buffalo stays with the soon-to-be mother and protects her along their journey. After the calf is born, they all look after each other like family, and Grandfather Buffalo is no longer alone.

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. Tell me what you know about buffalos.
2. Where do you think buffalos might live?
3. Take a “picture walk” through the book and talk about the illustrations before reading the book.

DURING READING:

Ask these questions and anything else you come up with:

1. What are the names of the other animals you see in the book? Have you ever seen any of these animals up close before? If so, where?
2. Why do you think Grandfather Buffalo wants to be the young calf’s friend?
3. Why is it important for the members of a buffalo herd to travel together instead of alone?

AFTER READING: (activity to extend book experience)

1. Encourage your child to talk about what he/she has done with a grandfather or older adult family member.
2. Create a memory book of pictures or drawings of things they have done together.

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

MONDAYS


Toddler Time Downtown Library: 10-11am.

Toddler Time Valley Library: 11-11:30am.

Motherhood is Sacred at TANF: 5-7:30pm. Info: 463-7167.

TUESDAY

Toddler Tuesday: Zach Gordon. 11:30-12:30pm

Circle of Security at AEYC: 5:30-8pm. Info: ROCKJuneau@gmail.com, or call 907-209-7393.

WEDNESDAYS

Women, Infants & Children (WIC) Walk-In Clinic: 9am-6pm, 3245 Hospital Dr. 1st floor. For more info call: 463-4099.

Prenatal Yoga: 5:30pm-6:45pm. Pre-registration is encouraged. info@juneaubirthcenter.org

THURSDAYS


FRIDAYS


SATURDAYS

Kindermusik ages 0-3: JFBC. Pregestration required at jayne.kindermusik.com. 9:45-10:45am.

ASL Playgroup: JFBC. 11am-12pm.

** means this event is FREE!

Imagination Library Early Learning Activity

DURING READING:

Ask these questions and anything else you come up with:

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3. Why is it important for the members of a buffalo herd to travel together instead of alone?

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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!

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.