

# Juneau Parent Bulletin

February, 2025

## Activities Kids Will Love

### Colorful Ice Blocks

Making colorful ice sculptures with the colored ice cube blocks is a perfect winter activity for kids of all ages! You and your kids will love building these colorful ice castles and when the sun shines on them they sparkle and look so magical!



#### Materials

- Food Coloring and/or Liquid Watercolors
- Ice Cube Trays or Ice Molds (can also use small plastic containers, muffin tins, and popsicle molds)
- Spray Bottle (optional – but helpful!)

#### Instructions

1. Mix the food coloring (or liquid watercolor) into a pyrex measuring cup with a little bit of water until it is diluted to a color you like.
2. Pour the colored water into the molds and repeated the process with lots of different colors. You can then place them in your freezer or outside if it's below freezing!
3. The smaller ice cubes were ready in about 4 hours, but the larger cups took longer so we let them freeze overnight and they were ready the next day. Freezing time will depend on the size of your containers.
4. Once they are frozen pop them out onto the snow and begin building! If you are having a hard time getting it out of the container just run a bit of warm water on the container until they pop free.
5. To build with your rainbow ice cubes bring a small spray bottle and it will act as your glue in helping the cubes stick together. The spray bottle also melted the snow off of our ice cubes so we could see the colors more clearly.



For additional fun activities and crafts, visit [www.foxfarmhome.com](http://www.foxfarmhome.com).

## Be Red Cross Ready!

It's as easy as 1-2-3! Getting prepared may sound difficult or time consuming but – with a little help from the Red Cross – it's actually very doable.

1. [Get a Kit](#) - Learn the essential supplies to put in your family's survival kit.
2. [Make a Plan](#) - Plan effectively for you and your family in case of an emergency.
3. [Be Informed](#) - Understand which disasters are likely to occur in your area and what you must know to stay safe.

For more ways to prepare, visit [Be Red Cross Ready!](#)



Pick.  
Click.  
Give.

Spread the joy of reading with your 2025 PFD! Support the SEAAEYC Imagination Library through Pick.Click.Give and help us provide free high-quality, age-appropriate books to over 1,200 children in SE Alaska every month, from birth to age five. Visit [Pick.Click.Give](#) to learn more!

**seaaeyc**

Southeast Alaska Association for the Education of Young Children



**BEST BEGINNINGS**  
Alaska's Early Childhood Investment



Juneau  
**Partnerships**  
for Families & Children



## Winter Activities for Kids who Are Bored

Baby, it's cold outside! Not to worry. There's plenty of fun to be had indoors during the coldest months of the year. And it's all in the spirit of your child's development. Check out these in-home winter activities for kids who are bored.

Screen time with things like the TVs, iPads, Xboxes, etc. are unavoidable but that doesn't mean that all your child's free time should be spent on these devices. When it comes to your child's growth, screens can't hold a candle to these wintertime activities.

### If You Build It, They Will Play

Think back to your fondest playtime memories in your childhood home. For most, the word "fort" comes to mind pretty quickly. Every child loves turning the couch into a fortress of pillows, cushions, blankets, and whatever else they can get their little hands on. Encourage this gross motor skill developing behavior on a blistery day. Then you can all cuddle together and stay warm in the finished fort.



Another great way to play using furniture and household goods is with a homemade scavenger hunt. Create a list of things for your child to find, as well as small tasks to complete with each item. The act of identifying things while checking them off the list will always lead to laughter and learning.

### Bake Some Kitchen Classics

Next time you're trapped inside this winter, warm up the oven and warm up some fun! Baking treats doesn't seem like work to children, who will be eager to help in the process from beginning to (delicious) end.



Start out with baking cookies from scratch, taking the opportunity to teach your child about the ingredients as you add them into the mixture together. While you wait for the cookies in the oven, grab some marshmallows and toothpicks for easy (and tasty) crafting. You can build little snowmen, trees, and houses all out marshmallows!

Once the cookies are done, it's time to decorate them! Let your child practice squeezing out the frosting and sprinkling on the sprinkles. They'll feel great about the finished product because they were apart of creating it.

### Don't Forget About Going Outside

Even though the weather might be a little chilly, kids can still play outside. Even if there's snow on the ground, there are plenty of fun outdoor activities. Just make sure they are dressed to battle to cold and there are no weather advisories.



With all of these good times, there's no need for screen time. Keep your children off the game consoles and engage in these winter activities for kids who are bored in the snowy season.

For additional articles, resources, and tips, please visit [www.pathways.org](http://www.pathways.org).



## Kids in the Kitchen

### Cold Buster Smoothie for Toddlers + Kids

This Cold Buster Smoothie is loaded with vitamin C, natural electrolytes and probiotics that will boost the immune system, aid in digestion as well as provide extra hydration. PLUS – this delicious smoothie makes great popsicles which will help soothe sore and raw throats.

#### Ingredients (yields 2 large kid size smoothies)

- 2 oranges, peeled and roughly chopped
- 1 banana
- 1/2 cup coconut water (sub with water or milk)
- 1/4 cup pineapple, frozen
- 1/4 cup mango, frozen
- 1/4 cup plain Greek yogurt
- 1-2 tbsp honey (optional & see notes below)
- 1/4 cup ice



#### Instructions

1. In a blender, add in all of the ingredients and blend for 1-2 minutes until completely smooth and creamy.
2. For smoothie – pour into a cup and serve.
3. For popsicles – pour into popsicle molds and place in freezer for at least 4 hours to harden.



**Age:** 9 months and up (for babies under 1 year of age, omit the honey)

For more recipes, visit [www.babyfoode.com](http://www.babyfoode.com).

## Community Events

### CBJ Parks & Rec / SEAAEYC - Family Fun Night

Join us for two family fun events at the Dimond Park Field House on Friday, February 7th and 14th from 5pm-6:30pm. Sponsored by [CBJ Parks and Recreation](#) and SEAAEYC.

### 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](#) for more information.

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

Family skate is open to families of all ages and abilities on February 2nd, 9th, and 16th at 11:45am, as well as February 6th at 4:15pm. Skate rentals are available and included in admission fees.

### Juneau Family Birth Center - Prenatal Yoga with Janice

Janice's nurturing guidance will help you connect with your baby in a serene and supportive environment. This series promises to enhance your well-being during this special time. Class held every Saturdays at the Family Birth Center, starting February 1st through March 8th from 2:30pm-3:30pm. \$12 per class. Register [here](#).

### 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.

### Marie Drake Planetarium - Shows

Explore the universe with the planetarium's digital projector and 30ft dome on Friday, February 7th. Stop by anytime between 5:30pm-7:00pm. Keep an eye out for additional free shows on their [website](#).

### Juneau Jazz fest at Juneau Public Library - Big Band for Little Kids

Free kids concert on Saturday, February 8th at the Mendenhall Valley Library. Starting with a 9:30am craft then a 10:00am Kyle Athayde Dance Party with jazz arrangements of nursery rhymes and video game themes.



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: [f](#) [ig](#) [yt](#)

## Imagination Library Books to Love

### Full Moon Pups

Full Moon Pups by Liz Garton Scanlon, with illustrations by Chuck Groenink, is a beautiful tale of five pups who explore both the dangers and excitement of the world, all under the magic of a full moon's cycle!

#### Learning of the Go!

- Create a wolf den in your home together using blankets and pillows. Turn the lights low to indicate the nighttime and brighten the lights for daytime as your child recreates parts of the story.
- At night, look at the moon and see what phase it is in. Check on different nights to see how the moon changes.



**Let's do some wolf pup Math! There are five pups in this litter...**

- How many tails?
- How many eyes?
- How many ears?
- How many legs?

For additional reading and activity guides, visit the Liz Scanlon's [website](#).

## Let's Chat About Mental Health!

### Free Emotions Chart for Kids

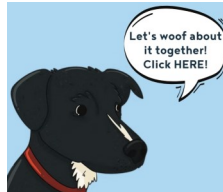
Help your kids express their feelings freely and easily with The Check-In Project's emotions chart! This visual tool helps children recognize and understand a range of emotions, making it easier for them to share how they feel throughout the day. By encouraging open communication, this chart helps lay the foundation for emotional intelligence. Have fun creating your own emotions chart with your little one, or download and print a free version from [The Check-In Project!](#)



## 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@bartletthospital.org](mailto:sgress@bartletthospital.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



## 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.