

# Juneau Families.org

Parent Resource Bulletin | December, 2022

## How to Make Holidays Kid-Friendly

Help kids rise to the occasion, and don't aim too high

We are reminded, every year at this time, how difficult holidays can be for people who are lonely or alone. But let's be honest: even for families rich in children, holidays can be stressful—both for parents and kids.

Why are holidays so fraught? Because expectations are heightened, and holidays can feel like a test of how happy and successful your family is. And if you have children with psychiatric or learning disorders, even favorite traditions can turn into a test of stamina and patience. Here are some tips to help minimize stress and make the holidays more fun and fulfilling.



### 1. Be open to change.

Talk with your kids about your traditions — which ones they love and which you might evolve to make them more fun or memorable for everyone. This is especially important when family dynamics have changed because of divorce, a new marriage or sibling, or a death in the family.

### 2. Be realistic.

Factoring in kids' limitations when you make plans will reduce stress on everyone. Kids who are anxious about meeting new people — or even encountering the extended family — will need support and realistic expectations. Kids who have trouble with organization will need help to succeed at gift-giving. Children who tend to be impulsive need structure to minimize disruptive behavior. Not overestimating your kids' patience and ability to focus will help you enjoy yourself more, too.

### 3. Prep kids for changes in routine.

Holidays represent a change in a family's normal schedule, and for some kids that's unsettling. Preparing them for changes in their routines — what to expect and what you expect of them—will help head off meltdowns. If you're traveling, bring familiar toys and books, and make sure you have quiet one-on-one time like reading before bed.

### 4. Give yourself a break.

Don't stretch yourself too thin trying to create the "perfect" holiday season. Decide what is important, prioritize, and say "no" to what you can't handle.

### 5. Be sure to laugh.

Kids pick up their parents' stress and tension, so they're more likely to be irritable if you are. Have a sense of humor, enjoy your kids for who they are, and keep in mind that what you'll all remember when it's over is likely to be the unexpected moment when everybody was relaxed, not the brilliantly choreographed party, dinner, or outing.

This article is by Caroline Miller of Child Mind Institute. Please visit their [website](#) for more great resources.



Play. It might be the most important thing you do today.

For more parenting and community resources visit the Rain or Shine Campaign page.

[www.juneaufamilies.org/rain-or-shine/](http://www.juneaufamilies.org/rain-or-shine/)

## Preschool Family Night at the Turf

There will be one turf event in December. Join the fun on December 9th 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 supported in part by the City and Borough of Juneau Youth Activities grant that is funded with public dollars. Thanks CBJ!



## Santa Run 2022

Capital City Fire and Rescue, AK State Firefighter Association, Juneau Chapter IAFF Local 4303 and Douglas Fire Association are hosting their annual Santa Run on December 16th & 17th. There will be two parades and opportunities to meet Santa. Take a look at this [Facebook Post](#) for more info.



## Kids in the Kitchen

### Vanilla Applesauce

Homemade applesauce always feels like a magic trick to us: with a little time and heat, crunchy apples turn into a silky, spoonable snack or dessert! Thanks to the cinnamon and vanilla, this version smells especially great while it's cooking.

### Kitchen Gear

- \* Cutting board
- \* Sharp knife (adult needed)
- \* Measuring cups
- \* Measuring spoons
- \* Medium-sized pot with lid
- \* Pot holders
- \* Wooden spoon
- \* Potato masher (if you have one)

### Ingredients

- \* 7 apples, scrubbed, cored, and sliced, then chopped
- \* 1/2 cup water, apple juice, or apple cider
- \* 2 teaspoons vanilla extract
- \* 2 teaspoons ground cinnamon

### Instructions

Put all the ingredients in the pot, put the pot on the stove, and turn the heat to low.

Cover, and cook until the apples are tender and the liquid has been absorbed, about 35 minutes. Stir the mixture occasionally as it cooks, to make sure it's not sticking to the bottom of the pot. Using the potholders, set aside and cool for 10 minutes.

Stir and mash until chunky or smooth, depending on how you like it.

Eat right away or cover and refrigerate up to 5 days.

For more yummy recipes visit [www.chopchopfamily.org](http://www.chopchopfamily.org).



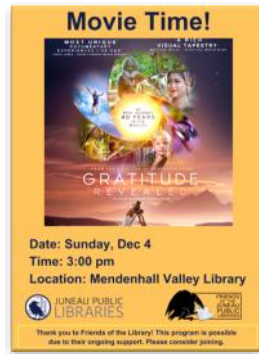
## What's Happening at the Library?

Juneau Public Library is having a **movie afternoon** on Sunday, Dec 4th at 3:00 pm, "Gratitude Revealed". All ages content. **Free.** <https://gratituderevealed.com/>

### Storytimes:

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

Remember, in addition to wonderful children's books, the library also has learning material, toys, and so many other fun experiences for the children in your life. Visit today!



## Big Brothers Big Sisters Events

Have you thought about becoming a "Big" or do you have a child over age 6 who is interested in joining the program? Then come out to the fun events that Big Brothers Big Sisters of Alaska are hosting this month:

**BIG Coffee & Conversation:** Tuesday, December 6th, 7-10 am, Heritage Coffee, 130 Front St.

**BIG Happy Hour:** Tuesday, December 6th from 5-7 pm, Devil's Club Brewing Co., 100 N. Franklin St.

**Chatting with BBBSAK staff gets you a beverage. You can also enter a drawing, and if you sign up to be a BIG, you get entered to win a \$250 Amazon gift card!** For more info or to RSVP, [development@bbbsak.org](mailto:development@bbbsak.org).



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

### Pregnancy & Infant Loss Support Group

Wednesday, December 28th, 2022 at 6:00 pm via Zoom.  
Contact Sara Gress for more information and a link to the meeting.

### "Real Talk" Mothers' Support Group

Wednesday, December 28th, 2022 at 7:00 pm via Zoom.  
Contact Sara Gress for more information and a link to the meeting.

## 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).



## Imagination Library

It is certainly winter outside. Are you ready for snow? Even if you are not, this book is lots of fun, **Ten Ways to Hear Snow** By Cathy Camper.

Here are some tips from the [Dolly Parton Imagination Library website](#) for making reading fun and interesting for your children (and you!):



**Read books multiple times.** Reading the same book over (and over) encourages children to participate in the reading activity through contributing to the "reading" and asking questions.

### Think about it!

Ask your child questions about the characters or the story that require predicting, imagining, or making inferences.  
Examples: Why do you think they are wearing hats and coats outside?

### Make it relevant!

Relate books to your child's life.  
Example: Can you see snow on the trees or outside like the people in the book?

### Begin with sounds!

Point out beginning sounds.  
Example: Did you hear a word that started with the same MMMMM sound as your name?

### Encourage curiosity!

Respond to your child's questions about letters, numbers, and reading.

Visit [Best Beginnings](#) for activity ideas for many other books in the Imagination Library program, as well as other literacy and parenting resources.

## 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**.



## 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).