

Juneau Parent Bulletin

April, 2024

Ready or Not Kindergarten, Here We Come!

While many of us focus on the basics of letter and number recognition or reading skills, kindergarten readiness encompasses more than a few isolated skills. We need to look at the whole child and all the skills and strengths each child has developed. That's what makes them unique. As an example, Sasha may love books and have exceptional reading abilities, but she struggles with shyness that prevents her from engaging with other children. Joshua might be very strong socially but still has difficulty holding and using a pencil correctly. Emma can do both these things, but she can be very silly and wiggly and gets distracted in group settings. Despite these differences, all of these children are ready for school.

Here are some tips to help you prepare your child for Kindergarten:

- **Help him to develop independence at home.** Encourage your child to dress himself, take his coat on and off and hang it up, use the bathroom without assistance and wash his hands without constant reminders, and put on his own shoes. Provide serving spoons so your child can serve himself at the table and clear his own dishes. These skills will take him from the coatroom to the lunchroom and beyond.
- **Focus on self-help skills.** Your child should know how to wipe her face after lunch without prompting and blow her nose without assistance. But be sure she is also comfortable asking an adult for help when necessary.
- **Teach responsibility.** Start transferring small responsibilities over to your child, if you haven't already. After a family trip to the pool, you might put your child in charge of emptying the backpack, refilling the water bottles, or hanging up his wet swimsuit. Even when it may be easier for you to complete these tasks, let him accept the responsibility.
- **Develop and follow routines.** Set up morning routines that will transfer into a school setting. Getting up around the same time every day, getting dressed, and having an early breakfast together is a great way to transition to school.
- **Read aloud to your child.** Get your child a library card, take her to the library to check out books, and be sure to read to your child every day. Read a variety of books, read the captions under pictures in the newspaper, even share the comics. Just read!
- **Engage her in meaningful literacy activities.** Encourage your child to help you with thank you cards, shopping lists, or notes. They may start with scribbles or pictures, move into scattered letters, and finally some recognizable words as they enter school. Appreciate their attempts and watch their skills develop with practice.
- **Acknowledge his feelings.** Avoid talking about school too much, or wait until the end of summer is near. Your child may express being nervous, not wanting to go or, alternately, feeling very excited to start school. Whatever they feel, take time to appreciate where they are.

Rather than worry about whether your child is ready to read and write, think about his or her skills as a whole. What can they do well that will help them succeed? The quiet child who has reading abilities will find her way to the social butterfly that needs help writing his name. The silly, wiggly child will find a spot as the classroom helper. Rest assured, they will all navigate kindergarten together.

Article by Tracy Galuski. For more articles about Kindergarten Readiness, please visit www.naeyc.org.

Kindergarten Registration!

Do you have a child in your life who will be 5 years old by September 1st, 2024? NOW is the time to register your child for Kindergarten! Registering now helps the Juneau School District to be prepared to welcome your child on the first day of school.

Kindergarten Registration Day: April 18th, 2024

Register at your neighborhood elementary school. **Bring immunization records and birth certificate.** Questions? Please visit www.juneauschools.org or call your neighborhood elementary school.

For tips and resources to help your child transition to Kindergarten, visit our Ready for Kindergarten [webpage](#).



Register Now for the Dolly Dash!

Join SEAAEYC for a boot-scootin' good time at **The Dolly Dash 1k/5k Family Fun Run** fundraiser for the Dolly Parton Imagination Library, locally sponsored by SEAAEYC. All ages are welcome to participate! Participants, please register at <https://www.raceentry.com/the-dolly-dash-1k5k-family-fun-run/race-information>. If you would like to sponsor this event, please visit https://www.paypal.com/donate/?hosted_button_id=G6X2KJUB94HTA.

When: Saturday, June 8th, 2024. Run starts at 10:00am, registration begins at 9:00am.

Where: Airport Dike Trail
2010 Radcliffe Rd, Juneau, AK 99801



FREE EARLY LEARNING FAIR!

FRIDAY, APRIL 26TH, 2024
4:00 PM - 7:00 PM
DIMOND PARK FIELD HOUSE



THANK YOU TO OUR
CO-SPONSOR,
BABY RAVEN READS!

THIS FUN AND FREE EVENT IS FOR FAMILIES WITH CHILDREN AGES 0-5, WITH A SPECIAL FOCUS ON GETTING READY FOR KINDERGARTEN! THIS EVENT WILL PROVIDE:

- SIGN UP FOR KINDERGARTEN - BRING SHOT RECORDS AND BIRTH CERTIFICATE
- RESOURCES FOR PARENTS - CHILD CARE OPTIONS AND PARENTING SUPPORT GROUPS
- FREE HEALTH SCREENINGS AND VACCINATION INFORMATION
- PRIZES
- TURF TOYS WILL BE OUT TO PLAY WITH!
- FUN FOR THE WHOLE FAMILY!

CONTACT SEAAEYC FOR MORE INFORMATION AT (907) 789-1235 OR INFO@AEYC-SEA.ORG.



seaaeyc

Southeast Alaska Association for the Education of Young Children



BEST BEGINNINGS
Alaska's Early Childhood Investment



Juneau
Partnerships
for Families & Children



United Way
United Way of Southeast Alaska
Partner Agency

Kids in the Kitchen

3-Ingredient Banana Oatmeal Bars

Banana Oatmeal Bars are perfectly soft, nutty and sweet, yet they have no added sugar! They're such a quick, easy, and healthy snack or breakfast for all ages. Baby-led weaning and toddler-friendly!

Ingredients:

- 2 cups mashed overripe bananas (about 5 large bananas), plus extra slices for topping
- 4 cups rolled oats
- 1 cup natural peanut butter, plus more for drizzling on top
- 1/4 teaspoon salt (optional)



Instructions:

1. Preheat the oven to 350F. Line an 8 x 8-inch pan with parchment paper and set aside.
2. In a large mixing bowl, mash the ripe bananas, then add the oats, peanut butter and salt (if using). Mix well.
3. Transfer the batter into the lined pan. Bake for 20-25 minutes, or until the top is golden and slightly firm to the touch.
4. Remove from the oven and allow to cool completely. Once cool, carefully remove from pan and slice into 16 bars. Top with a drizzle of natural peanut butter and extra banana slices, if desired.



For more delicious recipe ideas, visit www.healthykidsrecipes.com.



Celebrating Go Blue Day! Child Abuse Prevention Month Friday, April 5, 2024 is the big, blue day!

Spread the word on Child Abuse Prevention Month by joining us for Go Blue Day (the first Friday of April) each year. Wear blue, paint your nails blue, use food coloring to make your food blue, make a sign, and get creative with your blue ideas!

Check out the [Go Blue kids activity kit](#) and find other ways to Go Blue at www.alaskachildrenstrust.org.






Let's Chat About Mental Health! Sesame Workshop Resources

For both children and grown-ups, being overwhelmed with big feelings (even pleasant ones, like excitement) is an opportunity to learn and practice three steps for handling feelings. Share this [video](#) with children and see how Louie models these three steps for Elmo:

- **I Notice:** Pause to notice how your body feels — how do you feel inside your body?
- **I Feel:** Use a "feeling word" to name the feeling.
- **I Can:** Choose something that might help you manage the feeling.

Watch the I Notice, I Feel, I Can video at <https://sesameworkshop.org/resources/i-notice-i-feel-i-can/>.



Alerts about this bulletin are emailed to families with children enrolled in the Dolly Parton Imagination Library. Find this bulletin and many other family resources at www.aeyc-sea.org. The Juneau Parent Bulletin is created by SEAAEYC in coordination with the Juneau Partnerships for Families and Children. SEAAEYC | 3200 Hospital Dr. Ste. 204, Juneau, AK | 907-789-1235 | www.aeyc-sea.org | Follow us on:   

WHAT IS MEASLES?

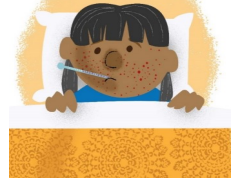
Measles cases and outbreaks are on the rise in the lower 48! Here is some information from the Alaska State Department of Health about measles, so that you and your family can stay safe from this disease.

Know how to recognize this serious disease.

Symptoms generally occur 7-14 days after infection and typically begin with:

- High fever, may spike to more than 104°
- Cough
- Runny nose
- Red, watery eyes

Measles



A rash appears 3 to 5 days after symptoms begin. An infected person can spread measles to others 4 days before the rash appears and they are still contagious 4 days after the rash appeared.

Measles can be dangerous, especially for babies and young children. Call your health care provider immediately if you think you or your child have been exposed to measles.

The MMR (measles, mumps, rubella) vaccine is highly effective at protecting against measles. Check your vaccinations, especially before you travel. Learn how to check your family immunization records with the Docket app and find a location to get vaccinated at www.vaccinate.alaska.gov.

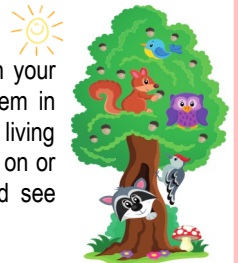


Imagination Library: Books to Love This is the Tree We Planted

This beautiful picture book by Kate McMullan, illustrated by Alison Friend, teaches the importance of taking care of our environment when a group of school kids plant a tree and watch it as it supports and entire ecosystem.

Activity: Explore a tree's ecosystem!

Enjoy a walk with your little one and find a tree in your neighborhood where you can look at the ecosystem in and around the tree. Are there any bugs or animals living in or nearby? Are there any plants or fungi growing on or nearby? Explore the tree and its surrounding and see how one tree can provide a home to many!



Bartlett Beginnings Opportunities

Bartlett Beginnings offers a variety of weekly and monthly support and play groups for families with children. Please register for the groups you plan to attend on the [Bartlett website](#) or by contacting Sara Gress at 907-796-8975 or sgress@bartlett-hospital.org. You can also visit [Bartlett Baby & Toddler Group Facebook Page](#) to keep updated on upcoming and new group meetings.

- **Bartlett Baby-Parent Time**
Every Thursday 12:00pm-1:30pm at Bartlett Regional Hospital
- **Parents of Toddler Group**
Every Monday 11:00am-12:00pm at the Gymnastics Academy
- **Dads & Kiddos Play Group**
First Saturday of every month 10:00am-12:00pm
- **Pregnancy & Infant Loss Support Group**
Last Wednesday of every month 6:00pm-7:00pm via Zoom
- **"Real Talk" Mothers' Support Group**
Last Wednesday of every month 7:00pm-8:00pm via Zoom
- ***NEW* Growing Healthy "First Bites" Cooking & Nutrition Series**
Feeding Your Toddler session on Saturday, April 6th 3:30pm - 5:50pm at The Zach Gordon Youth Center. Please register before attending.