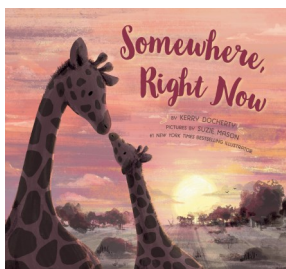


# Juneau Parent Bulletin

November, 2024

## Imagination Library Books to Love Somewhere, Right Now

*Somewhere, Right Now*, beautifully written by Kerry Docherty and illustrated by Suzie Mason, tells a story of how Alma and her family support each other through overwhelming moments during their day. Each time a family member experiences a strong emotion, another gently encourages them to take a deep breath and imagine something beautiful happening somewhere in the world at that very moment. This simple act of mindfulness helps them feel more calm and grounded.



### After the Story

- Ask your child questions about the story.
  - Alma and her family all picture something different to feel better. Which one did you like the most? What did you like about it?
  - What are some things that make you feel scared? What about mad? If you had to think of something beautiful happening in the world to help you feel better, what would you think of?
- Learning on the Go:
  - Have your child draw an image that would help them when they need to calm big emotions.
  - When you or your child feel scared or upset, help each other focus on something beautiful, like the family in the story.



## Kids in the Kitchen Shredded Apple Pancakes

This is a great way to serve apples in a safe way for baby that isn't quite as messy as serving just shredded apple by itself and toddlers will find it delicious!

### Ingredients:

- 2 medium apples shredded and drained of excess liquid
- 1 egg
- 1/4 cup flour
- 1/4 cup milk of choice



### Instructions:

- Shred your apples using a box grater and squeeze out as much excess moisture as you can.
- Add in remaining ingredients and give a good mix until combined.
- Add a tablespoon of batter to a greased skillet (I use avocado oil and cook on medium-low heat).
- Cook on both sides.
- Serve and enjoy! For younger babies you can cut in half to serve, once they have pincer grasp you can cut into smaller pieces.

For more delicious recipe ideas, visit [www.messybunmotherhood.com](http://www.messybunmotherhood.com).

## Activities Kids Will Love Rainbow Stick Wind Chimes

With all this windy and gloomy weather, why not let your little ones burn off some energy by heading outside to gather branches? Together, you can create a vibrant, colorful wind chime to brighten up your home!

### Materials:

- Paint
- Paint Brush
- Sticks
- Twine or String
- Scissors
- Varnish



### Instructions:

- Pick out 7 sticks. One large stick for the main top piece and 6 smaller sticks for the colors. We picked largest to smallest for the colors.
- Paint your sticks! This is awesome for fine motor skills. Trying to get that little paint brush on those little sticks isn't as easy as it looks! A box, paper plate, or egg carton works good to hold paint!
- Once the sticks dry, spray your sticks with varnish. Follow the directions on the can for best protection.
- Tie the colored sticks to the main stick with twine. Arrange them in any length you like. Maybe you want your sticks to go in a V shape or zigzag.
- Tie a long piece of twine from one end of the main stick to the other side as a hanger.
- Hang it in your little one's room, on your house, or hang it from your favorite tree! This is a super cute craft to do with all those sticks in your yard!

For other fun activities, visit [www.raisinghooks.com](http://www.raisinghooks.com).

## 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](mailto: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 12:00pm-1:30pm at Bartlett Regional Hospital
- Toddler Play Group**  
Every Monday 11:00am-12:00pm at the Gymnastics Academy
- Dads & Kiddos Play Group**  
First Saturday of every month 10:00am-12:00pm
- Pregnancy & Infant Loss Support Group**  
Last Wednesday of every month 6:00pm-7:00pm via Zoom
- "Real Talk" Mothers' Support Group**  
Last Wednesday of every month 7:00pm-8:00pm via Zoom
- New\* Balanced Beginnings**  
Every Tuesday 12:00pm-1:00pm via Zoom
- New\* Dads and Partners**  
Wednesday, November 20th from 6:00pm-8:00pm at Bartlett Regional Hospital



**seaaeyc**

Southeast Alaska Association for  
the Education of Young Children



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



Juneau  
**Partnerships**  
for Families & Children



United Way of Southeast Alaska  
Partner Agency

## Raising a Thankful Child

As we enter this season of Thanksgiving, we may find ourselves reflecting more often on how to raise a thankful child. At first glance, parents might think about how to teach the social scripts of thank you. Should a 2-year-old be forced to say thank you to Grandma for a gift? Should a 4-year-old sign a thank you note for a birthday present? Should a 6-year-old show appreciation for a large helping of spinach and cranberry sauce on his or her Thanksgiving plate?

Parents often have the best intentions of raising a thankful child as part of their parental job descriptions. We tend to use the social graces of please and thank you as one index of raising a "good kid." Indeed, manners such as these are important tools for getting along and working together with others in our society.



Even young children can be taught to say please and thank you. Giving them prompts ("What do you say?"), withholding the requested item ("You can't have the cookie unless I hear the magic words"), and modeling ("Could you please pass the juice?") are ways to encourage learning these manners. But is learning to say thank you the same as being thankful?

Think about something in the past year for which you are thankful. Is it a person, place, or thing? an event? a state of being? Did you say thank you? How did you express your gratitude? Did it feel sincere or more like satisfying a social grace?

The development of morality is marked in part by the emergence of the moral emotions such as shame, pride, guilt, embarrassment, and empathy. As these emotions develop, they allow children to feel a response in relationship to their own actions toward others. The emotional feedback contributes to that sense of sincerity.

Our gut reactions may highlight a comparison of manners vs. morals. While both reflect an aspect of how we treat others, children can use manners just by learning a script. The problem in learning scripts for manners for a child too young or separated from meaning is that children satisfy the social grace without experiencing the emotional response or acting upon their own intent. For example, 4-year-old Beth runs to greet her grandmother. "Thanks, Grandma!" she says, grabbing the present out of her grandmother's hand. She opens the box to find six pairs of white socks. Crestfallen, she says, "Thank you, Grandma, for my socks." Beth's first thanks is genuine appreciation for receiving a present, but her second thank you is the script that she is supposed to say.

Teaching manners is a fine art of modeling but not always the making of meaning. Raising thankful children is a fine art of helping them make their own meaning. Maybe it is a crumpled, crayon-scribbled card. Maybe it is a fresh bouquet of dandelions (and a few other weeds) from the back yard or local park. Maybe it is just a warm hug after a cold ice cream treat.

Children express some sense of thankfulness and desire to be appreciated all the time. **It is our role as parents to model appreciation and reflect those genuine feelings back to the child.** With a warm smile and a sincere voice, we can say, "Thank you for my beautiful card. I can tell you worked hard on it. You used so many different colors! It makes me feel really good and happy inside. I'm going to put it up right here on the refrigerator so our whole family can enjoy it."

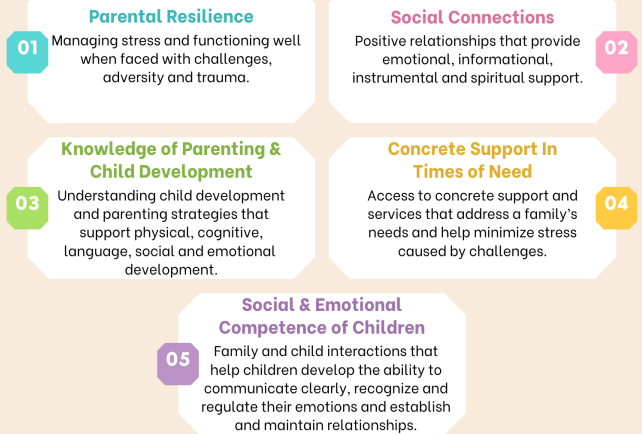
Thankfulness also emerges from children raised with the **Golden Rule: "Do unto others as you would have them do unto you."** Like adults, children need to be exposed to genuine appreciation and to feel appreciated.

To read the full article by Julie A. Riess, visit [NAEYC](http://www.aeyc-sea.org).

## Let's Chat About Mental Health!

### Strengthening Families with the 5 Protective Factors

Strengthening Families is a research-informed approach to increase family strengths, enhance child development, and reduce the likelihood of child abuse and neglect. It is based on engaging families, programs, and communities in building five key Protective Factors (shown below).



For the full article and more information on this approach, please refer to the Center for the Study of Social Policy website at [www.cssp.org/our-work/project/strengthening-families/](http://www.cssp.org/our-work/project/strengthening-families/).

## Community Events

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

Join us for this bi-weekly family fun event at the Dimond Park Field House on Friday, November 8th and 22nd, from 5:00pm-6:30pm. Sponsored by [CBJ Parks and Recreation](http://www.cbjparksandrec.org) and SEAAEYC.

### SEAAEYC - Twin/Multiples Group Play Session

Twin group play session for families of twins under the age of three on Saturday, November 23rd from 10:00am-11:30am at the SEAAEYC Playroom located at 3200 Hospital Dr, Suite 204. Come share the joys and challenges of raising multiples!

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

Family skate is open to families of all ages and abilities on November, 3rd at 2:45pm and 26th at 4:15pm. Skate rentals are available and included in admission. Drop-in fees are \$7 for 18+, \$6 for under 18, and \$5 for Seniors.

### Marie Drake Planetarium - Shows

Explore the universe with the planetarium's digital projector and 30ft dome on First Friday, November 1st. Stop by anytime between 5:30pm-7:00pm. Keep an eye out for additional free shows on their [website](http://www.mariedrakeplanetarium.org).

### 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](http://www.juneaupubliclibrary.org) for more information.

### Douglas Public Library - Scavenger Hunt

Drop in on Saturday, November 30th from 1:00pm-4:00pm and search for items in the library, take activities to go, and enter to win a gift card. Fun for the whole family!



## YOU Can Make a Difference in a Child's Life!

Your generous donations allow the Dolly Parton Imagination Library Program to provide free books to all participating children across SE Alaska. For \$30 a year, you can ensure that a child receives a free book in the mail every month for a whole year. Make your tax deductible donation today at <https://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 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](https://www.facebook.com/seaaeyc) [i](https://www.instagram.com/seaaeyc) [y](https://www.youtube.com/seaaeyc)