

# Juneau Families.org

Parent Resource Bulletin | April, 2022

## Standing Against Racism with Affirmations and Self-Care

To join the ongoing conversation in our community about racism, equity, and anti-bias, AEYC is highlighting resources each month that are child friendly and age appropriate.

By Tiffany Eve Lawrence

Every year, April is set aside as the [Month of the Military Child](#), when we acknowledge the unique role they have and the specific challenges they overcome being in military families. *Though it references challenges that military families and children can face, it is also applicable to our community as a whole.*



Because of everything military children experience, one popular word used to describe them is resilient. This lifestyle teaches them really early that change is a recurring theme in their lives, so they adapt. But instead of talking about their resilience, let's focus on their needs, especially when it relates to how racism and prejudice may affect their world. BIPOC groups make up less than half of the active-duty military—about 40%. These families experience firsthand the confusion on their children's faces when they realize that people who look like them have been disrespected or treated unkindly and unfairly. It is a natural reaction to want to protect children from this reality. That instinct is ok. And we can use it as a balancing tool to remember that as we have these discussions, we should protect their emotional and mental health as well. Two main themes to use in your home are affirmations and self-care.

### Affirm Their Identity

The purpose of affirming your child's identity is to validate their existence. Military children are always the new children on the block, so fitting in and finding friends can be difficult. They must know their worth is not reliant on another person's opinion of them, and they deserve to be here, be loved, and feel safe. Here are some examples of everyday affirmations:

#### Verbal Affirmations

- "There is nobody in this world quite like you."
- "If someone says something mean about you, he/she is wrong. Always remember how great you are and that this world needs you."

#### Affirming Actions

- Your daily hugs help a lot.
- Remind children you are there to listen to how they feel and what they think.

### Simple Self-Care Practices

Part of self-care is finding everyday joy, so that the weight and trauma of racism don't affect our mental health. Here are a few ideas:

- Take a walk together
- Do family yoga
- Have family night doing their favorite thing (movie, games, painting, etc.)

And... teaching children how important and valued they are is always an effective tool to stand up against racism.

For the complete article and for more resources like this one, please visit [Sesame Street in Communities](#).



It is Spring again.  
The earth is like a child  
That knows poems by heart.  
-Rainer Maria Rilke

**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

## Go Blue Rally Juneau

April 1, 2022 noon-1:00pm

4th Street, Capitol Steps



**Keynote Speakers: Yolanda Fulmer and Jeni Brown**  
With Members of the Alaska Legislature  
Join us in working to end child abuse and neglect.  
**Please wear BLUE to this event if possible!**

## Kindergarten Registration Day

Do you have a child in your life who will be 5 by September 1, 2022?

Get them registered and ready for kindergarten!  
**Kindergarten Registration Day: Thursday, April 14th, 2022, 1-5 pm.**

Register at your neighborhood elementary school. Bring shot records and birth certificate. First Day of Kindergarten: Friday, August 19th.

Questions? Visit [www.juneauschools.org](http://www.juneauschools.org).



## Early Learning Fair (in person!)

**Friday, April 22nd, 2022, 5:15-6:30 pm at the Dimond Park Field House**  
This fun event is for families with children ages 0-5, with special focus on getting ready for kindergarten!

- \* Sign up for Kindergarten: bring shot record and birth certificate
- \* Resources for parents: child care options, parenting support
- \* Free hearing & vision screenings
- \* Prizes!

With the recent decrease in Covid levels, masks are no longer required. You and your children are encouraged to wear them and to continue social distancing if you have personal health and safety concerns. If you are experiencing cold or flu symptoms please stay home. Contact AEYC for more information, 789-1235.

## Childhood Vaccine Clinic

Join Juneau Public Health for their weekend childhood vaccine clinic, offering all recommended childhood vaccines (including covid and flu).  
Saturday April 23rd, 10am-2pm, Walk-in or by appointment  
Juneau Public Health Center, 3412 Glacier Highway. For appointments or more information: 907-465-3353.



## Tuning Into Temperament

Every child is born with his own individual way of approaching the world—also known as “temperament.”

Temperament shapes a child’s behavior and development in significant ways, so understanding a child’s temperament is very important for nurturing his healthy development. For example, if you know that a child has a difficult time with changes, you can anticipate and understand why drop-off time in the morning is so difficult for him. You might talk with his parent (s) about ways to make this morning ritual easier. For example, his mother might create a good-bye routine (like a special song and hug) that is especially comforting for her child.

### Children Can Adapt

A child’s behavior and temperament are shaped by her experiences, including her interactions with you. For example, children who are slow-to-warm-up to new people and experiences can become more comfortable in these situations when their parents and caregivers slowly and sensitively help them adapt.

### There Is No Right or Wrong, Better or Worse Temperament

Temperament is neither something a child chooses nor something that parents create in their child. It is very important for children to be accepted for who they are. It is true, though, that some temperaments are easier to handle than others. An intense, reactive child can be more difficult to soothe than a more laid-back child; a child who is very shy and slow-to-warm-up may require more time and support to feel comfortable joining a group of children.

Remember, the goal isn’t to change the child, but to help her thrive by nurturing her strengths and providing support when needed. By watching and learning from each child, you can begin to help each adapt, learn, and feel more confident in the world.

Click [here](#) for the full article and to read more about temperament characteristics and how to support them.

## Give Your Child a Head Start!

You can [Enroll NOW](#) for the 2022-2023 school year. Head Start is a nationwide, federally funded program that promotes school readiness by enhancing the social, physical, and cognitive development of children. Head Start is provided at no cost to enrolled families and accepts children ages 3-5 years old. For more information please call Tlingit & Haida Head Start at 907-463-7127.



Give praise to any child you see doing good. Compliment him and tell him he is valuable.

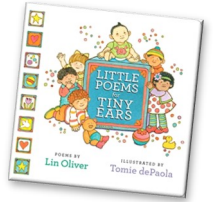
- Helping Little Kids Succeed  
Alaska Style



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

## Imagination Library

Did you know that April is National Poetry Month? Enjoy this fun Imagination Library book, Little Poems for Tiny Ears by Lin Oliver. Visit [Best Beginnings](#) for many other literacy and parenting resources. While you are online, check out some wonderful [poems for kids](#) through the Academy of American Poets.



## 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](#).

## Parent TALK: Talking to Children About Race and Racism

6 to 7 PM THURSDAY, APRIL 14, 2022 | VIRTUAL | FREE

Children are never too young to learn about diversity. As young as 3 months old, children are able to identify differences in themselves and their parents and care givers. Please join us as we hear from Ouida Morrison and the Alaska Black Caucus about how to have meaningful conversations with children about race and racism. [Register Here](#). Registration closes at 6 pm on Wednesday, April 13. This class is offered through our partners at thread. Visit them for more fabulous resources here: [www.threadalaska.org](http://www.threadalaska.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).