

Juneau Parent Bulletin

April, 2025

We Are Thrilled to Announce SEAAEYC'S New Name: **Southeast Childhood Collective!**

While our name and logo have changed, our mission remains the same and reflects our ongoing commitment to children, families, and educators while emphasizing collaboration and community impact. We continue to provide tools, resources, and guidance to nurture children's development and strengthen bonds.

Why 'Collective'?

Working together brings success. We wanted a name that acknowledges that we are in this work together. The word 'collective' reflects our combined efforts.

Our collaborations with you enable us to support parents as the child's first and most important teachers, enrich the quality of care and education in early learning programs, and mobilize community support to ensure all children have the resources they need to grow and thrive. Check out our [digital story](#) about our name-change journey and stay tuned for our new website!

Thank you for your support and we are excited to embark on this new chapter with you!



Community Events

CBJ Parks & Rec / SEAAEYC - Family Fun Night

Join us for this free family fun event at the Dimond Park Field House on Friday, April 11th from 5pm-6:30pm. Sponsored by [CBJ Parks and Recreation](#) and SEAAEYC.

Kindergarten Registration Day!

Do you have a child in your life who will be 5 years old by September 1st, 2025? NOW is the time to register your child for Kindergarten! Register at your neighborhood elementary school on April 17th from 2pm-5pm. **Bring immunization records and birth certificate.** Questions? Please visit www.juneauschools.org or call your neighborhood elementary school.

Juneau Family Birth Center - Childbirth Education Class

Join Joelle on Thursdays, April 17th - May 8th from 6pm-8pm for a 4-week childbirth education series for expectant parents. This series will give you valuable knowledge, confidence, and support to prepare for your big day. Don't miss out on this amazing opportunity to connect with other parents-to-be and learn from the best! Please register [here](#).

Juneau Family Birth Center - Prenatal Yoga Class

This class consists of gentle movements to support your body's changing needs, breathing techniques, and strength-building exercises to prepare for labor and delivery. Every Saturday, April 5th - April 26th from 2:30pm-3:30pm. \$12 per class. Register [here](#).

Juneau Family Birth Center - Baby & Me Movement Series

This is a 6-week movement series designed for children 2 months - 3 years. Move together with various props and music! Every Wednesday, April 23rd - May 14th from 10:30am-11:15am. Sign-up for this series for \$90. Register [here](#).

Baby Raven Reads at the Library - Family Event

Join Baby Raven Reads at the Downtown Juneau Public Library for storytelling, songs, and Alaska Native cultural and literacy activities on April 12th at 11am for *10 Sitka Herring* and April 26th at 11am for *Raven and the Hidden Halibut*. For more information, visit the Juneau Public Library schedule [here](#).



Easter Egg Hunt - Juneau Christian Center

Free outdoor Easter Egg Hunt on Saturday, April 19th at 10am at the Juneau Christian Center. 10,000 eggs, prizes, bounce house, and photo booth with Easter bunny! Visit [JCC's website](#) for more information!

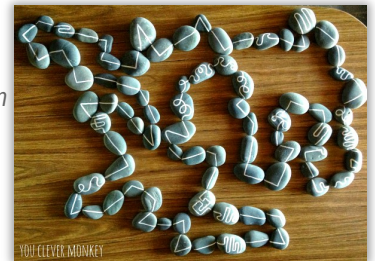
Activities Kids Will Love

Exploring Lines with Pre-Writers

A beginner's guide to helping preschoolers to read and write letters correctly using this one simple and easy DIY project. Many of us are visual learners so by using rocks with different lines (straight lines, curved lines, and some with both) and using the correct language to describe the different lines helps children connect that to what they see and feel, equipping them with the tools to form letters correctly later.

Materials

- Clean smooth rocks (*collect your own or buy rocks from the garden section of our local hardware store*)
- Liquid chalk marker (*Giotto Permanent Pens are also great*)



Instructions

1. Draw a collection of different lines on one side of the rocks.
2. Make sure you include straight lines, curved lines, and a mix of both on some rocks. By including some angles, these same line rocks can be used to explore 2D shapes and angles too.

Read how this activity introduces children to handwriting and more ideas on how to engage children in this activity at www.youclevermonkey.com.

FREE EARLY LEARNING FAIR!

FRIDAY, APRIL 25TH, 2025 FROM 4-7PM
DIMOND PARK FIELD HOUSE

FAMILIES WITH CHILDREN AGES 0-5 ARE INVITED TO A SPECIAL FREE EVENT FOCUSED ON PREPARING FOR KINDERGARTEN!
WHAT'S HAPPENING?

- Kindergarten Sign-Up - Bring shot records and birth certificate
- Parent Resources - Child care options and support groups
- FREE vision & hearing screenings
- Prizes & turf toys for playtime!

For more info, contact Izzy Ensinger at (907) 789-1235 or iensinger@aeyc-sea.org.



Southeast Alaska Association for the Education of Young Children



BEST BEGINNINGS
Alaska's Early Childhood Investment



Juneau Partnerships
for Families & Children



Getting Ready for Kindergarten: Building Social-Emotional Skills

Change in normal routines have created unique challenges for children and families, and one of those challenges is that many children have missed important opportunities to develop the social-emotional skills that set them up for school success. Fortunately, parents are children's first and most important teachers, and you can help children practice some basic social-emotional skills before they enter the classroom.



Taking Turns: Practice turn taking with children by using verbal cues ("my turn, your turn" or "first you, then me, now you, now me") and timers to show how much time they will have to wait for their turn. You can use a digital timer, like on a phone or tablet, a kitchen timer, or a sand timer.

Sharing is Caring: Sharing with others is an important school readiness skill, and a little different than taking turns! Practice this skill with little ones by engaging together in cooperative or collaborative play, like building a block tower together or painting together using the same jar of paintbrushes (older children might join you in painting on the same page).

Whole-Body Listening: Playing Simon Says (or Elmo Says!) is a great way to help children practice listening and following directions. Try adding each element of whole-body listening into the game ("Elmo says... sit criss-cross on the floor, look at my face, use calm hands," and so on). You can also challenge them to listen to an entire story without interrupting!

Managing Big Feelings: Managing big feelings is a skill that can take lots of practice! The three step strategy "Breathe, Think, Do" can help in tough moments.

Independence: Help children practice and build confidence with self-care tasks that they may need to do themselves in a school setting, such as cleaning up after themselves, putting on and taking off their own jackets or shoes, using a lunch box, and so on.

To find additional resources for kindergarten readiness, please visit www.sesameworkshop.org.

Bartlett Beginnings Opportunities

Bartlett Beginnings offers a variety of support and play groups for families with children. Please register on Bartlett's [website](http://www.bartletthospital.org) or by contacting Sara Gress at 907-796-8975 or sgress@bartletthospital.org. Visit [Bartlett Baby & Toddler Group Facebook Page](https://www.facebook.com/BartlettBaby&ToddlerGroup) 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
- **Birth Healing & Reflection: 2 Group Series**
April 15th & 22nd 6pm-8pm via Zoom
- **Childbirth Preparation: Weekend Intensive**
April 26th & 27th 9am-12pm at Bartlett Regional Hospital

Imagination Library Books to Love: Green Tractor

Green Tractor by Kersten Hamilton and illustrated by Valeria Petrone, is a fun rhyming book that tells a story about a green tractor helping out on a farm. From lifting heavy loads to helping prepare for Harvest Day, it is a wonderful book for young children, especially those who love tractors and farms.



Kids in the Kitchen Easy & Healthy Fruit Dip

A deliciously, tangy and sweet healthy dip for fruit trays.

Ingredients

- 4 ounces cream cheese at room temperature (¾ cup of cream cheese)
- 5 ounces plain Greek yogurt (1 cup of yogurt)
- 1 tablespoon honey
- ½ teaspoon vanilla



Instructions

1. Work with room temperature cream cheese, this will make whisking the cream cheese much easier. Cut the cheese into cubes and add it to a mixing bowl. Add the yogurt and whisk together. Whisk until the cheese and yogurt come together and is smooth.
2. Once the cheese and yogurt are smooth, whisk in the honey and vanilla. Taste the dip. If you like your dip a little sweeter, add another ¼ teaspoon of honey.
3. When the dip is ready, serve it immediately.

To view the full recipe and other recipe or craft ideas, visit www.kitchencounterchronicle.com.

National Flood Preparedness Week!

National Flood Preparedness Week is coming up in April! What should you do before a flood?

- 1) Understand Your Flood Risk
- 2) Make Plans to Stay Safe
- 3) Download the [Flood Safety Checklist](#)



American Red Cross

To learn how to keep your family safe during a flood, and how to clean up a flooded home, visit [American Red Cross Flood Safety](http://AmericanRedCross.org/FloodSafety).

Support the Imagination Library & Sign Up for The Dolly Dash Family Fun Run!

Join us for **The Dolly Dash 1k/5k Family Fun Run**—a fundraiser supporting the Imagination Library, proudly sponsored by SEAAEYC! Enjoy interactive booths and engaging activities with our wonderful local partner agencies! Enjoy prizes, a raffle, and fun for the whole family!

When: Saturday, June 14th, 2025

Run Starts: 10:00am (registration at 9:00am)

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

Register now at:

www.raceentry.com!



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. 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: [f](#) [i](#) [t](#)