

Quiet, Cozy Celebrations: Curl Up With a Good Book

There's never a bad time to share a book with your little one. But the holidays provide a special opportunity to connect with family members through books that celebrate traditions.

Check out this collection of stories that celebrate the many ways you can build traditions with your child all year long. Find some quiet time away from the holiday hubbub, curl up, and enjoy!



Birth to 18 Months

Young toddlers are just beginning to understand the order of a typical day: naptime follows lunch, night-time follows day. At this stage, your child will enjoy focusing on things babies do all day, such as the activities captured in simple board books like Helen Oxenbury's *Playing and Helping*, or the routines described in *Goodnight Moon* by Margaret Wise Brown or *Time for Bed* by Mem Fox. Next year, your little one will be ready to read about the family traditions described below.

18 months to 3 years

Bee-Bim Bop! By Linda Sue Park and Ho Baek Lee.

Bouncy rhymes and adorable illustrations will leave you "hungry hungry hungry for some BEE-BIM BOP," a traditional Korean dish of rice mixed with meat and vegetables. This colorful story shows all the steps from shopping to eating together.

Cook It! by Georgie Birkett.

Dad makes pizza, and his young daughter assists from start to finish. Detailed illustrations and minimal text invite conversation about what's happening on the page. Every Friday by Dan Yaccarino.

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3 to 5 years

Bigmama's by Donald Crews.

A young boy and his family travel south each summer to visit his grandparents, Bigmama and Bigpapa. Everything is always exactly the same, from the train conductor's corny jokes to the shared meals with the whole family.

Bippity Bop Barber Shop by Natasha Anastasia Tarpley and E.B. Lewis.

It's a big day: Miles' first grown-up haircut at a real barbershop. There are men playing checkers, watching basketball, and offering encouragement. The clippers are scary, but Daddy's there to show the way.

Owl Moon by Jane Yolen and John Schoenherr.

It's a cold winter night, long past bedtime, and a little girl and her Pa take a walk in snowy woods "as quiet as a dream."

To read the complete article and find other resources visit

www.zerotothree.org.



"Love is what makes you smile when you're tired" - Terri, Age 4, Helping Little Kids Succeed For more resources visit the Rain or Shine Campaign page.

www.juneaufamilies.org/rain-or-shine/



Southeast Alaska Association for the Education of Young Children



BEST BEGINNINGS
Alaska's Early Childhood Investment



Physical Activity is a Must!

Getting outside during the winter months is so important for you and your child's physical and mental health. Sometimes, because of the weather getting outside is difficult or too nasty to stay out for long. Supplement your outdoor time with some of these fun indoor activities. All you need is some masking tape and a little creativity! Pro tip, play with your children, you'll benefit from the movement and laughter with them.

1. Make a 'super highway' in your house. Map out routes for all of the cars, trucks, and animals to follow.
2. Try out a tape 'obstacle course'. Challenge each other to crawl or step over the course without breaking the tape.
3. Make a giant 'shape sorter' and turn it into a scavenger hunt by challenging your child to find items in the room that match the shape.



For more activities like this one visit

www.handprintsonthewalls.blogspot.com.

Kids in the Kitchen

The holiday season is here! Involve your kids in the holiday cooking by letting them scoop, pour, and stir. Including them in these activities builds skills, cooperation, and a sense of accomplishment.

Homemade Cranberry Sauce

Homemade Cranberry Sauce is tangy and sweet and SO much better than anything you can buy in a can!

Ingredients

- 1 cup orange juice
- 1/4 teaspoon cinnamon
- 3 cup cranberries, raw
- 1/2 cup honey
- 1 medium orange

Instructions

Place juice and cinnamon in a saucepan. Heat over medium until it reaches a full boil.

Add cranberries and continue to boil for 10 minutes, stirring constantly.

Add honey and 1 teaspoon orange zest; stir until well combined.

For more yummy recipes visit www.chopchopfamily.org.



Circle of Security Parenting Class

Tuesday Evenings, November 15-December 20, 2022
Bloom Children's Art Studio, Mendenhall Mall

This is a 6 week series to learn about supporting attachment with your child, supporting their needs and development, and supporting your own.

Classes will meet weekly on Tuesday evenings 6-8pm, dinner provided. To register or for more information email Mary Adelmeyer, madelmeyer@aeyc-sea.org.



Bartlett Beginnings Opportunities

Bartlett has so many offerings for families with babies. 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](#).

"Real Talk" Mothers' Support Group

Wednesday, November 30th, 2022 at 7:00 pm via Zoom
Contact Sara Gress for more information and a link to the meeting, 907-796-8975 or sgress@bartletthospital.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.

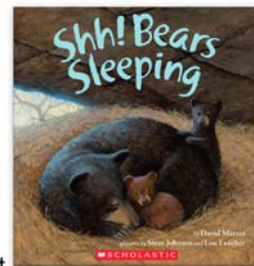
Imagination Library

This Imagination Library book is a great read for this time of year. Check out the reading tips below and choose one to do with your child today!

Shh! Bears Sleeping

By David Martin

Black bears are shown throughout the seasons as they frolic, splash, hunt, or sleep. For the first reading, curl up with your child and read the book together. Enjoy. For the next readings, here are some ideas for activities to do with your child. Don't try to do everything each time you read it. And most of all, have fun and enjoy sharing the story with your child.



Starting Up:

- Say the title in a whisper. Hold your finger to your lips when you say Shh! And explain that you don't want to wake the bears!
- Compare the bears in the cover illustration: which ones are asleep or awake, big or small, or brown or black?
- Hold your child close like the bear holds her cub on the cover. Cozy!

Reading the Story:

- Use a musical voice with the poetry and emphasize unique words like grubs, swirl, and blizzards.
- Ask your child to find things in the illustrations, such as a bird, stream, cave, or rocks.
- Read the bear facts and talk about things you learn, such as what bears eat or the difference between hibernating and winter lethargy.

After the Story:

- Ask your child questions about the story.
 - What do bears do in the winter when it's cold?
 - What do the bears in the story do when the weather gets warmer?
 - What do you like about being out in nature in different seasons?
- Learning on the Go:
 - Make a cave out of blankets or big boxes and pretend to be bears going inside to sleep for winter and emerging when it is spring.
 - Take a nature hike and talk about what bears might do in that type of weather. Look for animals from the book or other animals that live nearby.

Visit [Best Beginnings](#) for activity ideas for many other books in the Imagination Library program, as well as 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).



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.