

JuneauFamilies.org

Parent Resource Bulletin | October, 2022

Five Things a Family Emergency Plan Should Have

Making an emergency plan can seem like a big task, but it doesn't take much time to collect the information you need. You can get started by using the Sesame Street family emergency plan, or by writing down the information below:



1. Full names, phone numbers, addresses, and emails of all family members.
2. Work, school, or childcare addresses, phone numbers, and emails for each family member. An emergency might happen when your family is out of your home, so it's important to know how to contact everyone.
3. The location, address, and phone number of your emergency meeting place. This is the safe, child-friendly place where your family will meet if you can't get home during an emergency.
4. Phone numbers for the local police station, fire station, and family doctor. They can help your family during an emergency.
5. Two or more emergency contacts.
 - One person should be an out-of-town contact who may not be affected by the emergency and can help make sure you're all okay. It's often easier to call (or text) long-distance than to make local calls after an emergency.
 - Other contacts should be close by and able to pick up children from school or childcare, come over to stay for a short time, or support your family in other ways.

Keep copies of your emergency plan in the car, in children's backpacks, at work, and with your out-of-town emergency contact and childcare providers. For more articles like this one, visit [Sesame Street in Communities](#).



Infant Massage

REACH Infant Learning Program invites you to join them for a 5 week infant massage course. Begins Friday, October 21st and then on Wednesday's, November 2nd-16th from 4-5 pm. To register or for more information contact Renee Sullivan, rsullivan@reachak.org or cwashington@reachak.org.



Daily routines and traditions help young children feel safe, secure, and ready to take on new challenges. Try your best to stick with a bed time and make it a special time to connect with your little one. For more resources visit the Rain or Shine Campaign page.

www.juneaufamilies.org/rain-or-shine/



Preschool Family Night at the Turf

With the change in the season, Preschool Family Nights at the Turf are back! Come join the fun on October 14th and October 28th from 5 -6:30 pm. The event is Free and open to families with children age 0-5. This opportunity is supported in part by the City and Borough of Juneau Youth Activities grant that is funded with public dollars. Thanks CBJ!



Real Talk Walk/Run

Saturday, October 22, 2022, 9 am - 12 pm at the Juneau Airport Trail

The journey to parenthood is nothing short of challenging. Infertility. Pregnancy and infant loss. Birth trauma. Postpartum mental health. Motherhood.

Join Bartlett Regional Hospital and Anchor Counseling & Consulting for the first annual Real Talk Walk/Run on Saturday, October 22nd at the Airport Trail in Juneau. Together, we can honor those we've lost, share resources start a conversation, and support one another. Event starts at 9AM with a toddler trot and kids half-mile followed by a 1 mile/5k walk and run. FREE and no registration required.

T-shirts for the first 30 kids and 30 adults. Contact Lauren Beason for more information, 907-796-8657 or lbeason@bartletthospital.org.



Kids in the Kitchen

Encourage your children to eat their veggies by whipping up this easy dressing to dip their veggies in.
Orange Vinaigrette Dressing

Kitchen Gear:
Measuring cups, measuring spoons, box grater (adult needed), small jar with lid

Ingredients:
1/4 cup olive oil
3 tablespoons red wine vinegar
2 tablespoons fresh orange juice
Grated zest of 1 orange
Salt and black pepper to taste

Instructions:
Put all the ingredients in the jar, screw the lid on tightly, and shake until well mixed. For more yummy recipes visit www.chopchopfamily.org.



seaaeyc

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

Circle of Security Parenting Class

November 15-December 20, 2022
Bloom Children's Art Studio, Mendenhall Mall

This is a 6 week series to learn about supporting attachment with your child, supporting their needs and development, and supporting your own.

Classes will meet weekly on Tuesday evenings 6-8pm, dinner provided. To register or for more information email Mary Adelmeyer, madelmeyer@aeyc-sea.org.



Bartlett Beginnings Opportunities

Bartlett has so many offerings for families with babies. Please register for the groups you plan to attend.

Bartlett Baby-Parent Time

Every Thursday 12-1:30pm, in-person @ Bartlett Regional Hospital
[Registration required.](#)

Parents of Toddler Group

Every Tuesday evening 8-9pm via Zoom
Zoom link available via email sgress@bartlethospital.org or through [Bartlett Baby & Toddler Group Facebook Page](#).

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](#).

thread Child Care Referrals and Child Care Assistance

Looking for child care? Try the online thread search tool!

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.

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).



Imagination Library

Take a look at 'When the Storm Comes'. –Neighbors prepare for a big storm, hunker down while the storm rages, gather in the sunshine afterward. Here are some questions to chat with your child about: What are some ways the characters prepare for the storm? What did they do when the storm was over? What is your favorite type of weather?

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



A Year of Play

October's theme is Pumpkins. Try these fun activities to help your child learn more about fall and cooking:

Talk Together

For your baby: Look at pumpkins in the pumpkin patch or at your local supermarket. Let your baby touch the pumpkins. Talk about how they look and feel—they're big, and round, and orange. Are they smooth or bumpy? Knock on the pumpkin. Is your baby interested in this sound? Let her try to knock on the pumpkin, too.



For your toddler: Look at pumpkins in the pumpkin patch or at your local supermarket. Talk about the pumpkins with your toddler—their color, texture, shape, and size. Use new words to describe the pumpkins; this helps expand your child's vocabulary. For example, you can talk about the scratchy stalk or the tough vine. You can talk about where pumpkins grow—in a pumpkin patch. You can talk about how pumpkins grow—from seeds (think about buying a packet of pumpkin seeds to show your child). Which of the pumpkins is your child's favorite? Why?

Read Together

Read stories about this most special part of fall—round, orange pumpkins! For babies, try: Plumply Dumplly Pumpkin by Mary Serfozo, The Little Pumpkin Book by Katy Bratun, and My Jack-O-Lantern by Nancy J. Skarmeas. For older toddlers, good choices include: Apples and Pumpkins by Anne Rockwell, It's Pumpkin Time by Zoe Hall, Pumpkin Pumpkin by Jeanne Titherington, and Too Many Pumpkins by Linda White.

Play Together

For your baby: Purchase a tiny pumpkin (or gourd) and let your baby finger-paint it using washable tempera paints. Give your baby a taste of pumpkin pie filling (look for a low/no sugar brand) or a pumpkin muffin. (But first talk to your pediatrician before introducing any new fruits and vegetables into your baby's diet.) What does your baby think of this new taste?

For your toddler: Line a table with newspaper or a plastic tablecloth. Cut the top off a pumpkin (adults only) so that your child can help you reach inside with a big spoon and take out all the seeds. Let your child play with the seeds and "pumpkin innards." This kind of sensory play is great fun for toddlers who love to get messy. Be aware, though, that some children won't like the feeling of the smushy pumpkin and will want to get washed up right away. When you are done emptying the pumpkin, your child can paint it using washable tempera paints or draw on it using washable markers.

Click [here](#) for the a to link to the complete article (including a Pumpkin Muffin Recipe) and for other resources on www.zerotothree.org.

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.

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.