

JuneauFamilies.org

Family Resource Bulletin | April, 2023

Wake Windows are the Key to Unlocking Baby's Sleep Schedule

by Layla Khoury-Hanold
February 2, 2023

Medically reviewed by Brandy Hall,
MSN, RN, on 02/02/2023

One of the biggest responsibilities of being a parent is helping your child get optimal rest. But determining the ideal sleep schedule is also one of the most challenging and confusing things to navigate. To help inform your child's optimal sleep schedule, several experts advise paying attention to wake windows.



Wake windows are the amounts of time that babies and toddlers can spend awake before becoming overtired, explains Rosalee Lahaie Hera, CEO, certified sleep consultant, and founder of Baby Sleep Love. Because babies spend most of their time sleeping, it's easy for them to become overstimulated if kept awake too far past their wake window.

Essentially, it's how you know when (or whether) to put your baby down for a nap or a full night's sleep. And they vary by age because how long your baby can stay awake and how much more stimulation they can process grows as they get older. On the other hand, relying on sleepy cues might mean that your child is already overtired and will have a harder time falling asleep.

Lahaie Hera believes that wake windows are a much more reliable indicator of when your child needs to sleep than relying on sleepy cues. "Respecting age-appropriate wake windows can mean the difference between a cranky baby who doesn't settle well to sleep and a well-rested baby who drifts off to sleep easily and quickly. Sleepy cues, such as rubbing eyes or yawning, are often an indication that a little one is already overtired," Lahaie Hera says.

Minding wake windows can also lay the foundation for sleep training success. In fact, that cadence is one of the first things that Amy Bonsiero, a pediatric sleep expert and founder of Baby Sleep Solved, assesses during client intake. "If a child is put down too far past their wake window, it is extremely hard for them to fall asleep," Bonsiero says.

Of course, since all children are different, you'll want to take a nuanced approach to your child's sleep, considering your child's temperament as well as family schedules. But by structuring sleep schedules around your child's individual wake windows, you can unlock the key to optimal sleep and ensure that they're getting adequate rest.

For the complete article and a step-by-step look at Wake Windows for your child's age, visit www.sleep.com.

April is National Child Abuse Prevention Month

Alaska Children's Trust is leading the way in preventing child abuse and neglect.

'Building strong foundations for kids, cementing positive childhood experiences into routine, creating windows and doors of opportunity, and deconstructing and learning from the past are just some of the ways that we're asking Alaskans to help Build Together for Child Abuse Prevention Month this April!'

Visit Alaska Children's Trust for ideas about how to [Go Blue](#), host an event, and spread awareness!



Preschool Family Night at the Turf

There will be one turf event in April: 4/14/23 from 5-6:30 pm. The event is Free, open to families with children ages 0-5, and located at the Dimond Park Field House, 2961 Riverside Drive. This opportunity is made possible in part through support from thread and through the City and Borough of Juneau Youth Activities grant that is funded with public dollars. Thank you thread! Thank you CBJ!



Kindergarten Registration!

Do you have a child in your life who will be 5 by September 1, 2023? It's time to get them registered and ready for kindergarten!

Does it feel too early to register? It's not!!! Registering now helps the Juneau School District to be prepared to welcome your child on the first day of school.

Kindergarten Registration Day: Thursday, April 13th, 2023. 1-5 pm

Register at your neighborhood elementary school. Bring shot records and birth certificate. First Day of Kindergarten: Friday, August 18th. Questions? Visit www.juneauschools.org.

For tips and resources to help your child transition to kindergarten, visit the 'Ready for Kindergarten' page on www.juneaufamilies.org.

15th Annual! **free!**

Early Learning FAIR

Friday, April 28th, 2023, 4:00-7:00 pm at the Dimond Park Field House

This fun and free 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 health screenings and vaccination information
- * Prizes!
- * **Turf Toys will be out to play with! Fun for the whole family!**

Contact AEYC for more information, 789-1235.

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



sea aeyc

Southeast Alaska Association for the Education of Young Children



BEST BEGINNINGS
Alaska's Early Childhood Investment



Juneau
Partnerships
for Families & Children

thread

United Way
United Way of Southeast Alaska
Partner Agency

Kids in the Kitchen

Cheese Puffs Recipe

You will need:

- Puff pastry (two sheets)
- 1 egg
- 1 tablespoon water
- Cheese, grated (you can use Cheddar, Colby, mozzarella, Romano or Parmesan, or a combination of your favourites!)
- Bowl
- Small whisk or fork
- Pastry brush
- Biscuit/cookie cutters
- Baking tray
- Baking paper



To make:

- Lay out your puff pastry sheets to defrost. Pre-heat oven to 300°F.
- Have your pint-sized assistant lightly beat the egg and water together to form an egg wash.
- Cut shapes from puff pastry using a biscuit cutter.
- Lay shapes onto a sheet of baking paper on your baking tray and brush with egg wash.
- Sprinkle a little cheese onto each shape.
- Bake for 10 minutes or until cheese has melted and pastry puffed.

Enjoy warm or store cooled cheese puffs in an air tight container overnight.

For more delicious recipe ideas visit <https://childhood101.com>.

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@bartlethospital.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 as an outside walk and/play group. Details of location and time available via email

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

Pregnancy & Infant Loss Support Group

Last Wednesday of the month, from 6:00-7:00 pm via Zoom. Contact Sara Gress for more information and a link to the meeting.

“Real Talk” Mothers’ Support Group

Last Wednesday of the month, from 7:00-8:00 pm via Zoom. Contact Sara Gress for more information and a link to the meeting.



2nd Annual Community Egg Hunt

Saturday, April 8th, 2023 at 12 pm (please arrive 10-15 minutes early)
Mendenhall River Community School, 9001 Mendenhall Loop Rd.

Come find over 4,000 eggs + golden eggs with prizes! Kids of all ages are welcome. Organized and Sponsored by Platinum Keller Williams Realty Alaska Group.



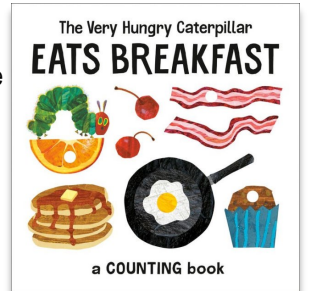
Please bring your own basket and be ready for fun! Find more information on Facebook.

Imagination Library

Book Title: The Very Hungry Caterpillar Eats Breakfast

Author: Eric Carle

The Very Hungry Caterpillar is very hungry . . . for breakfast! This interactive board book is the perfect way to introduce the most important meal of the day. This story highlights a variety of breakfast items and prompts your child to engage through questions and reflections. What's your favorite breakfast food? Chat about your breakfast routine and how foods help build a strong brain and body.



For additional literacy activities and parenting resources, visit <https://www.bestbeginningsalaska.org/>.

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? 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.



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 at 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.