

# JuneauFamilies.org

Parent Resource Bulletin | September, 2022

## Breathe, Think, Do!

Frustration is a normal part of life, but it can overwhelm kids and bring up a lot of big feelings. You can help them to use the "Breathe, Think, Do" strategy to calm down, identify their feelings, and work to solve their problem.

### Breathe

First, help kids calm down.

- Encourage them to put their hands on their bellies and slowly take three deep breaths, in through the nose and out through the mouth.
- Ask them to whisper "calm down" (or another encouraging phrase) to themselves.



### Think

Next, help children understand their problem and think about a plan to solve it.

- Encourage little ones to tell you how they are feeling and why. You can help them find the words by telling them what you notice ("It seems like you feel frustrated because you're having trouble putting on your sweater.").
- Help come up with a few different plans for solving the problem (such as unbuttoning the top button).

### Do

Encourage kids to choose a plan and try it out.

- Ask, "Which plan is best? Let's try it!"
- If the plan doesn't work, ask, "How else could you do this?," and then try the next plan.

Remind kids that learning new things takes practice. It's not that they can't do it; it's that they can't do it yet.

For more resources like this one, please visit [Sesame Street in Communities](https://www.sesamestreet.org/communities).

## What's Happening at the Library?

So many fun things!

- For children in kindergarten and beyond, check out the Bookmark Contest happening 9/15-10/15
- Don't miss Storytime, Tuesday at 11 am at the Valley Library
- Mark your calendar for the upcoming FREE Family Concert, Saturday September 24th, 10:30 am at the Mendenhall Valley Library. Join Shelly Watson, opera singer, educator and improvisational artist for a morning of musical FUN! This event is brought to you by Juneau Jazz & Classics, Juneau Libraries, and Friends of the Juneau Public Libraries. For more information call 907-586-5249.



## Ready for Kindergarten

Being 'ready' is about developing strong social-emotional skills and begins at birth. One way to help your child get ready is to read with them. Allow them to choose books. Model reading by following the words with your finger. Closeness supports co-regulation and empathy. For more tips like these please visit [www.juneaufamilies.org/ready-for-kindergarten](https://www.juneaufamilies.org/ready-for-kindergarten).

## Connect with WIC

The SEARHC WIC program supports Southeast Alaskan families. The program helps provide nutritious foods, information on healthy eating and referrals to healthcare for pregnant, postpartum and breastfeeding women, and infants and children up to 5 years old. WIC also supports breastfeeding by providing education from breastfeeding peer counselors and free manual breast pumps and a loaning program for electric breast pumps.

If you or your children are income eligible for Food Stamps, Medicaid, Denali KidCare, School Lunch or Head Start and Alaska Temporary Assistance Program (ATAP), or you are a guardian for a foster child under the age of 5 years old, then you may be eligible for WIC benefits.



If you have any questions about services or would like to apply, please contact the WIC office. We can be reached by phone at 907 463 4099 or by email at [wic@searhc.org](mailto:wic@searhc.org). Information is also available on the WIC webpage, <https://searhc.org/service/wic/>.

## 50 Low-Sugar Snacks

In today's sweets-filled world, limiting your kids' sugar intake can feel like an uphill battle! Get a leg up with this list of 50 simple snack ideas with low-to-no sugar. Keep it on hand (print it here) to always have something healthy ready to feed your little ones.

1. Celery and Cheese = 1 gram
2. Hummus and Veggies = 0 grams
3. Almond butter and Celery = 1 gram
4. String Cheese = 0 grams
5. Chickpeas = 0 grams
6. Pistachios = 2 grams for one ounce
7. Popcorn = 0 grams
8. Pretzels = 0 grams
9. Potato Wedges = 2 grams (half a potato)
10. Guacamole and Pita wedges
11. Olive, Cheese & Carrot Tiger sticks = 1 gram (one ounce)
12. Cucumber Sandwiches = 1 gram
13. Carrots and Ranch = 1 gram (2 TBL of ranch)
14. Finger Salad = 0 g
15. Deviled Eggs 1 gram



For all 50 snack ideas and more recipes like this one visit: <https://www.superhealthykids.com>



"The best thing to spend on your children is your time" - Helping Little Kids Succeed - Alaskan Style  
For more resources visit the Rain or Shine Campaign page.  
[www.juneaufamilies.org/rain-or-shine/](https://www.juneaufamilies.org/rain-or-shine/)



**sea aeyc**

Southeast Alaska Association for the Education of Young Children



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

**PARTNERSHIPS**  
for families & children

**thread**

**United Way**  
United Way of Southeast Alaska  
Partner Agency

## Circle of Security Parenting Class

This series is a 6 week series, meeting weekly on Monday evenings 6-8pm. Classes begin in October and will meet October 5th, 12th, 19th, 26th, and November 2nd and 9th. They will take place in-person at Bartlett. See registration form for more details and Covid mitigation plan.

The Circle of Security is a relationship-based early intervention program designed to enhance attachment security between parents and children. Decades of university-based research have confirmed that secure children exhibit increased empathy, greater self-esteem, better relationships with parents and peers, enhanced school readiness, and an increased capacity to handle emotions more effectively when compared with children who are not secure.

Check out more about this parenting approach [here](#). You can register through this [link](#).

## 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@bartlett-hospital.org](mailto:sgress@bartlett-hospital.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@bartlett-hospital.org](mailto:sgress@bartlett-hospital.org) or through [Bartlett Baby & Toddler Group Facebook Page](#).

## Fatherhood IS Sacred

Weekly sessions starting September 2-November 25, 2022. Held in person or on Zoom. 6-8 pm, Holy Trinity Church - 325 Gold Street, Upper Level.

Please join Red Road Journey to Sacred Healing\* (RRJSH) Fatherhood is Sacred\* (FIS) 12-week session. The FIS program provides fathers with the opportunity to learn about the fundamentals and sacredness of fatherhood by returning to the teachings regarding healthy fatherhood by returning to the Native/Native American heritage and how it applies to each father in the past, present, and future. Fathers of all races are welcome to attend (married, widowed, single or divorced).



Cost for attendance: \$20.00 for workbook. Please enroll asap to receive information and allow time to get the workbook. Justin McDonald, 907-957-3839 or [sundancer408@gmail.com](mailto:sundancer408@gmail.com).

## Seeking Support?

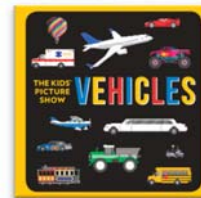
If you are seeking support and information for your family, reach out to [Help Me Grow AK](#). Their Family Support Specialists can help you navigate and connect you with resources statewide. Including child health and development, social and emotional resources, and prenatal care. You can reach a specialist at [1-833-HMG-ALASKA](tel:1-833-HMG-ALASKA).



## Imagination Library

Take a look at 'The Kids' Picture Show VEHICLES!' It features all the things that GO!

Visit [Best Beginnings](#) for activity ideas related to this book and for other literacy and parenting resources.



## A Year of Play

September's theme is Cars, Trucks, and Buses. Try these fun activities to help your child learn more about cars, motion, and the world around them:

### Talk Together

- **For your baby:** Take a walk see how many vehicles you can spot. Point them out and repeat their names: Truck! Bus! Car! Start to help your child make sentences as you watch the traffic zooming by: Cars go. Trucks go. The bus stops. Now it goes. Watch and listen for your baby's attempt to tell you when he spots a four-wheeled wonder. Listen for ka, tuck, and ba sounds. Watch for your baby to point and gesture at a bright yellow bus.
- **For your toddler:** This is an exciting time of year with school buses taking to the streets once again. Watch the traffic go by with your child. Use descriptor words to expand his vocabulary; notice the red car, the garbage truck, the yellow school bus. Use the actual terms for vehicles like bulldozers, front-end loaders, and cranes. Talk about how the school bus and the city bus are different. Read the stop signs with your child. Which cars does your child like best?

### Read Together

- Read books with wheels! For babies, try: My Car and Machines at Work by Byron Barton, My First Truck Board Book by DK Publishing, Wheels on the Bus by Annie Kubler, Truck Duck by Michael Rex, and Richard Scarry's Cars and Trucks from A to Z. For older toddlers, good choices include Cars, Trucks and Things That Go by Richard Scarry, Miss Spider's New Car by David Kirk, Mike Mulligan and His Steam Shovel by Virginia Lee Burton, Don't Let the Pigeon Drive the Bus by Mo Willems, and My Race Car and My Fire Engine by Michael Rex.

Click [here](#) for a link to the complete article and for other resources on [www.zerotothree.org](http://www.zerotothree.org).

## thread Child Care Referrals and Child Care Assistance

Looking for child care? Try the online [thread](#) search tool!

[www.threadalaska.org/](http://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](mailto: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](http://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](http://www.aeyc-sea.org).