

Juneau Parent Bulletin

September, 2023

Taste-Safe Pumpkin Play Dough

Fall is a great opportunity to make family memories in the kitchen. Cooking, baking, gathering, and preparing meals together builds lasting bonds between parents and children as well as teaches children valuable skills. It is sometimes a struggle to include young children in cooking due to safety concerns; but this project is SAFE, FUN, and HOLIDAY-INSPIRING! Here is a toddler-approved "cooking" project that becomes an awesome craft and sensory activity as well! Grab the 3 ingredients and have your child help you whip up a batch of this yummy fall-scented play dough—that is completely safe if children choose to taste it or lick their fingers.

INGREDIENTS:

- 1 (15 oz) can pumpkin puree (not pumpkin pie filling)
- 1 (16 oz) box of cornstarch
- 1 tbsp pumpkin pie spice or cinnamon

OPTIONAL ADD-INS:

Consider stirring these in for added sensory experiences or art projects!

- Pumpkin seeds
- Cinnamon sticks
- Dried Beans
- Sunflower seeds
- Rice
- Dry Pasta noodles
- Or roll out and cut shapes with cookie cutters!



INSTRUCTIONS:

Empty can of pumpkin puree into a bowl. Add the pumpkin pie spice or cinnamon and stir to mix. Slowly add the cornstarch until the dough reaches the desired consistency.

You may use less than the entire box of cornstarch.

STORAGE:

Once dough is mixed together, it can be stored in an airtight container for up to three days in the fridge.

Family Fun Night at the Turf



WHEN: Friday, September 8th and Friday, September 22nd

TIME: 5:00 – 6:30 pm

WHERE: Dimond Park Field House, 2961 Riverside Drive

Especially for ages 0-6, older siblings are welcome!

Join the fun at the field house! Kids can get their wiggles out, families can visit with each other, and everyone can enjoy playing with all of the age-appropriate equipment.

Sponsored by CBJ Parks & Recreation



Juneau Public Library Storytimes!

Weekly Storytimes! Open to children of all Ages!

Valley Storytime: Tuesdays @ 11:00 am, Valley Library

Douglas Storytime: Tuesdays @ 3:30 pm, Douglas Library

Contact the Juneau Public Libraries for more information, [Juneau Library](#)



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, 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 for an outside walk and/play group
- **Pregnancy & Infant Loss Support Group**
Last Wednesday of the month, from 6:00-7:00 pm via Zoom
- **"Real Talk" Mothers' Support Group**
Last Wednesday of the month, from 7:00-8:00 pm via Zoom.



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!



Back-to-School: Morning Routine Tips and Tricks

Mornings can be tough to get everyone ready and out the door on time. Getting a routine in place can help both children and parents have a successful and relatively stress-free start to their day. Every family will have a different routine, but the key is to create one that works for your family, have everyone be aware of the steps of the routine, and to stick to it as much as possible. Also, know that last-minute surprises will always happen, so take a deep breath and just do the best you can!

1. PREP the night before

This is critical. Do as much as you can the night before to save time and avoid decision-fatigue in the morning. You can even involve the kids in this task before they go to bed to clean up their toys, choose clothes for the next morning, and even select what they want to eat for breakfast the next day. Clean up the kitchen (no one wants to wake up to dirty dishes)

- Prep the coffee pot and breakfast
- Pack lunches and snacks
- Set out clothes for kids and adults
- Place items that need to be remembered either by the door or already in the car

2. Have a ROUTINE Check-List

Involve kids in the steps they need to do for their morning routine. Even young toddlers can use picture cues to see what they need to do each morning. Having the steps of "Get Dressed" "Eat Breakfast" and "Brush Teeth" can help kids take ownership and pride in getting ready themselves in the morning. Check boxes, star stickers, or stamps can help kids get excited about completing the next task and out the door more easily.



3. PLAN enough time to NOT have to RUSH

If you start out with enough time to complete your morning routine, you won't have to hurry!

Enough Sleep—Getting kids to bed on time so that waking up is not difficult is a great start. And, maintaining bedtimes and waketimes on the weekends can help avoid Monday morning dragging.

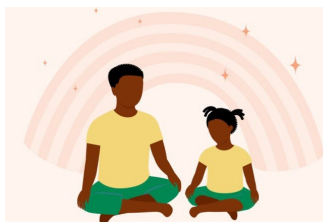
Alarms—Using a gradual "sunrise" alarm can help as we lose sunshine this time of year.

Countdown timers—Consider using a [visual countdown timer](#) with kids. Even young toddlers can understand that the "red" time is getting smaller until the bell dings. It shows them how much time they have left until the next transition. For example, I'll set the timer for 10 more minutes to eat breakfast until it is time to get dressed. Or 15 minutes to play until it is time to put our shoes on.



4. Stay CALM

Mornings are tough. Sometimes the chaos of the morning gets the best of all of us. Before I know it, I'm yelling to HURRY UP because we should have left five minutes ago. But, starting out the day angry can affect everyone's success for the day and beyond. Learn to let go. Clothes don't have to match, breakfast can be eaten in the car sometimes, and taking time to breathe and be calm (even when late) will teach your children a valuable lesson on how to manage stressful situations themselves. Find joy in your mornings once again with sticking to a family routine and planning.



Imagination Library: Books to Love *Good Morning, Farm Friends*

Mornings can be tough, especially with more rain and darkness this month. But, a good book as part of your morning routine can turn up the cheerfulness and start your day on the right path. Books about morning routines, getting up, and preparing for the day help kids do the same. And, a quick break to read together can help reduce stress during the busy morning time.



The **Imagination Library** features a number of books that help get your day started off right.

Good Morning, Farm Friends is one that will get kids moving, making animal noises, and cheering on the sunrise! For literacy activities and ideas visit www.bestbeginningsalaska.org.

Circle of Security

Tuesdays, Sept 19-Oct 24 from 6-8 pm

Circle of Security (COS) is a 6-week parenting class that is built around how to understand and support healthy attachment with your child. It's great for any age children but is especially wonderful during the toddler years when there are a lot of big emotions being learned by your little ones. This YouTube video is a great explanation [COS YouTube Video](#).

These classes will be offered in-person on Tuesday nights from September 19th through October 24th from 6-8 pm at the Bloom Art Studio in the Mendenhall Mall. Classes build off previous week's work, so attendance at all 6 sessions is ideal. There is a cap of 10 spaces per class. If you are interested, contact Talea at bloomchildrenstudio@gmail.com or 907-660-7455.



Circle of Security
INTERNATIONAL
Early Intervention Program for Parents & Children

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).



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.

We Can't Do It without YOU!

Did you know that donations from supportive people like YOU make books available to children all over SE Alaska? Yep! Dolly gets us started, but **your generous donations keep the program going**. 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 at www.AEYC-SEA.org.

The Juneau Parent Bulletin is created by SEAAEYC in coordination with the **Juneau Partnerships for Families and Children**. Find us and Like us on [Facebook](#)! SEAAEYC | 3200 Hospital Dr. Ste. 204, Juneau, AK | 907-789-1235 | www.aeyc-sea.org.