

# JuneauFamilies.org

Parent Resource Bulletin | Summer, 2022

## Getting Ready for Kindergarten: Building Social-Emotional Skills

Many families will see their children enter kindergarten this fall. Take some time over this summer to explore and build on the important social-emotional skills listed in this article from Sesame Street in Communities. Is kindergarten still a few years away for your child? Good news, it's great to start building these skills anytime along the way.



Change in normal routines have created unique challenges for children and families, and one of those challenges is that many children have missed important opportunities to develop the social-emotional skills that set them up for school success. Fortunately, parents are children's first and most important teachers, and you can help children practice some basic social-emotional skills before they enter the classroom.

**Taking Turns:** Practice turn taking with children by using verbal cues ("my turn, your turn" or "first you, then me, now you, now me") and timers to show how much time they will have to wait for their turn. You can use a digital timer, like on a phone or tablet, a kitchen timer, or a sand timer.

**Sharing is Caring:** Sharing with others is an important school readiness skill, and a little different than taking turns! Practice this skill with little ones by engaging together in cooperative or collaborative play, like building a block tower together or painting together using the same jar of paintbrushes (older children might join you in painting on the same page).

**Whole-Body Listening:** Playing Simon Says (or Elmo Says!) is a great way to help children practice listening and following directions. Try adding each element of whole-body listening into the game ("Elmo says... sit criss-cross on the floor, look at my face, use calm hands," and so on). You can also challenge them to listen to an entire story without interrupting!

**Managing Big Feelings:** Managing big feelings is a skill that can take lots of practice! The three step strategy "Breathe, Think, Do" can help in tough moments.

**Independence:** Help children practice and build confidence with self-care tasks that they may need to do themselves in a school setting, such as cleaning up after themselves, putting on and taking off their own jackets or shoes, using a lunch box, and so on.

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



What a relief! Research tells us that we don't need to be perfect parents all of the time. If we nail it just 30% of the time, that's good enough to help kids build a strong foundation for future success.

For more resources visit the Rain or Shine Campaign page. [www.juneaufamilies.org/rain-or-shine/](https://www.juneaufamilies.org/rain-or-shine/)

## AEYC is Hiring!



Do you have a passion for working with parents? Does the birth to 3 age range excite you? Then PAT (Parents as Teachers) has a deal for you! We are currently hiring for program Home Visitors. The successful candidate will join our close-knit team serving a caseload of families with children age birth to 3 years. AEYC is a family friendly employer and offers competitive wages and benefits. If interested, contact Emily at [ethompson@aeyc-sea.org](mailto:ethompson@aeyc-sea.org)

## Diaper Bank Fundraiser

Did you know that one in three Alaskan families struggle to provide clean diapers for their baby? We want to change that. Diaper need is prevalent across Alaska, increasing financial burden and stress for struggling families. Babies without clean diapers are exposed to more potential health risks and are less likely to be accepted into child care, leaving many parents unable to attend work.

The [Juneau Partnerships for Families & Children](https://www.juneaufamilies.org/families-and-children) through, AEYC, have launched a diaper bank. For the month of June, [The Alaska Children's Trust](https://www.juneaufamilies.org/alaska-childrens-trust) is hosting a fundraising campaign to support all diaper banks in the state.

You can contribute to Juneau's bank [here](https://www.juneaufamilies.org/diaper-bank).



To find out more about the diaper bank, visit <https://www.juneaufamilies.org/juneau-diaper-bank/>. Together, we've got Juneau's babies covered.

## Kids in the Kitchen: Mango Orange Carrot Popsicles

These are one of our all-time favorites. You can make your own carrot juice or purchase 100% carrot juice at nearly any grocery store. We freeze leftover carrot juice in ice cube trays and pull out a cube or two any time we're making smoothies. It lends a gorgeous color and some natural sweetness we can't get enough of.



Ingredients:  
1 1/2 cup diced mango (fresh or frozen)  
1/2 cup orange juice  
1/2 cup carrot juice

Directions:  
Puree all ingredients in a blender until completely smooth. Pour into your favorite popsicle mold and freeze 3-4 hours, or until completely firm. Makes 5-6 popsicles.

For more recipes like this one visit: <https://www.superhealthykids.com>

## Molly of Denali Family Night

Keep an eye on the AEYC Facebook page for more details on this fun upcoming event: August 12th, 5-7, place to be determined.



## Activity Level

Activity level describes to what extent a child uses movement and physical skills to learn and explore the world.

Some children are not action-oriented. They are “watchers,” and are happy to hang out and play quietly. These children prefer to take the world in by looking or listening, prefer exploring with their hands (using their fine motor skills) instead of their large muscles (arms and legs), and focus their attention intensively on an activity such as working to get a puzzle piece in place.



For the watchers in your care, try the following strategies:

- Respect his pace and style. Offer him lots of opportunities to play with the things that he enjoys—for example, books, dress-up clothes, puzzles, building blocks, toy figures, and so forth.
- Add movement to activities she already enjoys. Hold a favorite toy a little beyond her easy reach or play music while you are cleaning up—it’s easy to shift from listening to dancing.

Other children are “movers and shakers” who seem to always be “on the go”—they like to reach out, grab, crawl, and explore. Movers and shakers love spaces that offer lots of opportunity for movement, tend to reach out for and touch anything they can get their hands on and may need lots of supervision, and aren’t “bad” or “wild” or “out of control.” They just love to move.

For the children in your care who are movers and shakers, try the following strategies:

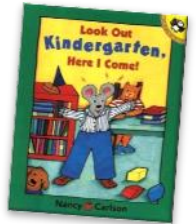
- Offer lots of opportunities for safe, active exploration. Baby proof your entire home. Create obstacle courses with pillows on the floor. Play hide and seek, freeze tag, and other active games. Have him help you with everyday activities like setting the table for lunch.
- Don’t expect children to lie or sit still for long. Let them stand for a diaper change, allow them to turn the pages or act out the story when you read a book, or give them extra time to wind down before naptime.

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

## Imagination Library

Some of you will be graduating from the Imagination Library this year and going to kindergarten this fall. How about reading *Look Out Kindergarten, Here I Come!* together?

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



## Infant Massage Course

REACH ILP is offering an infant massage course on June 28th, 29th, and 30th from 1:30-3:00 pm. Participants will learn how to do infant massage with their baby and receive a free 6-week infant massage session with one of the REACH ILP staff! Call 907-586-8228 to register or for more information.



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

## 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). 

## 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).



## Summer Reading Program

Join the fun at the Juneau Public Library and their Summer Reading Program. It runs from May 28-July 30. <https://juneau.org/library/summer-reading>. There are fun activities for kids and adults of all ages!

## 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).