

Juneau Families.org

Family Resource Bulletin | Summer, 2023

Sesame Workshop -Resources When You Need Them!

Sometimes, we can all use a little bit of help. Take a look at the Sesame Workshop website, <https://sesameworkshop.org/>, it is FULL of articles, activities, and videos about a range of topics that can improve your day-to-day life with your kids. The article featured below is all about flexibility. With summer throwing a lot of our routines out the window, who couldn't do with some pro tips on being flexible?



Building Flexibility: An article on helping children with autism adjust to changes in routine.

I have a confession to make: Flexibility is not, and has never been, my strong suit—nor that of anyone in my family, autistic or not. So really, since my son was born and later diagnosed with autism, we've *all* been learning how to better roll with the punches... because if there's anything that life has taught me, it's that very little goes exactly to plan! I'm still no role model, but I have picked up a few strategies along the way to use when things turn topsy-turvy:

- acknowledge that plans have changed, that things are different (or even *weird*—a word we use a lot in my family), but we can return to the original idea another time.
- I reframe the new plan as an adventure. As in, "We're still going to the beach, but it will be a windy-day adventure." Or, "You can't go to the school picnic because you feel sick today, but we'll have an *inside* picnic instead, with no ants to bug us. I'll even bring my guitar!"
- I write everything down. *First we'll... then we'll ...* Partly that's a habit I've developed as an author, but it helps to have a visual reminder of how that day's story is going to go.
- Practice makes perfect. Like Julia's family, it helps to work in small changes into the daily routine whenever possible.

by Leslie Kimmelman, Author of *A Little Bit Different*, *A Little Bit the Same*
For more resources like this one visit <https://sesameworkshop.org>.

Free Open Swim!

June 10th, from 4:00-5:30 pm,
Dimond Park Aquatic Center
SEAAEYC is sponsoring the open swim for families! The pool capacity is 150. Show up a little bit early to get your spot.



Community Events -Fun for the Family!

Gold Rush Days, June 17-18, open from 8-5 with a Children's Carnival from 1-3.

Fourth of July —the Juneau Parade begins at 11 am. Be early to get your viewing spot! After the parade, head over to Douglas for fun activities that last all afternoon.



Juneau Public Library Special Summer Storytimes!

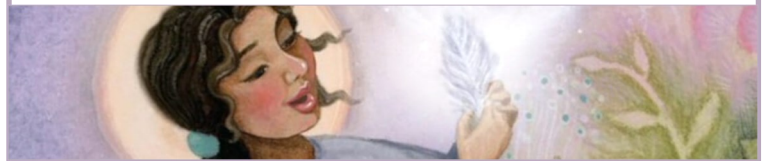
STEAM Ahead: Summer Explorations, Tuesdays @ 1:30 pm May 30th-August 1st, Douglas Library. Recommended for readers K-3rd Grade!

Summer Storytime + Craft: Wednesdays @ 11:00 am May 31st-August 2nd at the Valley Library. Recommended for Pre-K and up!

Ongoing Storytimes!

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

These events are part of the 'Find Your Voice' Summer Reading 2023 program. Contact the Juneau Public Libraries for more information, juneau.org/library or 907-586-5249. Happy Summer!



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@bartletthospital.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 @ Bartlett Regional Hospital
- **Parents of Toddler Group**
Mondays from 11 am-12:30 pm at the Gymnastics Academy
- **Dads & Kiddos Play Group**
First Saturday of every month, meet for an outside walk and/play group.
- **Pregnancy & Infant Loss Support Group**
Last Wednesday of the month, from 6:00-7:00 pm via Zoom.
- **"Real Talk" Mothers' Support Group**
Last Wednesday of the month, from 7:00-8:00 pm via Zoom.



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!



Kitchen Tip: How to Meal Prep (the Easy Way)

By Natalie Monson, for the complete article visit www.superhealthykids.com
Learn concrete meal prep strategies that make healthy family meals practical and possible!

You've heard of meal planning, and how much it can transform your family's eating habits. Just knowing what you're making before 4:30 pm can save you from many a cereal night. That's huge! Meal PREP is a little different, but it goes hand in hand with meal planning. Peas in a pod, those two. And today we're going to teach you what meal prep means, and how to make it work for you, so family meals feel less like a stressful scramble, and more like a magic trick. Let's dig in!



What IS Meal Prep?

If you already know this, bear with me. It recently came to our attention that a lot of our readers confuse meal prep with mealtime cooking. (I GET it... meal prep means... prepping your meal, right? Sort of. But sort of not.)

Meal prep, simply, is cooking part or all of a meal hours or days before you plan to eat it. It might mean you spend Sunday afternoon cooking all your family's lunches for the upcoming week. Or you spend a half hour in the morning before the kids wake up prepping ingredients, so you can whip up dinner in fifteen minutes once 5 o'clock rolls around. However you organize your prep habit, HAVING one is essential to getting consistent, healthy meals on the table for your family. So let's get on it! See some ideas for prep-friendly foods below, followed by step-by-step instructions on completing a prep session.

5 Steps to Successful Meal Prep

Step one: Make a plan.

Plan a few meals or snacks you'd like to eat in the next few days. Don't try to plan every single meal. Even just a rough idea of what you'd like to eat for a few dinners (say, chicken, veggies and rice) gives you the building blocks you need to make meals come together quickly.

Step two: Choose a time.

Pick a time you can devote to prepping your meals unhurried. The beauty of meal prep is that it fits into YOUR schedule. Sunday afternoon works for many parents, but you can try prepping in the morning or evening, when life slows down a little.

Step three: Gather ingredients.

Next, shop for what you need. And when it's time to cook, make sure everything is accessible on your counters and cutting boards. We like to gather spices into a small basket, and have storage containers ready to go. Things are about to move fast!

Step four: Prep it!

Start prepping your ingredients. With a little practice, you can have multiple ingredients cooking at once. Maybe you've got rice on the stove, eggs in the Instant Pot, and a chicken in the oven, while you chop up a fruit salad. See? You got this.

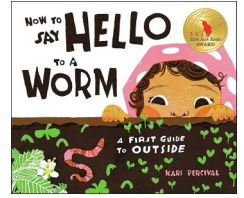
Step five: Pack and store.

Once your ingredients are prepped and cooled, pack them into containers to refrigerate. We like Pyrex bowls with lids for grains, beans, meats, and cooked veggies, and Mason jars for sauces, dressings, and pre-diced veggies.

When you're finished with your prep session, you'll start to feel the magic. Every time mealtime approaches, you've got options! Reheat a fully-prepped meal, or throw together a fresh combination of prepped ingredients with a flavorful sauce. And dinner is ready in 10 minutes, with almost no dishes. It's an amazing, top-of-your-game feeling! Here's to a happy, healthy, and fun week for your family. Cheers!

Imagination Library: Books to Love About the Outdoors

Yay, it's summertime! The next few months present a wonderful opportunity to mix literacy and the outdoors. The Imagination Library features a number of books that capture the magic of summer. Which books do you think your child will enjoy? *Raindrops to Rainbow*, *Dandelion Magic*, *Birding for Babies*, *A Story for Small Bear*, or *How to Say Hello to a Worm*? Which one will you enjoy? For literacy activity ideas visit www.bestbeginningsalaska.org.



Seeking Support?

If you are seeking support and information for your family, reach out to [Help Me Grow AK](http://www.helpmegrowak.org). 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? thread is ready to help you find the care your family needs. Try thread's online search tool at threadalaska.org/search. A quick search by child care program name or location gives you details like cost and ages served. For a free referral with a thread Specialist, call 800.278.3723, from 8 am - 4:30 pm, Monday-Friday. You'll receive tools and resources to assist with your search for quality care. thread also administers the Child Care Assistance Program to help eligible families cover the cost of care. For more information, call 855.479.2212 or email threadCCA@thrivalaska.com.



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

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.



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.juneaufamilies.org. The Juneau Parent Bulletin is created by SEAAEYC in coordination with the Juneau Partnerships for Families and Children, with funding support from thread. Find us and Like us on Facebook! SEAAEYC | 3200 Hospital Dr. Ste. 204, Juneau, AK | 907-789-1235 | www.aeyc-sea.org.