

Juneau Families.org

Parent Resource Bulletin | February, 2022

Raising an Upstander

To join the ongoing conversation in our community about racism, equity, and anti-bias, AEYC is highlighting resources each month that are child friendly and age appropriate.

By [Tiffany M. Jewell](#)

An upstander is someone who uses their voice and their actions to help others. Upstanders make their communities—and the world—better for everyone. Being an upstander means standing side by side with others to build a better world together. For children that have directly experienced racism, being an upstander also means standing tall and proud within ourselves and our own identities (whether that's our racial or ethnic identities, or in any of the many ways we all have of describing and understanding ourselves).

Having the inner confidence and strength of an upstander expands into a healthy way of being in the world. It is an anchor that keeps us steady when the world is full of waves. Here are some ways you might help children develop the three types of "upstandership":

Help them stand tall in themselves.

Affirm children's identities. Build their confidence and sense of self-worth by pointing out and celebrating their uniqueness... inside and out! Remind them of their special talents, and explain that everyone has their own amazing qualities and everyone deserves to feel proud inside. In addition to telling children "I'm proud of you," use specific moments to point out that they should be proud of themselves. Remind them that their skin is beautiful, and that they are perfect as they are. Tell them they are "strong in their skin"!



Help them stick up for others. Let children see you speaking up or taking action when you notice something unfair. Talk about how you feel about it, and model respectful ways of communicating and standing up for others. When children talk about a conflict they witnessed, such as a peer being teased or excluded at school, ask questions: What did they think? What did they say or do (or not say or do), and why? What did others do or not do? What did they do? What might they do if it happens again? Offer language they can use in the future: "I don't like when you say/do that," "That's not true," "That's unfair and it's not okay," "That's not how we should treat others," "I don't agree," and so on.

Help them stand together with others to build a better world. When children notice ways in which our world could use improvement, praise their observations and insight, and talk about ways others may be already working to change things. Remind children that many people care about the same things they do, and that we can work together to make the world a kinder, safer, fairer place for everyone.

Click [here](#) to read this article online. To find more resources like this, visit [Sesame Street in Communities](#).

Pick.Click.Give

It's time to apply for your PFD. When you do, please consider donating to AEYC-SEA in support of the Dolly Parton Imagination Library. It helps get free books to Juneau's children. Visit [Pick.Click.Give](#) to learn more!



Roundup for Charity!

Hey Friends! For the month of February, when you Roundup for Charity at [Foodland IGA](#) or [Superbear IGA](#), your contribution will support getting free books to Juneau's children through [Dolly Parton's Imagination Library](#). Think of us when you shop, and ask your cashier to Roundup!



51 Snack Ideas for Kids

Hungry kids are cranky kids. Toddlers and active older children need snacks to hold them over between meals. Ideally, snacks should satisfy hunger and have loads of nutrients. After all, your child is growing! You know your child best. What does s/he like to eat? What is s/he willing to try? Most of the snacks below contain carbohydrates (fruit, cereal, dried fruit, vegetables) and a healthy fat (nuts, nut butter) or protein (low-fat cheese, yogurt, tuna). Create new snacks with your child's favorite foods by following the same easy food group pattern.

Here's a partial list of 51 snack ideas to use as a starting point.

- Dry cereal and dried cherries
- Skewered cantaloupe and cheddar cheese cubes
- Clementine and cheese stick
- Hummus and flat pretzels
- Tortilla with melted cheese (quesadilla)
- Air popped popcorn
- Toast with nut butter and banana
- Deli meat wrapped around a cheese stick
- Snap peas and red peppers with Laughing Cow cheese
- Tomato and cottage cheese
- Mini bagel and cream cheese
- Homemade trail mix (cereal, nuts, dried fruit)
- Red grapes and cheese kabobs



For the complete list visit: <https://thenourishedchild.com/filling-snacks-for-kids/>



Bundle up and get outside even for a short period of time. No matter what the season or the weather, there's always something interesting to explore. Pointing, poking, and asking questions can help spark curiosity and build learning muscles. All of these skills get your children ready for kindergarten and ready for life!

For more resources visit the Rain or Shine Campaign page. www.juneaufamilies.org/rain-or-shine/

Textures

This article is from the [Zero to Three's resource 'A Year of Play'](#) February's theme is *Textures*. Try these fun activities to explore new textures:

Talk Together



- **For your baby:** Pick one or two concepts (perhaps soft/hard and bumpy/smooth) and use these words as you talk with your baby across the day. "What a soft blanket you have!" "That rattle feels bumpy, doesn't it?" Follow your baby's lead and let her linger over textures she seems to find interesting ("yes, your blanket has a smooth edge, and a soft middle"). There may also be textures she does not enjoy, and that's okay, too. You can label her feelings ("I bet that oatmeal feels sticky on your hands") and give her something else to touch.
- **For your toddler:** Discover textures with your toddler and talk about how they feel (soft/hard, bumpy/smooth, silky/rubbery, etc.). Be creative about where you find textures: The leaves of a plant can feel "pointy" or the lint you clean from the dryer can feel "woolly." As your toddler grows and develops more language, you can ask him "What does this feel like to you?"

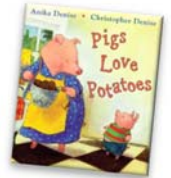
Read Together

- Try reading some touch-and-feel books together. For babies, *Animal Kisses* by Barney Saltzberg is always a favorite, as is the classic *Pat the Bunny* by Dorothy Kunhardt. Older toddlers may also enjoy *I Am Happy: A Touch and Feel Book of Feelings* by Steve Light which links feelings and textures. The touch-and-feel books from the Spot series by Eric Hill are usually a big hit, too.

Play Together

- **For your baby:** Let your baby touch and play with a set of differently textured fabrics. Offer her silky scarves, textured lace pieces, a soft cotton handkerchief. Play peek-a-boo behind the different fabrics. See if she tries to pull the scarf off your head! Which textures does your baby seem to like best?
- **For your toddler:** Make texture Valentines. Cut squares from different papers and materials—cloth, lace, ribbon, sandpaper, aluminum, foil, etc. Pour some glue (another texture to touch!) into a plastic bowl and let your child pick a square, dip it in the glue, and then glue it to a sturdy piece of paper you have cut into a heart shape. Follow your child's lead: if she is done after gluing 2 squares or if she only wants to glue the foil on, that's okay. When you're done, hang her "masterpiece" at her eye-level so she can show everyone her work.
- **For babies and toddlers:** Make a texture book for your child. In honor of Valentine's Day, cut heart shapes from a variety of differently textured fabrics and papers—lace, satin, cotton, corduroy, sandpaper, corrugated cardboard, etc. You can glue these into a book and write the texture on each page ("silky," "scratchy," etc.)

Imagination Library



Reading is a fun together time that supports social-emotional skills as well as literacy. As you read *Pigs Love Potatoes*, talk with your child about the story and the illustrations. Ask questions such as:

- Why do you think the little pigs put the potato peels on their father's head?
- How many pigs are peeling potatoes before the dad comes home?
- Why is one of the little pigs giving the cat some potatoes?

Visit [Best Beginnings](#) for many other literacy and parenting resources.

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).



Parent TALK: Staying Happy & Healthy through COVID-19

6 to 7:15 PM February 10th, 2022 | VIRTUAL, Free!

Supporting your child's health and wellness is more challenging than ever due to the COVID-19 pandemic. Join the Conquer COVID Alaska Coalition as they discuss steps families can take to stop the community spread of COVID-19 in Alaska, and to stay happy and healthy during uncertain times. [Register here](#). This class is offered through our partners at thread. Visit them for more fabulous resources here: www.threadalaska.org.

thread Child Care Referrals and Child Care Assistance

Looking for child care? Try the online thread search tool! www.threadalaska.org

From here you can search for care by zip code or city. Your results will show program details like location, cost, and age ranges. If you prefer to speak to someone about your child care needs please call the statewide referral line at 800.278.3723, Monday-Friday, 8:30am-5:00pm.



thread also administers the Child Care Assistance Program to help eligible families cover the cost of care. Call or email to find out how you qualify: 855.479.2212, 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 any time 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.