

JuneauFamilies.org

Parent Resource Bulletin | May, 2022

5 Big Ideas

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.

The Big Idea: Consider five big ideas as you help children learn about themselves, others, and the world around them—curiosity, character, conversation, community, and celebration.

Caring adults naturally want children to be ready for—and to succeed in—school and life. As you think about children's success in the classroom, it's helpful to remember that being ready for school also means having good communication and interpersonal skills, being able to solve problems, and being confident and motivated. You can help children develop the skills that allow them to do so, even in the face of challenges.



Here are five ideas to guide you as you help young children develop a positive and healthy identity about themselves, one another, and the world around them.

Curiosity: Let kids know it's good to be curious and ask questions—it's how we learn! Encourage them to ask questions about ways in which we are different from others.

Character: Little ones are constantly learning from your example. You can model values such as honesty, empathy, responsibility, persistence, and so much more.

Conversation: Talking openly and honestly with children about who they are on the inside and the outside—and how everyone is unique—helps children understand and respect differences. Language has power!

Community: Whether it's within the context of their town, city, or classroom, young children are beginning to understand that communities are of groups of people that live, work, and play together. Schools and classrooms are communities, too! "Community" also means a group of people who have similar experiences, interests, and traditions.

Celebration: Together, we can enjoy exploring the ways in which we are all unique, and ways in which we are all the same. We can also celebrate the idea that children can lead a new way of thinking... and help us all to imagine a better world.

For more resources like this one, please visit [Sesame Street in Communities](#).

Provider Appreciation Day, May 6th

Join us in showing appreciation for the people who care for our children.

Child care providers were "essential" long before the pandemic, and the past year has highlighted the lengths to which they are willing to go to keep their doors open to serve the children of other essential workers. Join us in celebrating and thanking child care providers across the nation! Learn more at [providerappreciation.org](#).



Child Care Survey

Want to win a free Alaska Airlines ticket, a \$250 IGA gift certificate, or \$150 in fuel? Please take this five-minute public opinion survey regarding child care in Juneau: www.surveymonkey.com/r/juneauchildcare. The survey is open to Juneau residents only and is from the Southeast Alaska Association for the Education of Young Children. Survey responses are 100% confidential and will be reported in aggregate by Rain Coast Data.

Your Child Scientist is Needed!

The [RISE Center](#) and the UC DREAMS lab at the University of California, Berkeley has a fun, engaging study for your 4-6 year old!

They are exploring how children learn from television and the world around them.

For one 20-minute parent survey and one 30-minute child testing session, you could get up to \$15!

For participating in a longer version, you could receive up to \$75 over the course of 4 weeks!

Email here to sign up or for more information! ucdreams@berkeley.edu



Fruit & Cheese Kabobs

Yield: 12 skewers

Ingredients:

8 Sargento® Reduced Fat Colby-Jack Cheese Snacks
24 green seedless grapes
24 small strawberries
4 oz. low fat vanilla yogurt
honey (optional)

Directions:

1. Cut each cheese snack crosswise into 3 pieces. Alternate on skewers with grapes and strawberries.
2. Drizzle honey over the vanilla yogurt and serve as dip for kabobs.

Notes: Adapted from Sargento.

For more recipes like this one visit: <https://www.superhealthykids.com>



Everyday Ways to Support Your Baby's and Toddler's Early Learning

Your baby is learning—about you, himself, and the world around him—from the moment he enters the world.

This chart gives you some ideas of the many ways you can support your child's early learning through your everyday activities. This includes language and communication, thinking skills, self-control, and self-confidence! Here is an excerpt:

What's Going On With Your Baby or Toddler

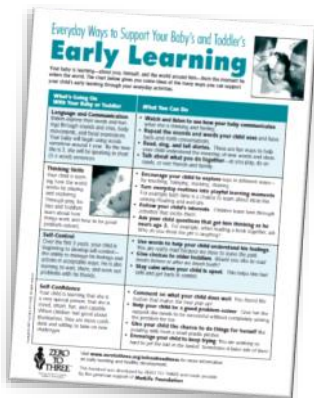
Language and Communication

Babies express their needs and feelings through sounds and cries, body movements, and facial expressions. Your baby will begin using words sometime around 1 year. By the time she is 3, she will be speaking in short (3-5 word) sentences.

What You Can Do

- Watch and listen to see how your baby communicates what she is thinking and feeling.
- Repeat the sounds and words your child uses and have back-and-forth conversations.
- Read, sing, and tell stories. These are fun ways to help your child understand the meaning of new words and ideas.
- Talk about what you do together—as you play, do errands, or visit friends and family.

Download the complete handout (in both English and Spanish) to learn more about how you can support your child's development from birth to three in the everyday moments you share. Click [here](#) for the chart and to link into other resources on www.zerotothree.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).

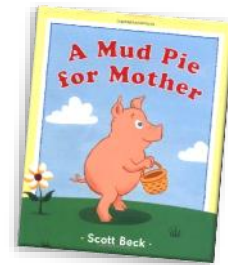


Kids will have good days and bad. The important thing is that they know they are loved, no matter what. ♥☐ How do you help your little one calm down when the storm clouds move through? For more resources visit the Rain or Shine Campaign page. www.juneaufamilies.org/rain-or-shine/

Imagination Library

It's springtime and that means mud. How about reading *A Mud Pie for Mother* together? It's also Mother's Day this month. What a fun coincidence!

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



Bartlett Beginnings Opportunities

Bartlett has started in-person Baby Group again. YAY!!! Please register for the groups you plan to attend.

Bartlett Baby-Parent Time

Every Thursday 12-1:30pm, in-person @ Bartlett Regional Hospital [Registration required](#).

Parents of Toddler Group

Every Tuesday evening 8-9pm via Zoom
Zoom link available via email sgress@bartletthospital.org or through [Bartlett Baby & Toddler Group Facebook Page](#).

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@bartletthospital.org or through [Bartlett Baby & Toddler Group Facebook Page](#).

Give Your Child a Head Start!

You can [Enroll NOW](#) for the 2022-2023 school year. Head Start is a nationwide, federally funded program that promotes school readiness by enhancing the social, physical, and cognitive development of children. Head Start is provided at no cost to enrolled families and accepts children ages 3-5 years old. For more information please call Tingit & Haida Head Start at 907-463-7127.



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.