

Juneau Parent Bulletin

March, 2024

March is National Music in Our Schools Month!

A national celebration to raise awareness about the importance of having access to a quality music education available to all children.



The Magic of Music on Children's Emotional Wellbeing!

Music has been proven to have far-reaching positive effects on our mental health. This is especially important for children and young people. Here, we explore the reasons why music can be far more than just a melody.

Crafts Kids Will Love Make a Music Shaker

Materials:

- Cardboard tubes (toilet paper roll, paper towel roll, etc.)
- Scissors
- Tape
- Stapler
- Rice, corn kernels, stones, or other small items
- Markers, paint, collage materials, or more tape (optional)



Instructions:

- Cut the cardboard tubes into pieces around 5-6cm long and decorate them any way you like.
- Flatten one end and staple closed. Add some tape over the staples to make sure it is well sealed.
- Add one or two spoonful of rice (or other noise making items) into the tube, and then flatten the open end in the other direction. One end will lie flat on the table while the other will sit up and down. Staple and tape the end closed.

For more music instrument ideas, visit www.picklebums.com.

Emotional Expression- Without us even realizing it, listening, singing or writing music can be extremely liberating. Sometimes it is hard for young people to find the right words to describe how they are feeling. Music provides a positive outlet for expression. If given the option of sitting down and talking about what's getting them down or blasting their favorite song and singing at the top of their lungs, most would choose the latter. Music can stir emotions in us like nothing else. That is why it can really help young people get in touch with thoughts and feelings they may otherwise not have been aware of.

Whether it is playing an instrument, writing down lyrics or just making a racket, it all counts. The act of creating music requires focus, and often collaboration with others. This experience can encourage a child to be more sensitive and conscious of their feelings, whilst also creating something of their own in the process.

Lifting Moods- Music has the power to change or boost a young person's mood. Upbeat and cheerful music can lift a child's spirits, while calming can help them relax. Scientific studies show that when we make or listen to music, we produce the hormones serotonin and adrenaline. They work to get us energized and feel happy. Music also helps to create a feeling of group togetherness or bonding. When a young person listens to their favorite artists they are able to relate their feelings to something else. It contributes to making them feel more understood and less isolated with their emotions.

Music is also an important tool for children with anxiety. While it is socially used, to hype us up, or create drama in a movie, it can also be used to help us relax. This is a large part of musical therapy.

Finding an Identity- Identities don't just show up one day, they emerge from childhood experiences. Music offers one such experience. A good early sign of identity development is when children become musically aware. They start to take control of what they listen to. And on top of this, suddenly parents find themselves negotiating what to put on in the car on a long journey...



Whether a young person is into drill music or classical, chances are it is a big part of their identity. From dressing a certain way, learning a certain instrument, to who they hang out with. Music plays an important part in children figuring out who they want to and don't want to be. It helps them form connections with others in school and elsewhere.

The Fun Factor- The most important thing is music should be enjoyable. Incorporating it into a young person's life, whether through formal music education or just listening to the latest pop hits, can contribute significantly to their mental health and wellbeing. It is important to encourage and support the unique ways in which each child engages with music. *And remember, there is no right or wrong way to enjoy music.*

To view the full article, visit www.childrensociety.org.uk.

Family Center News!

SEAAEYC and the Juneau Partnership for Families and Children are working towards building a multi-agency nonprofit Family Center with the awarded funds from Senator Lisa Murkowski! This Family Center is being developed to support families in our community by providing family activities, classes, screenings, consultations, child care, and many more exciting resources.

Families, we need your help and want to hear from you! Please share how the Family Center will impact your family by scanning the QR code below and filing out a brief [online form](#).

Stay tuned on updates about the Family Center at www.aeyc-sea.org/seaaeyc-family-center.html.





Please keeps us in mind when applying for your PFD! Your charitable contributions support the SEAAEYC Imagination Library and helps us provide free high-quality, age-appropriate books to over 1,200 children per month from birth to age five. Visit Pick.Click.Give to learn more!



March is National Reading Month!

National Reading Month is an important opportunity to encourage reading every day and to foster a love of books for children across the country.

Community Events

Juneau Public Library - Weekly Story Time

Valley Library Storytime: Tuesdays at 11:00am
Douglas Library Storytime: Tuesdays at 3:30pm
Available to children of all ages. 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.

SEAAEYC - Twin Group Play Session

Twin group play session for families of twins under the age of three on March 28th from 9:30am - 11:00am at the SEAAEYC Playroom located at 3200 Hospital Dr, Suite 204. Come share the joys and challenges of raising multiples!



CBJ Parks and Recreation - Parent & Tot Ice Skating Lesson

Parent and tot (age five and under) lesson that focuses on the fun and basics of ice skating on March 10th and 24th 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 - Shows

Explore the universe with the planetarium's digital projector and 30ft dome on First Friday, March 1st. Stop by anytime between 5:30pm - 7:00pm. Keep an eye out for additional shows throughout March on their website.

CBJ and SEAAEYC - Family Fun Night at the Turf

Join the fun at Dimond Park Field House on March 8th and 22nd 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.



CBJ Parks and Recreation - Preschool Open Gym

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

Bartlett Beginnings Opportunities

Bartlett Beginnings offers a variety of weekly and monthly support and play groups for families with children. Please register for the groups you plan to attend on the Bartlett website or by contacting 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.

- **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



Imagination Library: Books to Love Just Try One Bite



This adorable story is about three kids who try to get their picky-eater parents to try new foods. This story takes a fun twist on kids pushing for their parents to eat less processed foods and more healthy whole foods and help-you-to-grow foods!

Activity: Prepare a meal together!

Prepare a meal together that has new foods in it and talk about the different foods that you use to make the recipe. Are there any foods they recognize from the book in the recipe? Pick a new food that your child has not tried and talk about tasting it. Preparing meals together with your little one encourages more adventurous eaters and can be very fun and memorable!



Did you know that reading with your child and exploring with musical instruments are all cornerstones of kindergarten readiness?

It is never too early to prepare your child for kindergarten. To find out more about getting your child ready, visit SEAAEYC's Kindergarten Readiness Page.



Let's Chat About Mental Health!

When emotions are strong, try a breathing exercise with your little one, classroom, or on your own. Dragon breathing can release tension and negative energy from the body and mind. This breathing exercise will help you relax and ground.

Find many wonderful mindfulness resources at: www.calmclassroom.com.



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!

