

# Juneau Parent Bulletin

October, 2024

## Soothing Your Toddler's Fears

For toddlers, the world can be a scary place. Some fears we understand. Doctors? Well, yes, because last time we visited, there were shots and who likes those? Dogs? Sure, they look friendly enough, and then they are suddenly all big teeth and claws.



Your toddler may have other fears that are less easy to explain. Monsters under the bed, the neighbor kids in Halloween costumes, the vacuum cleaner. Here's why young children often develop fears in the toddler years, and suggestions for handling your toddler's Halloween fears.

### Why is your toddler suddenly so fearful?

You may wonder why your brave little baby has turned into a toddler who's frightened by everything, or at least many things. There are developmental reasons for these new fears.

- Toddlers can remember things that happened before and can anticipate what might happen next. Your toddler's memory is improving. She now remembers the doctor's office and can predict a shot or a finger prick based on her previous experience.
- Toddlers have expectations about how the world should be and are scared by the unexpected. For example, toddlers have a well-developed idea of what a person "should" look like: a face, a body, two arms, two legs. Masks and costumes can be scary because they challenge children's basic understanding of what a person is.
- Toddlers have big imaginations and have trouble telling the difference between what is and isn't real. In your toddler's mind, anything can happen: a dragon from a bedtime story could appear in her bedroom or the shadows of tree branches could reach out and grab him.
- Toddlers aren't yet old enough to understand logical explanations. You know that there's no such thing as a monster, that nothing big and scary could possibly fit under the bed. But your toddler doesn't.

### Handling Halloween

You may be eagerly awaiting your child's second or third Halloween—that adorable costume!—only to discover she is totally freaked out. Here are some strategies to make the festivities easier for both of you.

- Provide some (non-frightening) masks and costumes for you and your child to play with during the weeks before Halloween. Peeking through the eye-holes, and seeing you do the same, will help him get used to the idea of costumes before the 31st rolls around. You can even "pretend play" how to trick-or-treat by knocking on the door to a bedroom and saying "trick-or-treat."
- Share stories about Halloween traditions like trick-or-treating so your child knows what to expect.
- Trick-or-treat during the daytime—or skip it altogether.
- If you do trick-or-treat in the neighborhood, stick to houses you know, so your child will be greeted by friendly faces at the door. Walk up and ring the bell with your little one, and crouch down next to her in case she feels unsure. Also consider going with friends.
- Remember that toddlers are rarely out after dark. If you plan on trick-or-treating in the evening, take your toddler outside with you for a short walk (with a flashlight) prior to the big night. Notice the moon, the sky, and the shadows. Let your child experience darkness with you a few times before heading out on Halloween.

To read the full article, visit [www.zerotothree.org](http://www.zerotothree.org).



Southeast Alaska Association for the Education of Young Children



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



Juneau  
**Partnerships**  
for Families & Children



## Give Your Child a Head Start!



Head Start is a nationwide, federally funded program that promotes school readiness by enhancing the social, physical, and cognitive development of children. Head Start is provided at no cost to enrolled families and accepts children ages 3-5 years old.

### Communities Served

Angoon • Craig • Hoonah • Juneau • Klawock • Petersburg •  
Saxman • Sitka • Wrangell • Yakutat

**Enroll Now for the 2024-2025 School Year!**  
[www.tinyurl.com/2024HeadStartEnroll](http://www.tinyurl.com/2024HeadStartEnroll)



For more information, please contact:



**Tlingit & Haida Head Start**

PO Box 25500 • Juneau, AK 99802 • Fax: 877.389.7796  
Direct: 907.463.7127 • [headstartenrollment@tlingitandhaida.gov](mailto:headstartenrollment@tlingitandhaida.gov)

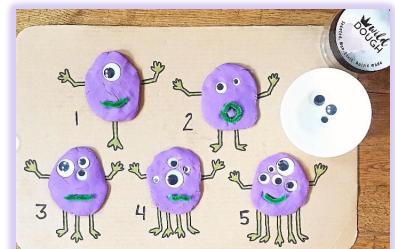
## Activities Kids Will Love

### Monster Math Activity

Create silly playdough monsters with your little one and sneak in some fun math learning!

#### Materials:

- Cardboard
- Clear Tape
- Playdough
- Googly Eyes or Beans



#### Instructions:

- Cut a piece of cardboard and draw five to ten monsters with a marker. Add numbers, arms, and legs to each monster. You can add the corresponding number of legs to expected eyeballs.
- Cover the cardboard with clear tape so that it can be re-used.
- Make five to ten circular monster bodies with playdough and stick them to the board.
- Have your little one count how many legs each monster has and add the correct number of eyeballs to each monster.

For other fun activities, follow [hotcoffee creativekids](https://www.hotcoffeecreativekids.com) on Instagram.

## 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!

## Let's Chat About Mental Health!

### Lower a Child's Anxiety with These 8 Research Backed Tips

There are so many anxiety symptoms in children that are easy to miss, and knowing how to lower a child's anxiety doesn't come naturally.

With 1 in 8 children of any age experiencing clinical anxiety (and many more feeling overly stressed), it would be difficult to deny that our kids are facing an inordinate amount of pressure in their daily lives.

Luckily, there are some straightforward, research-based, hugely effective strategies that you can practice with your kids in order to lower your child's anxiety today.

1. Be a media monitor
2. Harness the power of helpful thoughts
3. Become breathing buddies
4. Engage in beginner mindfulness
5. Be a safe haven
6. Prioritize sleep
7. Allow free-play
8. Get them out in nature



To read the full article and get insight about each tip, please refer to <https://parentswithconfidence.com/5-ways-to-lower-your-childs-anxiety-today/>

## Community Events

### SEAAEYC - Twin/Multiples Group Play Sessions

Twin group play session for families of twins under the age of three on Saturday, October 26th 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!

### US Forest Service - Mendenhall Minis: Outdoor Explorers

Enjoy this month's archaeology themed activity, story time, and craft hosted by the US Forest Service on Saturday, October 26th at 10:30am. Mendenhall Minis are developed for children ages 3-7, but all ages are welcome. Check [USFS Facebook](#) for event dates and details.

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

Family skate is open to families of all ages and abilities. Skate rentals are available and included in admission. Drop-in fees are \$7 for 18+, \$6 for under 18, and \$5 for Seniors. October 13th and 20th at 2:45pm.

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

Get your wiggles out at the Dimond Park Field House on Friday, October 11th and 25th from 5:00pm-6:30pm. Sponsored by [CBJ Parks and Recreation](#) and SEAAEYC.

## Halloween Events

### MALL-O-WEEN Trick or Treat Festival

Enjoy a spooky celebration with thrills and chills at Nugget Mall on October 31st from 4:00pm-6:00pm.

### Trunk or Treat

Join Chapel by the Lake for their Annual Trunk or Treat on October 26th at 10:00am-12:00pm at 11024 Auke Lake Way! Wear your best costume and bring your friends.

### Halloween Open Skate

Have fun ice skating in a costume at Treadwell Arena on October 25th from 7:00pm-8:00pm. Open skate is for all ages and abilities.

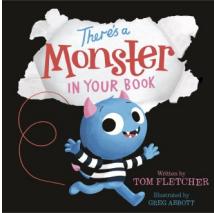
### AWANA Harvest Carnival

Enjoy carnival games, a cake walk, face painting, prizes, and Trunk or Treat at Auke Bay Bible Church on October 30th from 6:15pm-8:00pm.

## Imagination Library Books to Love

### There's a Monster in Your Book

*There's a Monster in Your Book* is a fun interactive book by Tom Fletcher and illustrated by Greg Abbott. This story encourages young readers to chase a cute mischievous monster out of their book by shaking, tickling, tilting, and spinning the book to move the monster out of the story. This book format draws children into the narrative, and makes them a part of the story while sparking their imagination.



## Kids in the Kitchen

### Spooky Baked Halloween Chips



You only need 15 minutes and 3 ingredients to make these adorable Halloween chips. The perfect spooky Halloween snack!

#### Ingredients:

- 4 flour tortillas (gluten-free or grain-free, as needed)
- Spray avocado or olive oil
- Salt
- Halloween cookie cutter



#### Instructions:

1. Preheat oven to 375 degrees F. Lightly grease a cookie sheet.
2. Working one tortilla at a time, use a cookie cutter to cut out ghost shaped chips from your tortillas. I'm usually able to get 5-6 ghosts per tortilla. (Try to place your cuts as close together as possible to avoid waste.)
3. Transfer cutouts to your prepared baking sheet. Lightly mist the chips with a little olive oil spray or avocado oil spray + sprinkle with salt.
4. Bake at 375 degrees F for 5-7 minutes, and serve with salsa, guacamole, or my favorite Pumpkin Taco Soup!



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

## 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 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 Friday 12:00pm-1:00pm via Zoom
- **New\* Birth Healing & Reflection (2 Group Series)**  
Tuesday, October 22nd & 29th from 6:00pm-8:00pm via Zoom
- **New\* 3rd Annual Real Talk Walk/Run**  
Saturday, October 26th at 9:00am at Airport Dike Trail



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: