**Egg Carton Penguin**

You will Need:
- Tacky glue • Orange Felt • Scissors • Googly eyes • Black paint • White paint • Cardboard Egg Carton

How to Make it:
1. Break apart the egg carton cups.
2. Paint the entire egg cups black except for the “belly” paint that white.
3. Cut the felt into a small heart shape and glue to the egg carton
4. Cut a triangle out of the felt and glue to the “face” along with the googly eyes.

**Jiggling Juice**

Ingredients
- 2 cups real (100%) fruit juice (NOT mango, papaya, kiwi, or fresh pineapple)
- 6 Golden Delicious, Granny Smith, or Macintosh Apples
- 1 envelope unflavored gelatin (which you can find at the supermarket, near the other gelatin desserts)
- 1/4 ounce envelope of gelatin

To Make:
Put 1/2 cup fruit juice in the bowl and sprinkle the gelatin over it. This is called “blooming” the gelatin, and it makes it easier to dissolve later. Put the rest of the juice in the pot and put the pot on the stove. Turn the heat medium and bring the juice just to a boil. Carefully pour the boiling juice over the gelatin mixture and stir until the gelatin dissolves, about 2 minutes. Put 1/4 cup fruit in each glass or bowl, then add 1/2 cup of the gelatin mixture. Refrigerate until firm, about 4 hours.

**Kinder-Readiness:**

Self-control: being able to express and cope with strong emotions in appropriate ways

Birth - 12 Months. Babies have very little self-control. They naturally act on thoughts and feelings without the ability to stop themselves. With sensitive guidance from parents and caregivers, they can begin to learn to manage their feelings and actions.
- Help your child to soothe themselves
- Teach acceptable behaviors

12-24 Months. Toddlers have minds of their own and strong feelings that they express with gusto. “No!” becomes a favorite word and a powerful way to assert their independence. At the same time, toddlers can become easily frustrated because there are still many things that they want to do but cannot. Routines are especially helpful now as they make children feel secure at a time when they can feel very out of control.
- Give your child opportunities to choose
- Label and recognizes your child’s feelings

24-36 Months. Older toddlers are still unable to stop themselves from acting on their desires. Again, recognizing their feelings and suggesting other ways they can express themselves is still the best response at this age. As they grow, encourage them to think about what else they can do—throw the balls into the laundry basket instead of at the wall. The ability to substitute an acceptable action for one that is not acceptable is essential for functioning well in school.
- Give your child opportunities to choose
- Help your child learn to wait

**Curiosity Unleashed**

STEAM
Science Technology Engineering Art and Math!
A Free Event for K-5 Families
Join us for 50+ hands-on STEAM activities plus a special interactive Artful Thinking Presentation designed for families!
- When: Monday, January 27th
- Where: Thunder Mountain High School
- Time: 5-7pm (Come any time!)

Discover, explore, and be curious with your child!

**Reading Warriors**

BLOCK Foundation $5,000
Douglas Dornan Foundation, Juneau Community Foundation $1,500
These cover 2 months of books for all 1500 children enrolled in 15 Southeast communities! And endless thanks to Best Beginnings for providing our foundational matching grant which is the mainstay of the program.

Thank you for your support!

**Kids in the Kitchen:**

Jiggling Juice

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**Pick. Click. Give!**

When you file for your PFD, why not donate to AEYC? All donations go toward supporting the Dolly Parton Imagination Library in Southeast Alaska.


Happy New Year! Happy New Decade!
January 2020 What's Going On?
Get out your highlighter and choose the events you want to attend this month!

SPECIAL EVENTS
1/3 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. ☺
1/4 Kindness Festival: Elizabeth Peratrovich Hall downtown, Hosted by R.O.C.K. Juneau, 12 noon to 4pm. ☺
1/4 Dads n Kiddos Play Group: 9-11am. Sponsored by BRH. Northern Lights Church, 400 W. 11th St. Info: 796-8975 ☺
1/4 ASL Playgroup: 11am-12pm. Call 586-5765 or email info@juneaubirthcenter.org ☺
1/6 Bartlett Beginnings Toddler Play Group: 9:30-11am. N. Lights Church 400 W. 11th St. Info: 796-8975 ☺
1/6 Healthy Pregnancy: 5:30pm–7pm. Robert Valliant Administration Building, First Floor, Register at bartletthospital.org, Info: 907.796.8975 ☺
1/9 Childbirth Preparation: 12:42pm–3:12pm. Robert Valliant Administration Building, First Floor, Register at bartletthospital.org, Info: 907.796.8975 ☺
1/10 Turf Night 5-6:30, Dimond Park Field House. Hosted by PAT (parents as teachers) ☺
1/16 Family Night at the Library: Valley Library, 5:30-8pm. ☺
1/18 ASL Playgroup: 11am-12pm. Call 586-5765 or email info@juneaubirthcenter.org ☺
1/22 Just for Dads: 6pm–8:30pm. Robert Valliant Administration Building, First Floor, Register at bartletthospital.org, Info: 907.796.8975 ☺
1/27 Curiosity Unleashed: STEAM for K-5 Families: 5:00-7:00 PM. Thunder Mountain High School. ☺

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

MONDAYS-FRIDAYS
Turf for Tots Program: Dimond Park Fieldhouse. 9am-1pm. $6/child. For more info: 523-4910.
Lunch Brunch: Dimond Park Aquatic Center. For ages 8 years and younger, 11:15am-1:00pm. For more info:586-2782.

MONDAYS
Toddler Time Downtown Library: downtown large meeting room, 10am-11am. ☺
Toddler Time Valley Library: Valley open seating area, 11am-11:30am. ☺
Motherhood is Sacred: 5pm-7:30pm. 3075 Vintage Blvd. Info: 463-7167 or 463-7161 ☺

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. ☺

THURSDAYS
Baby Parent Time: Main floor of the Robert F. Vaillant Center/Admin. Building, 12pm–1:30pm. Info: 796-8422. ☺
Fatherhood is Sacred: 5pm-8pm. Andrew Hope Building (320 W. Willoughby Avenue, Second Floor). Info: 463-7197. Ends the 16th. ☺

FRIDAYS

Saturdays

☺ means the event is FREE!

Imagination Library Early Learning Activity

BOOK TITLE: The Snowy Day
AUTHOR: Ezra Jack Keats
AGE GROUP: Age 4
SUMMARY OF BOOK: Peter has lots of adventures in the snow on a winter’s day.

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. Talk with your child about the cover of the book. Predict what this story is going to be about.
2. Talk about how the world looks with snow, what snow feels like, and what kind of clothes you have to wear in the winter.
3. Ask your child what he/she likes to do in the snow.

DURING READING (Ask these questions):
Talk about each of the things that Peter does in the snow. Imagine that your child is Peter and add more details:
1. How would the snow feel when it lands on your head?
2. How does a mountain climber climb?

AFTER READING (Activities to extend book experience):
1. Talk about all the different games you can play outside. Talk about how these games change according to the weather
2. You may use pictures of different kinds of weather to help the discussion —a windy day, a rainy day, a hot and sunny day. Brainstorm with your child all the different kinds of things you can do outside on these days. Remember, in the book the boy used simple things like a stick.

**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/imaginationsantasy.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