

Juneau Parent Bulletin

February, 2024

Sesame Workshop

Art Skills, Life Skills - Building Resilience

Artmaking can help children develop skills to help them in school and life. Kids are naturally creative, and there are so many developmental benefits of artmaking for kids: When they hold a pencil, use scissors, or fold paper, they're building important fine motor skills. When they scribble or draw a story, they're laying the foundations of reading, writing, and language. When they mix colors or experiment with new materials, they're bringing science and engineering concepts to life. Artmaking can help build some "invisible" skills, too—such as skills that build **resilience**:

Emotional Awareness- Creating art gives kids a way to reflect on and express their feelings. Art helps communicate complex ideas and can be a starting point for meaningful conversations. Making art with others can build social skills such as collaboration and compromise.

Problem Solving- Artmaking presents challenges, so it requires persistence, practice, and patience. In fact, you might think of each piece of art as its own "problem"—how will you bring an idea to life? Children will need to make choices: which materials, surface, colors? They may also need to try again and again to get it just the way they'd imagined it.

Confidence- As with other skills, the more kids create art, the more confident they'll become. It feels good to take a project from start to finish.

Find additional articles, workshops, activities, and videos at www.sesameworkshop.org.



Sesame Workshop Resources & Videos

R is for Resilience

Resilience helps us bounce back when we fall down, and keeps us going when times get tough. Building resilience skills in young children helps them face challenges with positivity and perseverance. Resilience involves a few key ingredients: emotional awareness, problem solving, confidence, and YOU!

Visit www.sesameworkshop.org/resources/r-is-for-resilience/ to view the R is for Resilience video. Sesame workshop has many educational courses and resources about resilience.



R is for Resilience

Resilience helps us bounce back when we fall down, and keeps us going when times get tough.

Parenting Ages 1-6

DONATE TODAY

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It's time to apply for your PFD. When you apply, please consider donating to SEAAEYC in support of the Dolly Parton Imagination Library. It helps get free books to children in Southeast Alaska. Visit Pick.Click.Give to learn more!

Blot Art Hearts for Valentine's Day!

What is blot art? Blot art is when you add a few drops of paint to one side of a piece of paper, fold the other side of the paper over the paint, and press the paper together with your hands. When you open the paper up, you have a unique symmetrical design in paint!

Materials:

- Paper
- Paint in 2 or more colors
- Paint brush or spoon for each paint color

Instructions:

1. **Cut out paper hearts** - First, cut your paper into hearts of any size by folding a sheet of paper in half and cutting half a heart along the fold. Open to reveal your full heart paper. You can use a combination of white paper and recycled paper bags for your hearts.
2. **Add paint** - Use a paintbrush or spoon to add drops of paint to one side of the heart paper.
3. **Fold and squish** - Carefully fold the second half of the heart paper over the paint and press. Squish the paint sandwich all over with your hands.
4. **Reveal your symmetrical painting** - Open the heart to reveal your interesting and unique symmetrical heart art!
5. **Repeat**
6. **Dry your hearts**



For additional fun craft ideas, visit www.artfulparent.com.

Imagination Library: Books to Love

Ten ways to Hear Snow

Ten Ways to Hear Snow is a beautiful book about Lina's experience walking through the snow to spend the day with her grandmother cooking a traditional Lebanese meal. During her walk, she notices ten different sounds coming from the snow. This book is about discovering the world around us by simply listening.

Take a Walk and Listen!

Take a walk outside with your little one and have them close their eyes and listen to the sounds surrounding them. How many ways can they hear snow?



YOU Can Make a Difference in a Child's Life!

Your generous donations allow the Dolly Parton Imagination Library Program to provide free books to all participating children across SE Alaska. For \$30 a year, you can ensure that a child receives a free book in the mail every month for a whole year. Make your tax deductible donation today at <https://www.aeyc-sea.org/imagination-library.html>. A big thanks to volunteers Trish Custard and Cora Brunette for giving their time to enroll children!

seaeyc

Southeast Alaska Association for the Education of Young Children



BEST BEGINNINGS
Alaska's Early Childhood Investment



Juneau
Partnerships
for Families & Children



United Way
United Way of Southeast Alaska
Partner Agency

Kids in the Kitchen

Frozen Yogurt Covered Strawberries

Strawberries and yogurt. Yup, that's it. These sweet and healthy frozen yogurt covered strawberries require just two ingredients and no time at all!

Ingredients:

- 12 small/medium strawberries (try with any fruit you have in the fridge)
- 1 cup Greek yogurt (any flavor)



Instructions

1. **Prep:** Wash strawberries and pat them dry. Line a baking sheet or plate with parchment paper.
2. **Coat:** Holding the strawberry by the green leaves, dip each berry into the yogurt a few times to evenly coat with yogurt, then set on the prepared plate. Freeze until solid, about 2 hours.
3. **Optional Second Coat:** For a thick, even layer of yogurt, repeat the process one more time, dipping each berry in yogurt again and freezing until solid.

For more delicious recipe ideas, visit www.liveeatlearn.com.

Bartlett Beginnings Opportunities

Bartlett Beginnings offers a variety of weekly and monthly support and play groups for families with babies.

- **Bartlett Baby-Parent Time**
Every Thursday from 12:00pm-1:30pm at Bartlett Regional Hospital
- **Parents of Toddler Group**
Every Monday from 11:00am-12:00pm at the Gymnastics Academy
- **Dads & Kiddos Play Group**
First Saturday of every month from 10:00am-12:00pm
- **Pregnancy & Infant Loss Support Group**
Last Wednesday of every month from 6:00pm-7:00pm via Zoom
- **"Real Talk" Mothers' Support Group**
Last Wednesday of every month from 7:00pm-8:00pm via Zoom

For more details and to register visit <https://www.bartletthospital.org/services/birth-center/birthing-classes-and-new-parent-groups/> or contact Sara Gress at 907-796-8975 or sgress@bartletthospital.org. You can also visit [Bartlett Baby & Toddler Group Facebook Page](#) to keep updated on upcoming and new group meetings.

Let's Chat About Mental Health!

Make the commitment to check-in with your loved ones. Here are a few easy steps to help you get started:

1. Set aside time to talk.
2. Ask open-ended questions.
3. Listen.
4. Come up with solutions together.
5. Schedule time for your next check-in.



For more resources and free downloads from The Check-In Project, visit www.thecheckinproject.org.



"Every one of us needs to show how much we care for each other and, in the process, care for ourselves."

Princess Diana

Ready for Kindergarten - Prepared for Life

It is never too early to prepare your child for kindergarten. Here are six activities you can introduce to your child today: **Play, Read, Move, Talk, Explore, and Register.** For more information or questions, visit our [Kindergarten Readiness Page](#) or reach out to SEAAEYC at info@aeyc-sea.org or 907-789-1235.

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Community Events

Weekly Story Time at Juneau Public Library

Weekly story time available to children of all ages.

Valley Library Storytime: Tuesdays at 11:00am

Douglas Library Storytime: Tuesdays at 3:30pm

Contact m.j.grande@juneau.org or 907-586-0435 at the [Juneau Public Library](#) for more information.

REACH Inc. Parenting Connection Group

Group meets every Monday from 9:30am - 11:00am for children ages zero to three. For more information, please contact rsullivan@reachak.org.

Twin Group Play Session

SEAAEYC is hosting a twin group play session for families of twins under the age of 3 on February 8th and 22nd. Join us from 9:30am - 11:00am at the SEAAEYC Playroom located at 3200 Hospital Dr, Suite 204 to share the joys and challenges of raising multiples.

Parent & Tot Ice Skating Lesson

CBJ Parks & Recreation are offering a parent and tot (age 5 and under) lesson that focuses on the fun and basics of ice skating on February 25th from 2:45pm - 3:45pm. This class costs \$15.75 for 1 adult and 1 tot and includes skates (smallest size is 8T) and helmets. Register at [CBJ Parks and Recreation](#).

Marie Drake Planetarium

Explore the universe with the planetarium's digital projector and 30ft dome on First Friday, February 2nd. Stop by anytime between 5:30pm - 7:00pm. Bring your astronomy questions!

Family Fun Night at the Turf

Join the fun at Dimond Park Field House on February 9th and 23rd from 5:00pm to 6:30pm. Enjoy meeting other families and letting your little ones run and play with a number of toys available. Sponsored by [CBJ Parks and Recreation](#) and [SEAAEYC](#).

Preschool Open Gym at Mt. Jumbo Gym

Visit Mt. Jumbo Gym in Douglas for Preschool Open Gym from Monday through Friday between 9:00am - 11:30am. Warm and dry environment with new toys for children ages 6 months to 6 years. \$5 per child, per visit.



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!

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



Alerts about this bulletin are emailed to families with children enrolled in the Dolly Parton Imagination Library. Find this bulletin and many other family resources at www.aeyc-sea.org. The Juneau Parent Bulletin is created by SEAAEYC in coordination with the **Juneau Partnerships for Families and Children**. SEAAEYC | 3200 Hospital Dr. Ste. 204, Juneau, AK | 907-789-1235 | www.aeyc-sea.org | Follow us on:   