

Juneau Parent Bulletin

November, 2023

Capture the Cuteness

Create family keepsakes to keep for years to come as holiday decor. Using your child's hand and footprints to make crafts freezes those quickly growing toddlers in time. Each time you unpack these keepsakes, you will be amazed about how small their hands and feet used to be and how much they've grown!



Use non-toxic washable paint to cover your child's hand or foot and then press evenly onto paper. **Tip: Have wipes or a damp towel ready nearby to help clean up painted fingers and toes**

With a few extra touches, little handprints can be transformed into Turkeys, Apples, Leaves, Acorns, or Pumpkins! Consider painting a collection of them all



These painted keepsakes make excellent holiday gifts as well!

Free Family Fun Night at the Turf



WHEN: Friday, November 3rd and Friday, November 17th

TIME: 5:00 – 6:30 pm

WHERE: Dimond Park Field House, 2961 Riverside Drive

Sponsored by CBJ Parks & Recreation

Diaper Bank Donations

SEAAEYC's Diaper Bank needs community support through donations big and small! **Did you know that diapers are the number one requested item for new families?** In Juneau, SEAAEYC supplies **FREE** diapers to organizations that work with families to distribute to **anyone in need**.

Currently, we give out over **3000** diapers each month!

Please donate directly via the link below. 100% of your donation goes to diapers for Juneau's Diaper Bank.



[Click Here to Donate](#)

\$5 = 20 diapers
\$25 = 100 diapers
\$50 = 200 diapers
\$850 = funds our entire Diaper Bank for 1 month!

Kids in the Kitchen

After all of the Halloween candy, you may be looking for nutrient rich snack ideas your toddlers will love. Try **Roasted Chickpeas!** These protein rich legumes are inexpensive, portable, and can be flavored sweet or savory depending on your child's taste.



.Preheat oven to 350 and Line a cookie sheet with parchment paper

.Rinse, drain, and dry beans with a dish towel

.In a bowl, drizzle chickpeas with olive oil and coat with seasoning

.Spread chickpeas over parchment paper and bake 45 minutes

.Gently shake the pan after 15 and 30 min to roll the chickpeas

.Let cool and enjoy! These will keep for up to 3 days in a storage container at room temperature. Try a few and get creative!

Sweet—consider pumpkin pie spice, brown sugar, or cinnamon

Savory—try Italian seasoning, lemon pepper seasoning, just salt and pepper, or something spicier!

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 at Bartlett Regional Hospital
- **Parents of Toddler Group**
Mondays from 11 am-12 pm at the Gymnastics Academy
- **Dads & Kiddos Play Group**
10am—Noon Saturday, November 4th at the Log Cabin at Sandy Beach
- **Pregnancy & Infant Loss Support Group**
Wednesday, November 29th 6-7pm via Zoom
- **"Real Talk" Mothers' Support Group**
Wednesday, November 29th 7-8pm via Zoom

We Can't Do It without YOU!

Did you know that donations from supportive people like YOU make books available to children all over SE Alaska? Yep! Dolly gets us started, but **your generous donations keep the program going**. 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: <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!



Do you have a child under the age of 3? Are you looking for fun activities and ways to meet other parents? Then Parents As Teachers is for you! **This free home visiting program is open to all families in Juneau who are pregnant or parenting children under the age of 3.**

Check out <https://www.aeyc-sea.org/parents-as-teachers.html> to learn more about the program and to sign up!

Why Do Children have Temper Tantrums and What Do They Mean?

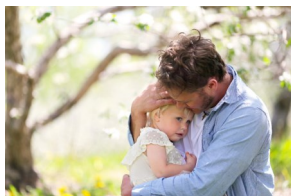
Oh, temper tantrums. Every parent dreads them, but they are bound to happen! Temper tantrums are a common part of childhood, and they can come on quickly and unexpectedly. They can also get quite loud! Temper tantrums are a typical part of growing up. Learn more about why they happen and what your child might be trying to communicate.



What is a temper tantrum? A temper tantrum is an emotional outburst that usually starts in early childhood. Tantrums may be physical, verbal, or both. Children may cry,

scream, hit, stomp their feet, or use their voice or body in other ways to show they are angry. Tantrums often begin to happen when children are 12-18 months old, and may be the most prevalent when children are 2-3 years old, and usually subside around age 4.

Why do temper tantrums happen? Temper tantrums are a way a young child communicates they are frustrated. Health professionals say this happens because of “unmet needs or desires”—but what does that mean? It could mean a variety of things. Sometimes this means baby isn’t getting their way. For example, a parent may deny them a treat they want, or may not buy them a toy they want at the store. It also means they may not be able to figure something out or finish a task. Children also may have tantrums because they don’t want to do something. Because they don’t yet have the words to communicate their frustration and needs, they act out. Something you may notice is that a child’s reaction during a tantrum is much more intense than the situation that triggered it. For example, you may tell your child they can’t watch their favorite show, and they may scream and throw things. This is because children don’t yet have a way to express their frustration, so they act out in an animated way.



What are some common causes of tantrums?

Often, the common causes of a temper tantrum are:

- * Frustration
- * Wanting something, including attention
- * Not wanting to do something
- * Being hungry or tired. *Being hungry or tired may not be the cause of a temper tantrum, but they may make it worse.*

Should I worry if my child is having temper tantrums? Tantrums can be difficult to deal with, but they are a normal part of baby’s development. It is normal for children to have their most intense temper tantrums from age 2-3. By age 4, temper tantrums should get better. If your child is 4 or older and their tantrums persist or get worse, speak to a healthcare provider. Additionally, while your child may have strong physical or verbal outbursts, they should not be hurting themselves or others. If this happens, speak to a healthcare provider and ask how you can keep your child safe.

If my child is having a temper tantrum, is it because I did something wrong? Not at all! It’s important to remember that temper tantrums are a normal part of child development. At this young age, your child is dealing with wanting independence, while also wanting attention and love from their parent. That means that while many things parents do may trigger a tantrum, you as a parent are not doing anything wrong.

There are things parents can help do to manage these outbursts. [Learn more about how to handle a temper tantrum.](#) Thanks to [Pathways.org!](#)

Juneau Public Library Events

Weekly Storytimes! Open to children of all Ages!

Valley Storytime: Tuesdays @ 11:00 am, Valley Library
Douglas Storytime: Tuesdays @ 3:30 pm, Douglas Library

Contact the Juneau Public Libraries for more information, [Juneau Library](#) or m.j.grande@juneau.org or 907-586-0435



Imagination Library: Books to Love *One Leaf, Two Leaves, Count with Me!*

As a year passes and leaves grow and fall, a boy counts the leaves on a tree in his yard and enjoys outdoor fun in each season. 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—Read the title and indicate the One and Two with your fingers. Ask your child to show the numbers on his or her fingers as well. How many fingers old is your child? Look at the cover illustration together and talk about the season of fall. What colors are leaves? Are they still on the trees? What is the boy doing?
Reading the Story—On each counting page, ask your child to count the leaves on the tree or count them yourself as you point. Talk about the different types of weather in the story. What’s the weather outside your window as you read?

After the Story—Ask your child questions about the story. The book shows all four seasons. Can you count to four with me? One... two... three... four! Four seasons! Did you see any animals in the book? Some animals live outside, and the boy sees them when he goes out to play.

Learning on the Go—Go to a park and gather some leaves. Count them. Look at different colors and shapes. Put a leaf under a sheet of paper and rub over the top of it with a crayon to trace the veins and outlines. Count different objects around your home. How many apples do you see? How many flowers?

For other literacy activities and ideas visit www.bestbeginningsalaska.org



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

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).



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 at www.AEYC-SEA.org. The Juneau Parent Bulletin is created by SEAAEYC in coordination with the [Juneau Partnerships for Families and Children](#). Find us and Like us on [Facebook!](#) SEAAEYC | 3200 Hospital Dr. Ste. 204, Juneau, AK | 907-789-1235 | www.aeyc-sea.org.