

# Juneau Parent Bulletin

December, 2024

## Tamale, Pierogi, Pecan Pie: Celebrate Your Family's Culinary History

Did your grandparents emigrate from another country but keep making pierogies, tamales, or bánh tét? Can you remember the smell of your Texan grandmother's famous pecan pie?

Research shows that it's important to share family history with our children. Here in America, where so many generational stories have been lost over the expanse of the oceans—or the painful legacy of slavery—food can be an especially powerful way to honor the people, places, and events that made our families what they are today.



Even if you don't know about your family's country of origin, you can explore America's regional cuisines. Did your family settle in Texas and come to love fried okra and creamed corn? Were they Mainers who became adept at cooking things from the sea?

### Here are five great ideas for putting history on the table:

1. Visit, email, or call family members with your child and ask for their favorite recipes. Even better? Ask them to share a special memory connected to the recipe.



2. If a relative doesn't have a recipe to share or has passed away, you can include an online recipe for their favorite food. For example, if your father loved green bean casserole, you can find a recipe online and make it at home to share with your child.

3. Prepare a family history meal featuring the dishes your parents and grandparents grew up with. You can even update the old flavors for health reasons, if necessary. (Understandably, lard may not be on your want-to-eat list.) This is a great reason to talk to children about how food cultures and ideas of "healthy food" have changed over time.

4. Make a culinary family tree. One fun visual way to organize recipes is to paste them on a family tree. You can find many family tree templates online or draw your own. Then, if you mark a recipe with the name of your great aunt or cousin, your child will be able to see how that relative is related to him or her.

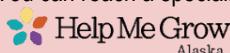


5. You can also make a simple recipe book, using pictures of your relatives next to the recipe they shared. That is one memento that will keep your children thinking about their past—and cooking well into the future.

To discover other wonderful articles, visit KinderCare's Blog at [www.kinderCare.com/content-hub](http://www.kinderCare.com/content-hub).

## Seeking Family Support?

Reach out to [Help Me Grow AK](#) and connect with a Family Support Specialists to help you navigate and find statewide resources. Resources include child health and development, social and emotional resources, and prenatal/newborn care. You can reach a specialist at [1-833-HMG-ALASKA](tel:1-833-HMG-ALASKA).



**sea**aeyc

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

## SEAAEYC 2024: First-of-Its-Kind Programs for Our State



**4th Trimester Program:** SEAAEYC Parents as Teachers is proud to announce a new pilot program: the 4th Trimester Project. Through this work any family in SE Alaska with a baby under the age of 4 months has instant access to free, fun, and informative weekly home visits. If you are interested in enrolling or are pregnant, feel free to reach out to Emily at [ethompson@aeyc-sea.org](mailto:ethompson@aeyc-sea.org) to find out more.



**Registered Apprenticeship Program:** In partnership with the Department of Labor, SEAAEYC is one of the first in the state to officially register a childcare apprenticeship program. Through the Registered Apprenticeship Program, participants gain hands on learning experience through on-the job opportunities and take related courses to build competencies in the field. Participants in the program also earn wage increases at intervals throughout the program, along with an essential mentorship piece. Contact Tess Olympia at [tolympia@aeyc-sea.org](mailto:tolympia@aeyc-sea.org) for more information.

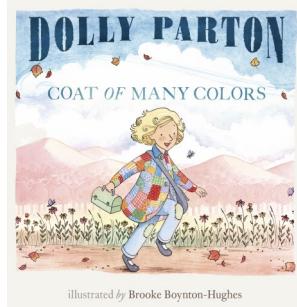
## Imagination Library Books to Love Coat of Many Colors

*Coat of Many Colors* is a heartwarming book by Dolly Parton, beautifully illustrated by Brooke Boynton-Hughes. This book tells the story of a young girl who feels happy and confident in a coat her mother lovingly made her, despite being teased at school. This touching tale celebrates the power of love, family, and self-acceptance.

### After the Story Activities

Learning on the Go:

- Collect fabric and make something together. Point out that reusing fabric not only saves money but can also be good for the environment.
- Spend time with family members making music and dancing, like the family in the book. Make your own instruments out of household items or turn on the radio and dance to its tunes.



## Diaper Bank Donations

Did you know that diapers are the most requested item by new families? SEAAEYC's Diaper Bank provides **FREE diapers** to Juneau organizations, who distribute diapers to families in need. To continue supporting our community, we rely on donations from generous individuals like you. Every penny of your donation goes directly toward providing diapers for Juneau's Diaper Bank. Scan the following QR code to make a difference today—your support matters!



\$5 = 20 diapers  
\$25 = 100 diapers  
\$50 = 200 diapers  
\$850 = funds our entire Diaper Bank for 1 month!



SCAN ME

## Community Events

### CBJ Parks & Rec / SEAAEYC - Family Fun Night at the Turf

Join us for this family fun event at the Dimond Park Field House on Friday, December 13th, from 5pm-6:30pm. Sponsored by [CBJ Parks and Recreation](#) and SEAAEYC.

### Marie Drake Planetarium - Shows

Explore the universe with the planetarium's digital projector and 30ft dome on First Friday Gallery Walk, December 6th. Stop by anytime between 5:30pm-7pm. Keep an eye out for additional free shows on their [website](#).

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

Family skate is open to families of all ages and abilities on December 1st at 2:45pm, the 8th at 11:45am, and the 22nd at 11:45am. Skate rentals are available and included in admission. Drop-in fees are \$7 for 18+, \$6 for under 18, and \$5 for Seniors.

### CBJ Parks & Rec - Preschool Open Gym at Mount Jumbo

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

## Stuffed Animal Sleepover

FRIDAY | DECEMBER 27 | VALLEY LIBRARY

Let your stuffed animal spend the night at the valley library! Join the Juneau Public Libraries and Friends of the Juneau Public Libraries on Friday, December 27th for pajama story time at 5pm and drop off your stuffy between 4pm-5:45pm at the Valley Library. Pick them up on Saturday, December 28th between 12pm-3pm. For questions, contact [lacey.alexis@juneau.org](mailto:lacey.alexis@juneau.org).



## Activities Kids Will Love

### Fork Stamped Tulips Craft

Celebrate Dutch culture with this tulip craft! Tulips are a cherished symbol in the Netherlands, reflecting the nation's deep connection to nature, horticulture, and innovation. For fun facts and history about tulips in the Dutch culture, visit [here](#).

#### Materials

- Forks
- Washable kids paint
- Paper plate
- White cardstock
- Paintbrush

#### Instructions

1. Prepare the paint by adding a little bit of each color to the paper plate. Set the forks and paintbrush close by.
2. Stamp the fork into different colors of paint and then stamp onto the paper.
3. Using a paintbrush, add the green stems and leaves.

For additional fun activity ideas, visit [www.toddleratplay.com](http://www.toddleratplay.com).



Alerts about this bulletin are emailed to families with children enrolled in the Dolly Parton 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:

## LET'S CHAT ABOUT MENTAL HEALTH!

### THE POWER OF SHOWING UP

DANIEL J. SIEGEL, M.D. AND TINA PAYNE BRYSON, PH.D.

Children who form secure attachments with their caregivers lead happier and more fulfilling lives. These bonds are formed when parents respond to the needs of their children by providing the Four S's:

#### SAFE

Parents have two primary jobs when it comes to keeping kids safe, and making them feel safe: protect them from harm, and avoid becoming a source of fear and threat.

#### SEEN

Truly seeing our kids is about three main things: (1) attuning to their internal mental state on a profound and meaningful level; (2) coming to understand their inner life; and (3) responding to what we see in a timely and effective manner. This three-step process helps children "feel felt."



#### SOOTHED

When a child is in a state of internal distress, that negative experience can be shifted by an interaction with a caregiver who attunes to and cares for her. She might still suffer, but at least she won't be alone in her pain. Based on this parent-directed "inter-soothing," she'll learn to provide "inner soothing" for herself.

#### SECURE

The fourth "S" results from the first three. We give our kids a secure base when we show them that they are safe, that there's someone who sees them and cares for them intimately, and that we will soothe them in distress. They then learn to keep themselves safe, to see themselves as worthy, to soothe themselves when things go wrong.

To read all about the Four S's, please visit <https://drdansiegel.com/the-power-of-showing-up-handouts/>.

## Kids in the Kitchen

### Risgrynsgröt (Swedish Rice Pudding)

This classic dish is a staple of Swedish cuisine, and it has been enjoyed by families for generations. Whether you enjoy yours sweet with raisins and cinnamon, or savory with toppings like nuts or roasted vegetables, this dish is sure to become a new favorite.



#### Ingredients:

- 2 c water
- ½ tsp salt
- 1 Tbsp butter
- 1 c rice, short-grain rice such as pearl rice or arborio rice
- 4 1/3 c milk
- 1 cinnamon stick
- 1/4 c sugar
- 1/4 c raisins

#### Instructions

1. Bring the water to a boil in a sauce pan with salt, butter and a cinnamon stick.
2. Add the rice, cover and simmer on low heat for 10 minutes.
3. Add the milk and bring to a boil. Turn the heat down to low, cover and cook for about 30 minutes.
4. Add the raisins when there is 10 minutes of cooking time left. Don't stir until the porridge is ready.
5. Add sugar to taste. Serve warm.

To read about this dish history and popular traditions when serving this dish, visit [www.notmodern.com](http://www.notmodern.com).