

JuneauFamilies.org

Family Resource Bulletin | January, 2023

Pick.Click.Give

Happy New Year! We hope that you and yours are off to a positive start. As you apply for your PFD, 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.

Lovalaska
Pick.Click.Give.



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

Kids in the Kitchen

Homemade Teething Biscuits

If you're the parent of a teething baby or toddler, these healthy homemade teething biscuits are your new best friend. They are so easy to make with a just a handful of ingredients!

Ingredients

2 cup oats, dry
1 medium banana
2 tablespoon coconut oil
Optional
1 teaspoon vanilla extract
1/8 teaspoon cinnamon

Instructions

Preheat oven to 350 degrees. Prepare a baking sheet with parchment paper or a silicone baking mat.

In a food processor (or blender), blend the oats into a very fine powder.

Add banana and coconut oil (and any vanilla or spices you may be using) to the blender and puree until mixture comes together in a dough.

If the dough is very sticky to handle, you can pat a little flour (gluten free or wheat flour) onto the exterior of the ball to make it easier to handle. If the dough is too dry, you can add a little additional coconut oil.

Divide the dough into 12 balls or sections. Pat out each ball into a little baton about 4 inches long and 1 to 1 1/2 inches wide, and about 1/4 inch thick. Round the edges of each baton with your fingers so there are no sharp edges.

(Alternatively, you can roll the entire dough ball out into a rectangle about 1/4 inch thick and slice it into 12 rectangles. Round the corners of each rectangle and make the shapes roughly even. I've found that shaping each baton works better for me than rolling and slicing, but you can do what works best for you).

Place evenly on a baking sheet so that none of the batons are touching. Bake at 350 degrees for 10 minutes. Flip and cook another 5-10 minutes, or until the edges are golden and the centers are set but not too crunchy.

Allow to cool completely. Store in an airtight container at room temperature, in the refrigerator, or the freezer.

For more recipes and resources visit: <https://www.superhealthykids.com/>.



Join the Child Care Coalition of Alaska

The challenges Alaska's child care system currently face are more apparent than ever, as are the social, educational and economic impacts felt across the state when child care ceases to be affordable or accessible to working families.

The newly-formed Child Care Coalition of Alaska was created to change public perception about the value and benefits of high-quality early care and education, and advocate for equitable funding increases to child care programs to allow for fair compensation to its workforce. This coalition is spearheaded by the Alaska Association of the Education of Young Children (AEYC) offices based in Anchorage, Fairbanks, and Juneau.

What can you do?

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.**

Why a child care coalition, and why now?

According to the 2020-2021 Alaska Child Care Market Price Survey, the average wage for Alaska's child care workforce is \$15 per hour (\$31,200 annually), making it difficult for child care providers to hire and retain workers and provide uninterrupted child care services for families. Covid-19 and inflated operating costs has further squeezed child care providers. The lack of available child care is having an impact on Alaska's economy as well. While some may view these problems as specific to child care, the reality is that without a publicly-funded child care system, Alaska's workforce will remain depleted and local businesses will continue to struggle to find workers.

Creating positive change through unity

With a unified voice, we can improve access to child care, educate policymakers and stakeholders about the benefits of a strong, thriving child care sector, and help ensure child care workers receive the compensation they deserve. We hope you'll support this effort and contribute a small portion of your time and energy toward working with us to improve the child care system across Alaska. Please visit www.childcareforalaska.org for more information.



Be sure to visit www.juneaufamilies.org to get in touch with partner agencies and to find out what services, classes, and resources they offer, or call 907-789-1235.



seaaeyc

Southeast Alaska Association for the Education of Young Children



BEST BEGINNINGS
Alaska's Early Childhood Investment



Juneau
Partnerships
for Families & Children

thread



Supporting Language & Literacy Skills

The idea of babies and toddlers talking and reading can seem incredible, but language and literacy skills start early—from birth. Learn how you can support these skills from 0-12 months, and beyond! (article excerpt)



Frequently Asked Questions

What can I expect from my 4-month-old when it comes to reading books with her?

Literacy is a process that builds over time, with each new skill adding to the one before. Keep in mind, though, that literacy is not just a skill, it is also a love—a love of books and the magic they offer.

Below are some general guidelines about how children play with books from birth to age 3:

- 0-6 months: May calm down while a familiar story or rhyme is read.
- 6-8 months: May begin to explore books by looking, touching and mouthing. May seem fascinated by a particularly bright picture.
- 9-11 months: May have a favorite picture—for example of a smiling baby or a familiar-looking object.
- 12-18 months: May begin turning pages or holding a book as if she is “reading.” May begin saying the word “book” and/or showing a preference for a specific book at bedtime.
- 24-36 months: May begin anticipating the story. For example, while reading Goldilocks and the Three Bears, your toddler may say, “Just right!” as soon as he sees the picture of Goldilocks spooning up her porridge. She may also request the same story over and over, and may pretend to read books on her own or tell you simple stories.

For the complete article and many more resources about early development, please visit: www.zerotothree.org.

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

Wednesday, December 28th, 2022 at 6:00 pm via Zoom. Contact Sara Gress for more information and a link to the meeting.

“Real Talk” Mothers’ Support Group

Wednesday, December 28th, 2022 at 7:00 pm via Zoom. Contact Sara Gress for more information and a link to the meeting.



Preschool Family Night at the Turf

There will be two turf events in January: 1/6/23 and 1/27/23 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!



Imagination Library

Book Title: Little Owl's Night

Author: Divya Srinivasan

Summary of Book: Little Owl spends his night flying around the forest he lives in, watching, listening, and visiting with all the animals and creatures that live there. Many of them are awake during the night so this shows children about nocturnal animals and what they do.



Before Reading Try questions such as these:

1. “Have you ever seen an owl? Was it at night time?” If not, describe an owl for your child.
2. “What do we do at night? Do we sleep?” “What do we do during the day?” (eat, play, work) Some animals are awake at night and sleep during the day. In this book we’re going to see what happens while we’re asleep.

During Reading (ask these questions):

1. As you go through the book, talk about the animals your child may have seen before, explain ones she hasn't.
2. “What sound does the _____ make?”

After Reading (activity to extend book experience):

1. Talk with your child about who's awake in the daytime and who's asleep.
2. Pretend with your child what it would be like if she were up all night, what would she see, hear?

This activity created by students at the University of Alaska Anchorage. For additional activities, visit <https://www.bestbeginningsalaska.org/>.

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 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.