

# Juneau Parent Bulletin

May, 2024

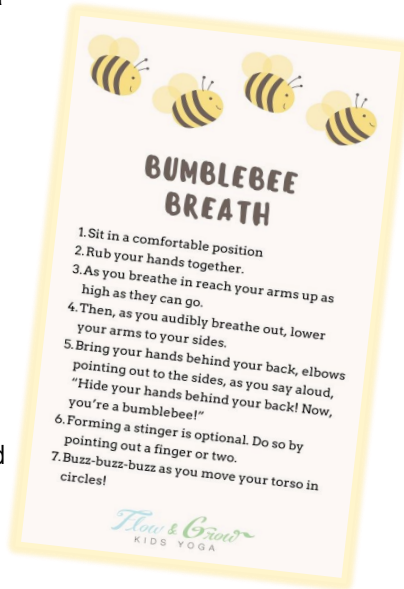
## May is Mental Health Awareness Month!

Encouraging mindfulness and emotional regulation in children from an early age is incredibly valuable. Introducing simple practices like pausing and taking deep breaths can establish a strong foundation for their emotional well-being. When big emotions arise, try using the bumblebee breathing technique.

### Benefits of Bumblebee Breath

- Vibrations are healing
- Soothing for the head and throat
- Calming
- Grounding
- Learn a classical yoga pranayama

Find more yoga articles, poses, and breathing techniques for kids at [www.flowandgrowkidsyoga.com](http://www.flowandgrowkidsyoga.com).



## Kids in the Kitchen

### Rainbow Yogurt Bark For Kids

This is the perfect colorful, healthy and delicious treat for your little ones this summer! This rainbow frozen yogurt bark is super easy to make and is a fun breakfast, snack, or dessert your little ones will love to eat!

#### Ingredients:

- 2 cups chopped fruit (colorful fruit options below)
- 2 cups plain full-fat yogurt
- 2-3 tbsp honey

**RED:** strawberries, raspberries, cherries  
**ORANGE:** mandarin oranges  
**YELLOW:** mango, pineapple, yellow kiwi  
**GREEN:** kiwi, grapes  
**BLUE:** blueberries  
**PURPLE:** blackberries, purple grapes



#### Instructions:

1. Line a baking sheet with parchment paper. You can use a 9x9 baking dish, 9x13 baking dish or a 13x18 baking sheet, depending on how thick you want your bark.
2. In a medium bowl, add in the yogurt and honey and stir until mixed.
3. Pour the yogurt onto the baking sheet and spread with a knife or spatula until you have a smooth layer.
4. Sprinkle on the chopped fruit either in a rainbow order (from top of the baking sheet to the bottom) or all mixed together.
5. Place the baking sheet in the freezer for at least 5 hours. Take the baking sheet out of the fridge and break the yogurt bark into chunks with your hands.
6. Serve and enjoy.

For more delicious recipe ideas, visit [www.babyfoode.com](http://www.babyfoode.com).

## Community Events

### Juneau Public Library - Weekly Story Time

Valley Library Storytime: Tuesdays at 11:00am

Douglas Library Storytime: Tuesdays at 3:30pm

Available to children of all ages. Contact [m.j.grande@juneau.org](mailto:m.j.grande@juneau.org) or 907-586-0435 at the [Juneau Public Library](http://www.juneaupubliclibrary.org) for more information.

### REACH Inc. - Parenting Connection Group

Group meets every Monday from 9:30am-11:00am for children ages zero to three. For more information, please contact [rsullivan@reachak.org](mailto:rsullivan@reachak.org).

### SEAAEYC - Twin Group Play Sessions

SEAAEYC Playroom Session: Twin group play session for families of twins under the age of three on May 9th from 9:30am-11:00am at the SEAAEYC Playroom located at 3200 Hospital Dr, Suite 204. Come share the joys and challenges of raising multiples!

**\*NEW\*** Free SEAAEYC Twin Play Session at Bloom Art Studio: A fun-filled multiples play session featuring various art and sensory activities and dinner on May 23rd from 5:00pm-7:00pm at the Bloom Art Studio.

### Marie Drake Planetarium - Shows

Explore the universe with the planetarium's digital projector and 30ft dome on First Friday, May 3rd. Stop by anytime between 5:30pm-7:00pm. Keep an eye out for additional shows throughout May on their [website](http://www.mariedrakeplanetarium.org).

### Juneau Jazz & Classics

Immerse your family in the harmonious blend of music and culture at Juneau Jazz & Classics. With many free captivating performances and engaging activities, May 4th-18th. Visit [JJ&C's website](http://www.jjandcs.com) for event details.

### CBJ Parks & Recreation/Juneau Pediatric Dentistry - Movie in the Park

Watch *Wish*, a free family-friendly movie at the Dimond Park Field House on Friday, May 3rd at 6:00pm. Bring your pillows and blankets!

### JEDC - The Maritime Festival

The 2024 Juneau Maritime Festival will be held Saturday, May 4th from 11:00am-7:00pm at Peratrovich Plaza, downtown Juneau. Fun for all ages!

### CBJ Parks & Recreation/Alaska Auto Repair - Finale Free Skate

Celebrate the end of another great winter at the final free skate on Sunday, May 5th from 5:00pm-6:30pm at the Treadwell Ice Arena.

## Pre-Register Today and Support the SEAAEYC Imagination Library!

Join us for **The Dolly Dash 1k/5k Family Fun Run** fundraiser for the Dolly Parton Imagination Library, locally sponsored by SEAAEYC. We are calling all Dolly Parton enthusiasts to showcase their best wig, pearls, heels, shirt, or full-blown costume. There will be many prizes and a raffle! All ages are welcome to participate! Register at <https://www.raceentry.com/the-dolly-dash-1k5k-family-fun-run/race-information>.

**First 100 to sign-up will be entered into a raffle to win prizes!**

**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

**Cost:** Adult (Over 18): \$15 pre-register/\$20 on race day  
Youth (18 & Under): \$5 pre-register/\$6 on race day



Southeast Alaska Association for the Education of Young Children



**BEST BEGINNINGS**  
Alaska's Early Childhood Investment



Juneau  
**Partnerships**  
for Families & Children



United Way of Southeast Alaska  
Partner Agency



## Activities Kids Will Love

### Make a Pollinator Water Station



Creating an insect-safe drinking station helps kids examine bug biology and build empathy. All insects need water to survive, and while most herbivorous insects get enough hydration from the nectar or plant parts that they eat, during the heat of summer some may search for additional water sources.

#### Materials:

- Container
- Rocks or other dimensional objects
- Water
- Cutting or fallen flowers/leaves



#### Instructions:

- Have kids collect fresh or fallen flowers and leaves. You can emphasize the importance of gathering in moderation, leaving some flowers and leaves for animal that eat them or use them for habitat.
- Provide kids with a container and rocks (or other dimensional objects like shells or bottle caps). Having kids do this in groups also promotes collaboration and teamwork.
- Instruct kids to cover almost the entire bottom of the container with rocks, leaving small amounts of space between them.
- Explain that the trick to a pollinator water station is to create dry "islands" surrounded by water. That way, wherever a bug lands it both has access to water and a safe, dry spot to pause and rest while drinking. Have kids add water halfway up the height of the rocks (islands) so that water covers the bottom of the container while the tops of the rocks remain dry.
- Lastly, decorate the water fountain by adding sprigs of flowers and leaves to grab the attention of beneficial bugs and add visual interest.
- Place the water station in the shade near flowering plants and check it daily, adding fresh water as necessary.

For more garden activities and tips, visit [www.kidsgardening.org](http://www.kidsgardening.org).



## Imagination Library: Books to Love

### Raindrops to Rainbow

Raindrops to Rainbow is a gentle rhyming picture book that shows how color can be found all around us, whether there are raindrops falling or there is a bright rainbow high in the sky. This book tells the story of girl who finds colors in her home during a rainstorm and later discovers colors outside in a rainbow. Written by John Micklos Jr. and illustrated by Charlene Chua.

#### Activity Idea




Make a rainbow at home! Cut a paper towel in the shape of rainbow then color each end of the paper towel with colorful markers. Place each end in a bowl/cup of water and let the colors grow! For the full activity, visit [www.madetobeamomma.com/grow-a-rainbow](http://www.madetobeamomma.com/grow-a-rainbow).



## YOU Can Make a Difference in a Child's Life!

Your generous donations allow the Dolly Parton Imagination Library Program to provide free books to all participating children across SE Alaska. For \$30 a year, you can ensure that a child receives a free book in the mail every month for a whole year. Make your tax deductible donation today at <https://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 with children enrolled in the Dolly Parton Imagination Library. Find this bulletin and many other family resources at [www.aeyc-sea.org](http://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](http://www.aeyc-sea.org) | Follow us on:   

## The Benefits of Gardening with Preschoolers

Gardening is a rewarding family activity benefitting adults and preschoolers physically, emotionally, and academically. A home garden is easily created in any space, large or small: front yard, back yard, the grassy verge between the curb and sidewalk, community garden, porch, terrace, balcony, or windowsill. Even on a small budget, families can start a gardening practice that will teach children how to relate to the natural world. It will teach botany, entomology, conservation, and resource sustainability naturally and holistically. When planting a first garden, make it small and do not expect rigid results. Gardening is not a product the way home remodeling shows would have us believe; rather it is a process that allows children to witness cause and effect in action. Let go of images that magazines or home improvement series dictate; garden to share this joyous experience with your child.

#### Benefits

Gardening has many benefits for everyone in a family, both children and adults. Studies show that when parents involve children in the process of growing and preparing food, positive increases occur in **diet and nutrition**. While working in the garden, preschoolers develop **fine motor control** and also **work larger muscles**: gardening uses practically every muscle in the body. **Sensorial lessons** are found throughout the garden; preschoolers can practice color recognition, identify fragrances, and learn how fresh food tastes. **Emotionally**, gardening reduces stress while cognitively it improves attention and memory. Studies show that gardening increases **math and science skills** and even boosts standardized test scores. Opportunities for **academic development** abound in the garden; parents can teach children new vocabulary, ecological concepts, math skills (counting and probability), and the scientific method.



#### Gardening for Small Spaces

If starting a garden in your yard is overwhelming or if you do not have a yard, try a window box or a container garden. Window boxes can be filled with flowers, herbs, or a combination of the two.

#### Setting Realistic Expectations

Gardening is a messy activity so make sure everyone dresses in play clothes. Also, expect the unexpected: a flower you thought would bloom doesn't, a seed doesn't sprout, or a butterfly chrysalis fails. Parents can help preschoolers build strong emotional skills and develop critical thinking by reviewing what has occurred in the garden. By talking through why a plant might or might not have thrived, parents support their child's analytic mind and critical thinking skills.

Some years, depending on extracurricular activities, your family's garden might be wild and other years a little neater. In the end, an untended garden is still better for the environment than a lawn or mulch. Creating a sustainable future for our children starts with stewardship of the land and a more ecologically sound approach to raising crops. Children with a new understanding of and relationship with gardening and landscaping will help build a better, more sustainable future.

Article by V. Kuikow. To read the full article, visit [www.amshq.org](http://www.amshq.org).

