

Juneau Parent Bulletin

October, 2023

Kids in the Kitchen

Spooky Halloween snacks make cooking with your toddler and healthy eating more fun this October! Experiment with the snacks below.

Monster Apples: spread some peanut (or other nut) butter between two apple slices to stick them together, then press sliced almonds or sunflower seeds in as spooky teeth! Eyes can be made out of mini marshmallows with a dot of Nutella and a slice of strawberry makes a silly tongue.

Jack-o-Lantern Mandarins: peel a mandarin and poke a celery stalk through the middle as a stem. Pipe a spooky face on the front with Nutella. Put a little Nutella in a Ziploc, clip the corner, and you have an easy piping bag to decorate!

Banana Ghosts: Slice bananas lengthwise, then cut a zig zag across the bottom. Use your Nutella piping bag to create spooky ghost faces!



Halloween Food Crafts for Kids

Find more Halloween craft, kids, and food ideas at [Alice&Lois.com](https://www.aliceandlois.com) blog.

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.**



SCAN ME

Currently, we give out over **3000** diapers each month! **Please donate directly via the link below or scan the QR code.** 100% of your donation goes to diapers for Juneau's Diaper Bank.

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

Free Family Fun Night at the Turf

WHEN: Friday, October 6th and
Friday, October 20th

TIME: 5:00 – 6:30 pm

WHERE: Dimond Park Field House,
2961 Riverside Drive

Sponsored by CBJ Parks & Recreation



Halloween Events

Downtown

Pumpkin Spice Market at the JACC on October 21st from 10am-2pm

Trick-or-Treating hosted by the Downtown Business Association will take place downtown on Tuesday, October 31st from 2-6pm

Valley

Mendenhall Mall is offering indoor *Trick-or-Treating* beginning at the Mall Dames entrance on Tuesday, October 31st from 4-7pm

Mendenhall Mall is also hosting *Trunk-or-Treating* in the parking lot. Decorate your car and pass out candy! Sign up with mallpsaoffice@gmail.com Or, go trick-or-treating with the kids Tuesday, October 31st from 4-7pm



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!

Bartlett Beginnings Opportunities

Bartlett has so many offerings for families with babies! Any questions, please contact Sara Gress, 907-796-8975 or sgress@bartlethospital.org

Growing Healthy Nutrition & Cooking Series

October 6th & November 3rd 6-7:30pm

This is a FREE hands-on class for expectant and new families focused on affordable easy to make nutrient focused meal planning. <https://www.bartlethospital.org/calendar/events/growing-healthy-nutrition-series/>

Balanced Beginnings: Parental Stress Management Skills Building

Virtual 5-week series offered October 11th through November 8th 6-7:30pm on Zoom

<https://www.bartlethospital.org/calendar/events/balanced-beginnings-parental-stress-management-skill-building/?calendardate=2023101180000>

2nd Annual Real Talk Walk/Run

October 21st 9am at Airport Trail

Event starts at 9AM with a toddler trot and kids half-mile followed by a 1-mile walk/5k run. No registration required. T-shirts for the first 30 kids and 30 adults. Rain or shine, we hope to see you there!

<https://www.bartlethospital.org/calendar/events/2023-real-talk-walkrun/?calendardate=20231021090000>

Support Groups

Bartlett offers a variety of weekly and monthly support and play groups for families on an ongoing basis. Check out the offerings here:

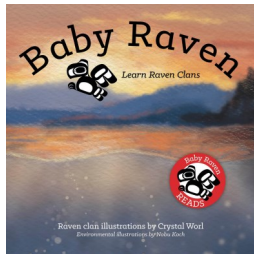
<https://www.bartlethospital.org/services/birth-center/birthing-classes-and-new-parent-groups/>

Learn about Local Native Culture
with your Toddler
Indigenous Peoples' Day is October 9th

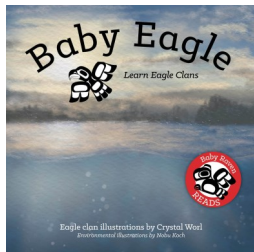
Travel the Totem Trail (age 0-3)—Bring your little one to see the **Totem Pole Trail** located near Seward Street and Front Street in downtown Juneau. The poles now have signage that describe each totem in detail or you can pick up a guide book from SHI. Babies have an easier time focusing on high contrast objects during their early months of development. Black and white visuals with contrasting patterns (like formline design) are easy for your infant to focus on and can encourage their vision development. This can help with recognizing print in its various bold and big prints. Toddlers and older children can help recognize the animals on the totems and understand the stories that go along with each one.



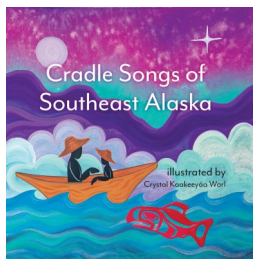
Song and Language Introduction (age 0-3) - these books are an excellent introduction to Indigenous stories from Southeast Alaska. Each one has a link to a YouTube recording of the story. YouTube links include formline designs by Crystal Worl



Listen to the
Baby Raven story
[HERE](#)



Listen to the
Baby Eagle story
[HERE](#)



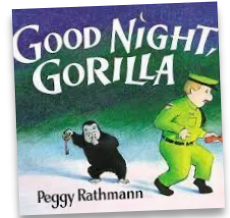
Listen to
The Hook Song
by Clara Peratrovich
and sung by
Ed Littlefield [HERE](#)

With thanks to the Sealaska Heritage Institute!
Gunalchéesh, Háw'aa, Ní'oyaxsn



Imagination Library: Books to Love
Good Night, Gorilla

With nights getting longer, add some interactive fun to your bedtime reading routine. Any of the books from **Imagination Library** can be great bedtime reading, but **Good Night, Gorilla** lets your child help create the story with you. The book has few words and detailed illustrations—perfect for kids who are ready to search for context clues in the art so they can tell YOU the story! This style helps pre-readers engage in the story instead of being passive listeners. See how many details your child can find and tell you about throughout the story. Hint: follow the balloon along the pages for a fun sub-plot. For other literacy activities and ideas visit www.bestbeginningsalaska.org.



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: <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!

Juneau Public Library Events



Free Family Fun! *Juneau Jazz and Classics* is offering a morning of music for families with young children. Located at the Mendenhall Valley Library on **Saturday, October 7th**. The fun starts at 10 AM with a craft activity. Then the Mike Block Trio will perform at 10:30 AM. Contact the library for more information m.j.grande@juneau.org or 907-586-0435

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](#)

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).



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.



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.