

# Juneau Parent Bulletin

January, 2025

## Kids in the Kitchen

### Chicken and Stars Soup (Great for Flu Season)

With a quick cooking time, a veggie-loaded base, and most comforting texture and flavor, this Chicken and Stars Soup is an all-time favorite family meal. It's soothing when illness strikes and just makes for a fast and yummy meal when you need it.



#### Ingredients

- 1 tablespoon olive oil
- 2 cups diced carrots (fresh or frozen)
- 6 cups reduced-sodium vegetable broth (or chicken broth)
- 2 cups star pasta (or use orzo)
- 1 cup shredded fully cooked chicken (rotisserie chicken is great here)
- ½ teaspoon salt
- Parmesan cheese, minced fresh parsley, fresh lemon juice (optional)

#### Instructions

1. Heat a medium pot over medium heat. Add the oil to warm.
2. Add the carrots and stir to coat. Cover and cook for 4 minutes.
3. Add the broth and turn the heat to high. Bring to a boil, then reduce the heat back to medium so it's a simmer with regular small bubbles.
4. Add the pasta and cook for 5-6 minutes or until tender.
5. Stir in the chicken.
6. Season to taste with salt and serve with parmesan, minced parsley, and/or fresh lemon juice if desired.

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

## LET'S CHAT ABOUT MENTAL HEALTH!

### PARENTAL BURNOUT & BUILDING YOUR VILLAGE

Numerous factors can contribute to parental burnout, including parental workload, family health and mental health needs, and coparenting dynamics, among others. A comprehensive study conducted by Isabelle Roskam and colleagues, titled *Parental Burnout Around the Globe* (58-79), revealed a significant link between individualism and parental burnout. This finding suggests that fostering collectivism and strengthening one's social networks can play a crucial role in alleviating burnout and reducing the pressures faced by caregivers.

This raises an important question: how can we "build our village" to better support one another? Here are a few suggestions per Seppälä (2021):

- Share your struggles with someone you trust.
- Open up a bit about your struggles to someone you feel you can trust. We are not as alone as we often believe, and there's nothing more comforting than finding someone who understands.
- Offer help. Simple gestures of kindness toward others give us a boost, too.
- Team up with a friend or a neighbor for practical and moral support.

Join a group, start a group, or foster the connections you already have. We flourish when we are part of a community of sharing and mutual aid.



Roskam, Isabelle, et al. "Parental Burnout Around the Globe: A 42-Country Study". *Affective Science*, vol. 2, 2021, pp. 58-79. Springer, <https://doi.org/10.1007/s42761-020-00028-4>.

Seppälä, Emma. "Six Ways to Deal with Parental Burnout." *Greater Good Science Center*, University of California, Berkeley, 27 Apr. 2021, [https://greatergood.berkeley.edu/article/item/six\\_ways\\_to\\_deal\\_with\\_parental\\_burnout](https://greatergood.berkeley.edu/article/item/six_ways_to_deal_with_parental_burnout).



Southeast Alaska Association for the Education of Young Children



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

Juneau  
**Partnerships**  
for Families & Children

**ChildCare Aware®**

**United Way**  
United Way of Southeast Alaska  
Partner Agency

## Pick.Click.Give

Please keep us in mind when applying for your PFD! Your charitable contributions support the SEAAEYC Imagination Library and helps us provide free high-quality, age-appropriate books to over 1,200 children per month from birth to age five. Visit [Pick.Click.Give](#) to learn more!



## 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@bartlethospital.org](mailto:sgress@bartlethospital.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
- **Childbirth Preparation Weekend Intensive**  
January 11th & 12th at 9am-12pm
- **Childbirth Preparation**  
Six-week series, meets Thursdays starting January 16th at 6pm-7:30pm
- **Bump to Baby: Make Ahead Meals for New & Expecting Parents**  
January 18th 3pm-5:30pm
- **Infant Massage**  
Four-week series, meets Tuesdays starting January 21st at 11am-12pm
- **Dads and Partners**  
January 22nd at 6pm-8pm

## Free Circle of Security Parenting Class

SEAAEYC, in partnership with Bartlett Regional Hospital, is thrilled to present our upcoming Circle of Security Parenting class series!

This six-week course runs on Tuesday evenings, from January 28th to March 4th, 6pm-8pm, and will be held in person at the SEAAEYC Meeting Room.

Perfect for parents of children of all ages—especially those navigating the challenges of the toddler years. Register [HERE!](#)



## Questions for Clem by NAMI

Questions for Clem is a "Dear Abby" style mental health column for parents/guardians and youth 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.

Let's woof about it together! Click [HERE!](#)



## Make Teeth Brushing Fun with 6 Easy Tips

Whether it's the shock of cold water hitting their teeth, the smell or taste of the toothpaste, or the idea that brushing their teeth is something they "have to" do, we may never know why children try to avoid brushing their teeth. Brushing teeth for kids is an important daily habit and the sooner they get used to it, the more chances they will have of having healthy, clean teeth.



### Tackle teeth brushing using these 6 easy to follow tips:

**Routine, Routine, Routine** - Brushing teeth for kids all about routine! Start early and let your child know teeth brushing is not optional and is a part of their daily routine. They should know that they're required to brush their teeth every morning (before or after breakfast is up to you) and every night before they're tucked into bed and read a story. This way, even if it's still not their favorite thing, they will know brushing their teeth is one of their responsibilities. Make sure you explain how good dental habits keep your child healthy!

**Make It Musical** - Playing music while brushing teeth adds a calming and enjoyable sensory component to this task. Music can also be used as a timer so your child knows exactly how long they need to brush for. This is especially useful if your little one typically brushes their teeth for 10 seconds, instead of the recommended 2 minutes. You can even try using a musical toothbrush to make this activity more fun. Your child can press play themselves, start brushing when the music starts and finish when the tune ends. Otherwise, sing a song to keep them brushing and make it a little more fun!

**Play Pretend** - After you've finished brushing your toddler's teeth, use pretend play to teach them more about teeth brushing. Tell them it's their turn to do the brushing. Grab their favorite doll or stuffed animal and have your child "brush their teeth" to keep Dolly's teeth healthy too!

**Let Toddler Take Over** - If your child is at an age where they want to do everything themselves, let them do the brushing first. Be sure to watch them carefully so you can hit where they missed after they're done brushing themselves. This helps give them some control by going first. You can also watch to see if they move the brush up and down, left and right, or in circles and mimic that pattern to make the experience more comfortable for them once you take over.

You could also have them "help" with your teeth brushing. Model teeth brushing at the same time they need to brush, and take turns brushing each other's teeth.

**Use the Right Amount of Toothpaste** - The American Academy of Pediatrics (AAP) recommends using toothpaste the size of a grain of rice for children under 3 and the size of a pea for children 3-6 years. The AAP also recommends toothpaste with fluoride. Make sure to supervise your child since toothpaste with fluoride is not meant to be swallowed.

### Make Adjustments

If your child struggles around teeth brushing time, a few small changes can make the experience more enjoyable.

- Try using warm water!
- Change the toothpaste flavor. Try fruity, mint, and unflavored.
- Brushing teeth for kids can also be difficult for children with sensory issues. You can use a soft-bristled brush or start off by using a washcloth to help your little one get used something touching and cleaning their teeth. Even trying a silicone toothbrush could help!
- Go electric. The consistent motion can be calming for them.

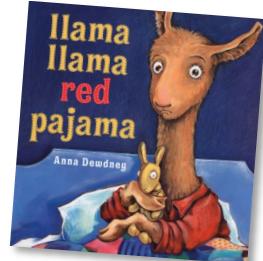
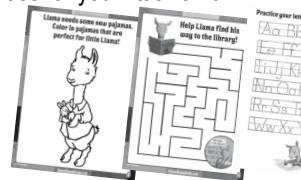
To read the full article, visit [Pathways](#).

## Imagination Library Books to Love

### Llama Llama Red Pajama

Llama Llama Red Pajama by Anna Dewdney is a beloved children's book about Baby Llama's struggles with bedtime after Mama Llama tucks him in. This fun, rhyming story explores themes of separation anxiety, patience, and learning to manage emotions in a comforting and relatable way.

Want to play and learn the Llama way? Visit the [Llama Llama book website](#) to download free coloring pages, puzzles, mazes, and many more activities for your little llama!



## Community Events

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

Join us for our two family fun events at the Dimond Park Field House on Friday, January 3rd from 5pm-7:30pm and the 24th from 5pm-6:30pm. Sponsored by [CBJ Parks and Recreation](#) and SEAAEYC.



### SEAAEYC - Twin/Multiples Group Play Sessions

Twin group play session for families of twins under the age of three on Saturday, January 25th from 10am-11:30am at the SEAAEYC Playroom. Come share the joys and challenges of raising multiples!

### Marie Drake Planetarium - Shows

Explore the universe with the planetarium's digital projector and 30ft dome on First Friday Gallery Walk, January 3rd. 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 January 12th and 19th at 11:45am. Skate rentals are available and included in admission fees.

### Juneau Family Birth Center - Childbirth Education Class

Join Joelle on January 11th and 12th from 1pm-4pm for a childbirth education series for expectant parents in their third trimester. Joelle will guide you through various topics, including labor and delivery, pain management, and postpartum care. Free series and snacks provided! Located at 1601 Salmon Creek Lane. Please 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.

### CBJ Parks & Rec - Movie in the Park

Despicable Me will be showing at three locations in January! Catch it at the August G. Brown Swimming Pool on January 5th at 6:30pm, the Dimond Park Aquatic Center on January 19th at 6:30pm, and the Dimond Park Field House on January 25th at 2:00pm. For more details, visit the CBJ Parks and Recreation [Facebook page](#)!

### Baby Raven Reads

Alaska Native families with children up to age 5 are invited to a Baby Raven Reads event on January 11th at 11am at the Downtown Juneau Public Library. Enjoy Am'ala-themed storytelling, songs, and cultural activities.



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: [Facebook](#) [Instagram](#) [YouTube](#)