

JuneauFamilies.org

Family Resource Bulletin | March, 2023

Loving Yourself as You Are (There's No Such Thing as a Perfect Parent)



Accepting yourself as an imperfect parent

It can be a struggle to love someone exactly as they are. This is especially true when we think about loving ourselves. Loving ourselves as frazzled parents, tired caregivers, or stressed early childhood professionals is hard. We feel pressure. We are moving fast to try and keep up and often don't have enough time, resources or

support to manage it all. Too often we tell ourselves things like, "I should be able to deal with this," or "I'm a terrible parent for reacting that way."

What do you say to yourself when you're struggling or make a mistake? Are you harsh and judgmental? Do you expect to be the perfect parent, all the time?

Accepting who we are in moments of stress or uncertainty does not mean that we give up on reaching new goals or learning new skills. Accepting ourselves in the moment – just as we are – means honoring that we are imperfect—as humans and as parents. This means understanding that missteps are a natural part of learning. It means recognizing we all have limitations and vulnerabilities. In the face of this understanding, we can choose to treat ourselves with kindness and encouragement, even love. Loving ourselves as we are helps us recognize that in any given moment, we are doing the best we can with what we have.

Why self-love matters

Research shows that being self-compassionate leads to:

- Increased motivation,
- More recognition of what we can improve on or get better at, and
- Less depression, anxiety, and stress.

When we are compassionate with ourselves, we also spend less time caught up in our own emotions. We are more available to be there for others. We feel more peace and are more able to respond with warmth and care towards our children.

Try this the next time you notice you are being critical with yourself:

- 1) Pause.
- 2) Take a long breath.
- 3) Identify the emotion you are feeling – anger, fear, shame, frustration, sadness, etc.
- 4) Notice one sensation in your body that is helping you recognize this emotion – my chest is tight, I feel nauseous, my hands are tingling.
- 5) Gently give yourself a gesture of comfort – place your hand on your heart or chest, hold your hands together, or give yourself a hug. For example, if you notice your chest is tight, you might place your hand on your heart. This gesture acknowledges the stress or hurt you are feeling. It also recognizes the intention to show yourself compassion.
- 6) Finally, give yourself support by saying or thinking of an encouraging phrase. Come up with a one that feels supportive to you:
 - "May I care for myself in this moment?"
 - "I can give myself what I need."
 - "I've done my best, I let go of the rest."
 - "I'm ok just as I am."

While this process may not feel "natural" the first few times you try it, over time, showing yourself love and compassion can become a powerful strategy to help yourself feel calm and cared for—even in your toughest moments.

By Maria Gehl. For more articles like this please visit www.zerotothree.org

Preschool Family Night at the Turf

There will be two turf events in March: 3/10/23 and 3/24/23 from 5-6:30 pm.

The event is Free, open to families with children ages 0-5, and located at the Dimond Park Field House, 2961 Riverside Drive. This opportunity is made possible in part through support from thread and through the City and Borough of Juneau Youth Activities grant that is funded with public dollars. Thank you thread! Thank you CBJ!



Kids in the Kitchen

Roasted Root Veggies

Kitchen Gear

Cutting board
Sharp knife (adult needed)
Measuring spoons
Large bowl
Rimmed baking sheet
Large spoon or spatula

Ingredients

1 red onion, diced
2 carrots, diced
2 russet potatoes or sweet potatoes (or a combination), scrubbed and diced
1 tablespoon olive oil
1/2 teaspoon salt
1/4 teaspoon black pepper



Instructions

Turn the oven on and set the heat to 425 degrees.

Put the onion, carrots, potatoes, olive oil, salt, and pepper in the bowl and mix well.

Dump the contents of the bowl onto the baking sheet, making sure the vegetables are in a single layer, not crowded on top of each other.

Put the baking sheet in the oven and bake until the vegetables are deeply colored on the outside and tender inside, about 45 minutes.

Serve right away or cover and refrigerate up to 2 days.

For more delicious recipe ideas visit www.chopchopfamily.org

Join the Child Care Coalition of Alaska!

YOU can help advocate for equitable funding increases for child care workers and keep child care spots available to families. Visit the [website](#) to learn more about the coalition and its [mission](#), and look for the "Join Us!" link at the bottom of the homepage to stay connected with updates and virtual meetings to be held in the near future.

This coalition aims to assure that those who are directly impacted by the child care system have a voice at the table.



seaaeyc

Southeast Alaska Association for the Education of Young Children



BEST BEGINNINGS
Alaska's Early Childhood Investment



Juneau
Partnerships
for Families & Children

thread

United Way
United Way of Southeast Alaska
Partner Agency

Active Play

Did you know that young children need 120 minutes of active play each day? Sometimes it can be challenging to get outside for activities. Here are some active play ideas to try indoors. Pro tip, join your child in the fun. You'll be modeling good self-care and getting some exercise for yourself as well!

Parade

The point of a parade is something near and dear to a toddler's heart—showing off and celebrating. So anytime you have cause, put on some marching music and go. New shoes, potty training success, or mastering a new skill? These are all reasons to happily strut through all the rooms of the house. Or, you can play dress up and have a parade as part of the experience. If your child knows or is learning how to gallop, skip, or hop, incorporate these moves into your parade too. To make your parade even more enjoyable, help your child decorate a banner or sign to carry. Then arrange a crowd of stuffed animals to watch, and wave to them as you parade past.

Find the Timer

Hide a ticking kitchen timer set to 5 minutes. Your toddler should be able to detect the ticking noise getting louder as they get closer. The object of the game is to find the timer before it goes off, so try to set them up for success by choosing a hiding spot they are likely to find. You can also indicate closeness by saying "hotter/colder" or by clapping faster or slower as they approach the object.

Painter's Tape

The wonderful thing about painter's tape is that you can stick it to floors and walls without worry of it damaging the surfaces. Plus, it is usually blue and can be easy for toddlers to see. Use your painter's tape to create a hopscotch game in the hallway. Or, you can create different lines on the floor and have your toddler try to walk along them without falling off. Pretend that the floor around the painter's tape is water and that they do not want to fall in. You can even use painter's tape to create a bullseye on the wall and have your toddler throw crumpled paper at the target. See how many times they can hit the target.

For more ideas like these visit www.verywellfamily.com

Bartlett Beginnings Opportunities

Bartlett has so many offerings for families with babies. Please register for the groups you plan to attend by contacting Sara Gress, 907-796-8975 or sgress@bartlethospital.org, on the [Bartlett Calendar](#) website, or through [Bartlett Baby & Toddler Group Facebook Page](#).

Bartlett Baby-Parent Time

Every Thursday 12-1:30pm, in-person @ Bartlett Regional Hospital

Parents of Toddler Group

Mondays from 11 am-12:30 pm at the Gymnastics Academy

Dads & Kiddos Play Group

First Saturday of every month, meet as an outside walk and/play group. Details of location and time available via email sgress@bartlethospital.org or through [Bartlett Baby & Toddler Group Facebook Page](#).

Pregnancy & Infant Loss Support Group

Last Wednesday of the month, from 6:00-7:00 pm via Zoom. Contact Sara Gress for more information and a link to the meeting.

"Real Talk" Mothers' Support Group

Last Wednesday of the month, from 7:00-8:00 pm via Zoom. Contact Sara Gress for more information and a link to the meeting.



Pick.Click.Give

Have you applied for your PFD yet? When you do, please keep us in mind.

Did you know, that YOUR charitable contributions keep the Dolly Parton Imagine Library open in Southeast? It's true! We rely on YOU to help us get free books into the hands of over 1200 children per month ages 0-5.

So please, pick, click, and give, to AEYC. You can find our page and instructions for giving [HERE](#).



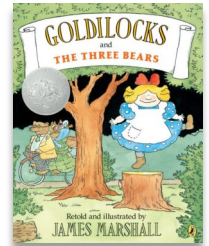
Imagination Library

Book Title: Goldilocks and the Three Bears

Author: James Marshall

In this retelling of a favorite tale, Goldilocks tries out some things she finds in the house of the three bears.

- This story may be familiar, so when you read the word Goldilocks in the title, ask your child who the other characters in the story might be before reading the rest of the title.
- When Goldilocks tries out different items in the story, ask your child if each one is going to be just right. Do they notice a pattern?
- Ask your child questions about the story.
 - At the beginning of the story, what was Goldilocks supposed to be doing when she left her house? Did she follow her mother's instructions? What did she do instead?



For additional literacy activities and parenting resources, visit <https://www.bestbeginningsalaska.org/>.

Seeking Support?

If you are seeking support and information for your family, reach out to [Help Me Grow AK](#). Their Family Support Specialists can help you navigate and connect you with resources statewide. Including child health and development, social and emotional resources, and prenatal care. You can reach a specialist at [1-833-HMG-ALASKA](tel:1-833-HMG-ALASKA).



thread Child Care Referrals and Child Care Assistance

Looking for child care? thread is ready to help you find the care your family needs. Try thread's online search tool at threadalaska.org/search. A quick search by child care program name or location gives you details like cost and ages served. For a free referral with a thread Specialist, call 800.278.3723, from 8 am - 4:30 pm, Monday-Friday. You'll receive tools and resources to assist with your search for quality care. thread also administers the Child Care Assistance Program to help eligible families cover the cost of care. For more information, call 855.479.2212 or email threadCCA@thrivalaska.com.



Your Dollars Make a Difference - Donate to 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 volunteers Trish Custard and Cora Brunette for giving their time to enroll children.



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 at www.juneaufamilies.org.

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.