

Juneau Parent Bulletin

September, 2024

Kids in the Kitchen Apple Chips

Simple oven baked apple chips with cinnamon and no sugar! Crispy baked apple chips are a healthy snack, and much better than store bought.

Ingredients:

- 3 large sweet crisp apples (e.g. Honeycrisp, Fuji, Jazz, or Pink Lady)
- $\frac{3}{4}$ teaspoon ground cinnamon

Instructions:

1. Place racks in the upper and lower thirds of your oven and preheat your oven to 200 degrees F. Line two baking sheets with parchment paper or a silpat mat.
2. Wash the apples. With an apple corer, very small cookie cutter, or the round side of a metal piping tip, core the apples (you can also skip this step if you don't mind a few seeds in the chips). With a mandolin (recommended) or a very sharp knife, slice the apples horizontally into 1/8 inch-thick rounds.
3. Arrange the apples in a single layer on the prepared baking sheets. Sprinkle with cinnamon. Bake for 1 hour in the upper and lower thirds of the oven. Remove the baking sheets and switch the pans' position on the upper and lower racks. Continue baking for 1 to 1 1/2 additional hours, until a single apple chip removed from the oven is crisp when set out at room temperature for 2 to 3 minutes (to test the apple chips, remove a single apple slice but let the others continue baking). Once you are happy with the crispness (the total time will vary based on the thickness of your slice and the type of apple), turn off the oven and let the apples sit in the oven for 1 hour as it cools down to crisp further (unless you fear you overcooked them, in which case remove the pan immediately and let it sit at room temperature).



For more delicious recipe ideas, visit www.wellplated.com.



Activities Kids Will Love Make a Nature Tree

Materials:

- Paper (printer is optional, if printing tree)
- Glue
- Elements from nature

Instructions:

1. The kids ran around the yard and gathered leaves and flower petals to decorate their trees with. This craft is so easy. Simply print the tree (I printed it on cardstock) and glue on your nature findings! Download the tree [here](#) and print.
2. They loved decorating their trees and showing off their nature findings. You could gather some sticks and glue them on the trunk!



For additional nature activities, explore www.raisinghooks.com.



Southeast Alaska Association for the Education of Young Children



BEST BEGINNINGS
Alaska's Early Childhood Investment



Free Family Fun Night at the Turf is BACK!

WHEN

- Friday, September 13th from 5:00pm-6:30pm
- Friday, September 27th from 5:00pm-6:30pm

WHERE

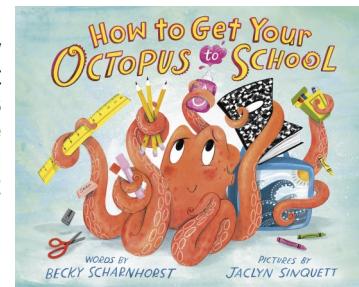
- Dimond Park Field House at 2961 Riverside Drive



Sponsored by CBJ Parks & Recreation & SEAAEYC!

Imagination Library Books to Love How to Get Your Octopus to School

How to Get Your Octopus to School is a book written by Becky Scharnhorst, with colorful and fun illustrations by Jaclyn Sinquett. This fun story is about the challenges of getting the octopus ready for school and explores the concept of adaptation and conquering fears. This book is a fun, yet meaningful way to relate to the emotions both parents and children may feel during this important transition of getting ready and starting school.



Let's Chat About Mental Health! Mindful Parenting Tips

It's important to follow the oxygen mask principle: put your own mask on first, before you help your child. The more we discover how to be mindful ourselves, the more we can turn to mindful parenting strategies and appreciate our children's capacity to be present in each moment.

There's an inner skill set called for in parenting—an awareness of what is, what's changing, and what matters going forward. In day-to-day life, take the time you need to notice your own feelings, pause before responding, and practice listening.

7 THINGS MINDFUL FAMILIES DO DIFFERENTLY

1. Embrace Imperfection
2. Listen with Curiosity
3. Communicate Courageously
4. Practice Appreciation and Gratitude
5. Forgive Ourselves and Each Other
6. Practice Support and Generosity
7. Remember to Play and Have Fun

For the full article and additional practices for mindfulness parenting, visit www.mindful.org.

Math Talk with Infants and Toddlers

Children develop math concepts and skills very early in life. From the moment they are born, babies begin to form ideas about math through everyday experiences and, most important, through interactions with trusted adults. Language—how we talk with infants and toddlers about math ideas like more, empty, and full—matters.



Math is everywhere! We use basic math language all the time, without realizing it. For example, when we separate clothes by color, we're using the math concepts of sorting and classifying. When we keep score during a game and determine how much our team is ahead or behind (number and operations), or give someone directions to get from one place to another (spatial relationships)—that's math. We constantly use comparison words (measurement) such as big and little and use patterns to explain the order of daily routines and activities ("We brush our teeth after breakfast"). With our children, we play games and sing songs that use numbers and counting (such as "One, Two, Buckle My Shoe").

Even without our support, infants and toddlers use math concepts to make sense of their world. For example, infants may signal when they want more food. More is one of the first math concepts understood by children. Babies tell us—often dramatically—that they know the difference between familiar and unfamiliar adults (sorting and classifying). Toddlers try to climb into boxes of various sizes (spatial relationships) and say words and phrases from familiar stories or songs that use repetition (patterns).

We can make the math that occurs in daily life visible to children through math talk. Each day offers us countless opportunities to help children deepen their understanding of math concepts. The more we talk math, the better chance infants and toddlers have to build a positive attitude toward math learning and learning in general.

Basic math concepts: When we are aware of early math concepts, we can be more thoughtful in our everyday interactions with infants and toddlers. Here are five basic math concepts that can be woven into our everyday conversations with infants and toddlers.

1. Number and operations— understanding the concept of number, quantity, order, ways of representing numbers, one-to-one correspondence (that one object corresponds to one number), and counting. "You have two eyes, and so does your bear. Let's count:—1, 2."

2. Shapes and spatial relationships (geometry)— recognizing and naming shapes, understanding the physical relationship between yourself and other objects and the relationships between objects. "Some of the crackers we have today are *square*, and some are *round*."

3. Measurement— size, weight, quantity, volume, and time. "Moving that chair is hard. It's *heavy*."

4. Patterns, relationships, and change— recognizing (seeing the relationships that make up a pattern) and/or creating repetitions of objects, events, colors, lines, textures, and sounds; understanding that things change over time and that change can be described with math words. These are the basic building blocks of algebra! "Daddy has stripes on his shirt—*white, blue, white, blue, white, blue*."

5. Collecting and organizing information— gathering, sorting, classifying, and analyzing information (data) to help make sense of what is happening in the environment. "Let's put the *big* lid on the *big* bowl and the *small* lid on the *small* bowl."

Math talk enriches everyday learning experiences for infants and toddlers. You'll be surprised at how much they know and can learn. Your math talk today can help your children be successful in math as they get older.

For the full article, please visit www.naeyc.org.



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. 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 | Follow us on:

Community Events

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 or 907-586-0435 at the [Juneau Public Library](#) for more information.



SEAAEYC - Twin/Multiples Group Play Sessions

Twin group play session for families of twins under the age of three on Saturday, September 28th 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!

Marie Drake Planetarium - Shows

Explore the universe with the planetarium's digital projector and 30ft dome on First Friday, September 6th. Stop by anytime between 5:30pm-7:00pm. Keep an eye out for additional free shows on their [website](#).

Juneau Family Birth Center - Baby & Me Series / Yoga

Baby & Me Movement Series with Janice: 6-week movement series designed for children 2 months - 3 years. Move together with various props and music! Located at 1601 Salmon Creek Lane on Wednesdays, September 11th through October 16th from 10:30am-11:15am. Sign-up for this series for \$90. Register [here](#).

Prenatal Yoga with Janice: Class consists of gentle stretches and mindful movement designed to help you physically and mentally prepare for childbirth. Saturdays, September 14th through October 19th from 2:30pm-3:30pm. \$12 per class. Register [here](#).

US Forest Service - Mendenhall Minis: Outdoor Explorers

Enjoy this months brown bear themed activity, story time, and craft hosted by the US Forest Service on Saturday, September 21st 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 - Parent & Tot Ice Skating Lessons

Attend the Parent & Tot (age 5 and under) lesson that focuses on the fun and basics of ice skating on September 8th, 15th, and 29th from 2:45pm - 3:45pm. This class costs \$15.75 for 1 adult and 1 tot and includes skates (smallest size is 8T) and helmets. Register at [CBJ Parks and Recreation](#).

Autism Family Support Group

Support group meets on Tuesday, September 24th at 6:00pm-7:30pm at the Juneau Public Library, Mendenhall Valley branch. Meetings allow for personal sharing and supportive problem solving. For more information, contact Joan Gianotti, 907-209-9302 or Diane DeSloover, 907-209-5193.



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. 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 & Upcoming* Free Car Seat Safety Check Event

Friday, September 20th from 3:30pm-6:00pm at Bartlett Hospital.

