

# Juneau Parent Bulletin

May, 2025

## Activities Kids Will Love

### Homemade Playdough Stick Structures

What could be more fun than making homemade playdough? Adding sticks in the mix to make some cool structures! This is an easy activity that engages kids for a while and is super easy to make with common kitchen items.

#### Materials

- Homemade Playdough (need an easy playdough recipe? Try [The Imagination Tree's recipe](#))
- Sticks



#### Instructions

- Make the playdough and section off the dough into 6 pieces.
- Add food coloring to each section and knead until you reach the color desired.
- Collect sticks.
- Have some fun building stick structures!

To view the full activity, visit [www.hellowonderful.co](http://www.hellowonderful.co).

## MAY IS MENTAL HEALTH AWARENESS MONTH!

### SELF CARE CHECKLIST FOR KIDS



☐ Sleep



☐ Play and create



☐ Hydrate



☐ Move your body



☐ Fuel your brain



☐ Go outside



☐ Read with a loved one



☐ Take a warm bath

## Bartlett Beginnings Opportunities

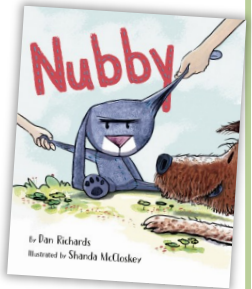
Bartlett Beginnings offers a variety of support and play groups for families with children. Please register on Bartlett's [website](#) or by contacting Sara Gress at 907-796-8975 or [sgress@bartlethospital.org](mailto:sgress@bartlethospital.org). Visit [Bartlett Baby & Toddler Group Facebook Page](#) for new and upcoming group meetings!

- Baby Parent Time**  
Every Thursday 12pm-1:30pm at Bartlett Regional Hospital
- Toddler Play Group**  
Every Monday 11am-12pm at the Gymnastics Academy
- Dads & Kiddos Play Group**  
First Saturday of every month 10am-11:30am
- Pregnancy & Infant Loss Support Group**  
Last Wednesday of every month 6pm-7pm via Zoom
- "Real Talk" Mothers' Support Group**  
Last Wednesday of every month 7pm-8pm via Zoom
- Balanced Beginnings**  
Every Tuesday 12pm-1pm via Zoom
- Healthy Pregnancy Seminar**  
May 5th 6pm-7pm at Bartlett Regional Hospital
- Infant Massage (4-Week Series)**  
May 6th-27th 11am-12pm at Juneau Family Birth Center
- Dads and Partners**  
May 21st 6pm-8pm at Bartlett Regional Hospital

## Imagination Library Books to Love

### Nubby

*Nubby* by Dan Richards, illustrated by Shanda McCloskey, is an adorable picture book about a very well-loved bunny named Nubby. His owner takes him everywhere, and over time, Nubby has endured many bumps along the way—from being dropped to being used as a nose wipe. Tired of this rough treatment, Nubby sets off on an adventure in search of something better. But things don't go quite as planned. Through his journey, Nubby begins to realize that the life he was chasing doesn't compare to the love and companionship he had at home. In the end, he returns to his owner and finds the comfort he was truly looking for.



LOVE receiving books from Dolly Parton's Imagination Library? Check out their Year Long Coloring Book [here](#).

## REGISTER FOR THE DOLLY DASH & SUPPORT THE IMAGINATION LIBRARY!

Join us for a boot-scootin' good time at **The Dolly Dash 1k/5k Family Fun Run** – fundraiser for Dolly Parton's Imagination Library, proudly sponsored by SEAAEYC! Whether you walk, trot, or two-step across the finish line, you are helping build a brighter, book-filled future!



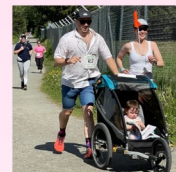
**DOOR PRIZES** and an epic 8-prize **RAFFLE** (Permit #160005)!

**When:** Saturday, June 14th, 2025

**Run Starts:** 10:00am (Registration starts at 9:00am)

**Where:** Airport Dike Trail (2010 Radcliffe Rd, Juneau, AK)

Register now at: [www.raceentry.com](http://www.raceentry.com)!



**seaaeyc**

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

### Healthy Banana Oatmeal Cookies

Craving something sweet yet healthy? These banana oatmeal cookies are the answer! They're naturally sweetened, flourless, gluten-free, and simple to make.

#### Ingredients

- 2 ripe bananas (medium to large, mashed)
- 1 cup gluten-free rolled oats
- 1 teaspoon vanilla extract
- ½ teaspoon cinnamon (optional)
- Pinch of salt
- Optional Add-Ins: 1/4 cup of chopped nuts, dark chocolate chips, dried fruits, or 1 tablespoon chia or flax seeds.



#### Instructions

1. Prepare the ingredients and combine them. Customize with add-ins.
2. Shape the cookies.
3. Bake or air fry: Bake for 12-15 minutes at 350F or air fry for 8-10 minutes on 325F.
4. Cool and enjoy!

To view the full recipe, visit [www.mushroomsalut.com](http://www.mushroomsalut.com).

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

### JEDC - The Maritime Festival

The 2025 Juneau Maritime Festival will be held Saturday, May 3rd from 11:00am-7:00pm at Peratrovich Plaza, downtown Juneau. Fun for all ages!

### Marie Drake Planetarium - Shows

Explore the universe with the planetarium's digital projector and 30ft dome on First Friday, May 2nd. Stop by anytime between 5:30pm-7:00pm. Keep an eye out for additional shows throughout May on their [website](http://mariedrakeplanetarium.org).



### Juneau Jazz & Classics - Spring Festival

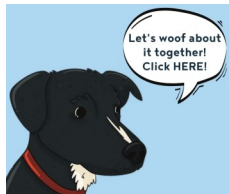
Immerse your family in the harmonious blend of music and culture at Juneau Jazz & Classics. With many free captivating performances and engaging activities on May 3rd-17th. Visit [JJ&C's website](http://jjc.org) for event details.

### CBJ Parks & Rec Treadwell Arena - Final Skate

Join Treadwell Arena for May the Fourth Be With You, on May 4th from 6:15pm-8:45pm for an epic, end-of-season public skate night with a galactic twist. Free admission for all who arrive dressed as a Jedi, Sith, or fan of the galaxy. Check Treadwell Arena's schedule [here](http://cbj.org).

### Juneau Family Birth Center - Tea Party at the Park

Join JBC's wonderful midwives, office staff, and nonprofit Board for an afternoon filled with fun activities at the Rotary Park on May 31st from 3-5pm. Enjoy sweet treats, tea, and a chance to win big with their 50/50 raffle!



## Questions for Clem by NAMI

Questions for Clem is a "Dear Abby" style mental health column for parents/guardians and youth (5-18 years) in Juneau and throughout Southeast, AK. Talking about mental health can be challenging, but Clem is all ears and wagging tail. She's here for you to seek anonymous advice on any concerns you might have. No question is too big or too small.



Alerts about this bulletin are emailed to families with children enrolled in Dolly Parton's Imagination Library. Find this bulletin and many other family resources at [www.aeyc-sea.org](http://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](http://www.aeyc-sea.org) | Follow us on: [f](https://www.facebook.com/seaaeyc) [i](https://www.instagram.com/seaaeyc) [y](https://www.youtube.com/seaaeyc)

## 4 Tips for Mindful Mealtime

Sharing a meal together as a family is fun; plus, it encourages kids to have healthy relationships with food. We know it can be challenging, but we've got some tips to bring everyone to the table and ways to stay engaged once you get there.

But first, the 80/20 rule. Before we even dive into specific tips, we know that raising tiny awesome humans is the absolute best, but there are some moments that are more challenging than others. And that's why the 80/20 rule is so great. Try to be consistent and work through your schedule MOST of the time, keeping the rhythm of your days the same, even if the times may not be. But also remember, there's a lot of life happening, from birthdays and holidays to days when not everyone is feeling well and cuddles on the couch are needed. When you aim for 80% of the time, you're providing your kiddo with the consistency they need while giving yourself the grace you need.

**Schedule It.** Choose your family meal—there is no magic at dinner, the magic is in the family meal and that can happen any time. For example, if one adult works nights, breakfast might be your family meal. The key is to keep it consistent and communicate these times with everyone, so it becomes part of the daily schedule. Kiddos need to eat 5-6 times each day, so try to avoid too much snacking and high-calorie drinks in-between. If you keep a schedule of all meals and snacks, it will help to sync up to your daily rhythm and little bodies will be ready to eat at the time you want them to be. And when they have a great appetite, they may be more willing to experiment with new foods.

**Connect It.** A fun way to encourage experimenting with foods is to use a technique that grounds and connects the eating experience with what they love. For example, if your child is really into dinosaurs, talk about what kinds of foods dinosaurs ate. Add some broccoli to their plate and ask, did you know that some dinosaurs ate trees? You can eat them too! Or maybe they love blue or purple colors—talk about what fruits and veggies are found in those colors (raspberries, purple carrots, etc.) and see if they can eat their favorite hue in food. Use foods to make faces, pictures, or designs on your plates—have fun with it!

**Make It.** Involve your child in the process of meal making—at any age. Ask your toddler to wash some veggies to prep them for dinner, ask your kiddo to set out the silverware, and see if your school-ager wants to cut up some ingredients. And when you visit the grocery store, ask everyone what fruits and veggies look yummy or interesting. Then when they get home, they all try it as a family. When children are part of the process, it can demystify foods and get them excited about eating and trying new things.

**Honor It.** Let's take the anxiety and pressure off mealtimes for your kids and for you. Kids are good at listening to their bodies—they can enjoy food and drink, observe how the food makes them feel, and know when they are full. By creating in-the-moment awareness and not forcing them to eat more or have a clean plate, you can help them develop healthy relationships with food that will grow with them into adulthood. And if there is something new and scary on the table, they don't have to eat it either. As a family you can eat it, talk about how yummy it is—maybe they will put it on their plate; that is a great first step. Every time they experience a new food, it leads to future acceptance, so with consistency, you can set healthy expectations in an encouraging atmosphere.

As you work through these tips, just know that things won't always be perfect. Make mealtime more about being together and try not to stress. Remember that 80/20 rule and you'll help your child be successful—and enjoy eating—one meal at a time.

To view the full article, please visit [www.kindercare.com](http://www.kindercare.com).