

Juneau Parent Bulletin

Summer, 2024

Get Set, Go! The Dolly Dash is Here!



Join us for **The Dolly Dash 1k/5k Family Fun Run** fundraiser for Dolly Parton's Imagination Library, locally sponsored by SEAAEYC. We are calling all Dolly Parton enthusiasts to showcase their best wig, pearls, heels, shirt, or full-blown costume. There will be many prizes and a raffle! Fun for the whole family!

First 100 to register will be entered to win door prizes!
Enter one of two raffles at the event to win two Alaska Airlines or NorthStar Helicopters tickets!

When/Where: **Saturday, June 8th, 2024.** Run starts at 10:00am (registration starts at 9:00am) at Airport Dike Trail.

Cost: Adult (Over 18): \$15 pre-register/\$20 on race day, Youth (18 & Under): \$5 pre-register/\$6 on race day

Register: <https://www.raceentry.com/the-dolly-dash-1k5k-family-fun-run/race-information>



Kids in the Kitchen Homemade Fruit Roll-Ups

These homemade fruit roll-ups are so easy to make! With only 3 ingredients your kids will love these fruit roll-ups! You can even make them with the summer berries you and your little ones pick!

Ingredients:

- 5 cups berries
- 1/4 cup honey
- 2 tbsp lemon juice

Instructions:

1. Preheat oven to 170F degrees (or the lowest temperature your oven will go).
2. Line a large (17x12 inch) rimmed baking pan with parchment paper or a silicone baking mat.
3. Rinse berries and remove stems from berries, if necessary.
4. In a blender or food processor, add the berries.
5. Add honey and lemon juice and then blend until smooth.
6. For a smooth finish, pour puree through a fine mesh strainer to remove seeds.
7. Pour pureed fruit onto baking sheet and spread evenly over the entire pan.
8. Place pan in oven and bake for 5-6 hours, rotating the pan halfway through the drying process. Remove from oven when the puree has set and is no longer sticky.
9. Allow the pan to cool completely. If you used a silicone baking mat, gently peel the cooled fruit leather and transfer onto a large sheet of wax paper.
10. Cut the paper-lined fruit leather into long strips and roll.
11. Store fruit roll-ups in an airtight container for up to 2 weeks.

***Note:** Just a friendly reminder that honey should not be given to babies under 1 year of age.

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



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

SEAAEYC - Twin/Multiples Group Play Sessions

SEAAEYC Playroom Session: Twin group play session for families of twins under the age of three on June 6th from 9:30am-11:00am at the SEAAEYC Playroom located at 3200 Hospital Dr, Suite 204. Come share the joys and challenges of raising multiples!

***NEW* Free SEAAEYC Twin Play Session at Twin Lakes:** A fun-filled multiples play session featuring art and sensory activities brought by Bloom Art Studio and snacks on June 22nd from 9:00am-11:00am at Twin Lakes.

Marie Drake Planetarium - Shows

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

Sealaska Heritage - Celebration: Together We Live in Balance

Celebration and largest gathering of SE Alaska Native peoples in Juneau from June 5-8th. Event information found at [SHI's website](http://shl.org).

Juneau Family Birth Center - Class & Yoga

One-Day Childbirth Education Class: One-day intensive birth class designed to empower you with knowledge and help you replace fear with confidence. Located at 1601 Salmon Creek Lane on June 9th from 12:00pm-4:30pm. Register at [here](http://juneaufamilybirthcenter.org).

Postpartum Yoga with Janice: Class consists of low-intensity stretches and strengthening of areas of the body that are tight during pregnancy and post birth. Suggested for 4+ weeks postpartum. Infants are welcome. June 8th-19th, Saturdays only from 2:30pm-3:30pm. Register at [here](http://juneaufamilybirthcenter.org).

Juneau Gold Rush Days

Celebrate Alaska's mining and logging industries on June 22nd-23rd at Savikko Park. Fun music, games, activities, and food for the whole family! For more information visit their [website](http://juneaugoldrushdays.org).

US Forest Service - Mendenhall Minis: Outdoor Explorers

Enjoy a monthly themed activity, story time, and craft hosted by the US Forest Service. Mendenhall Minis are developed for children ages 3-7, but all ages are welcome. Check [USFS Facebook](https://www.usfs.gov/eng/learn/visit/visiting-usfs-places) for event dates and details.

Bartlett Beginnings Opportunities

Bartlett Beginnings offers a variety of support and play groups for families with children. Please register on Bartlett's [website](http://bartletthospital.org) or by contacting Sara Gress at 907-796-8975 or sgress@bartletthospital.org. Visit [Bartlett Baby & Toddler Group Facebook Page](https://www.facebook.com/BartlettBaby) for new and upcoming group meetings.

• Bartlett Baby-Parent Time

Every Thursday 12:00pm-1:30pm at Bartlett Regional Hospital

• Parents of Toddler 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



seaaeyc

Southeast Alaska Association for
the Education of Young Children



BEST BEGINNINGS
Alaska's Early Childhood Investment



Juneau
Partnerships
for Families & Children



Managing Screen Time

Screen-time can help families learn and connect, and taking screen-time breaks can, too.

Managing screen time with toddlers is challenging! Especially during a pandemic or when living in SE Alaska, where weather often keeps us indoors. There is no shame in using screens to keep children occupied! Screens can be educational, but breaks are essential. It's all about balance.

Screens, such as televisions, tablets, and phones can open practically endless possibilities for learning and play for both young children and grown-ups. Screens can help families connect with loved ones near and far. They can facilitate remote learning. And digital media such as videos, music, or pictures can help spark meaningful conversations and bring memories to life. But it's important to take breaks and monitor how much screen time our young children are exposed to. When you take breaks and have specific times for using them, you have more time for other playful—and fulfilling—activities, such as drawing, exercise, exploration, and games.

The videos and activities below can help your family strike a healthy balance of screen-time play and real-time play.



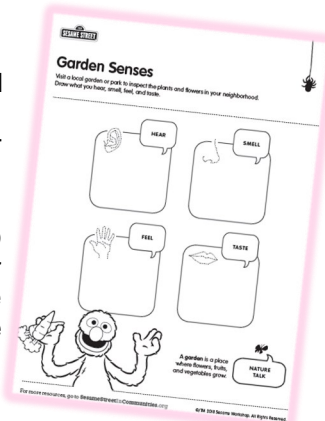
Mae's Minute: Screen Time Routines

In this video, Elmo's Mom, Mae, talks with an expert about having a healthy "digital diet." The term "digital diet" is a playful way to talk about how much—and what type—of digital content a person, child, or family consumes. The American Academy of Pediatrics calls this a "Family Media Use Plan," and offers [recommendations for young children](#), such as limiting the amount of screen-time, making sure they're watching age-appropriate, high-quality, and educational content, co-viewing as much as possible, and finding plenty of screen-free activities to support children's growing bodies and minds! They even offer an [interactive tool](#) to help you make one for your family.

Grown-ups can watch this video (included above) to learn a few more tips on how to manage screen time for little ones, and for themselves!

Screen-time play and real-time play can go hand in hand. As an example, you and your child might first watch a video about nature together, and then go outside to continue the learning with this print-out to the right.

Visit www.sesameworkshop.org for various parenting resources and activities for your little ones.



Imagination Library: Books to Love TAD and DAD

"Tad and Dad" is a beautiful tale written and illustrated by David Ezra Stein. It is a story of a growing tadpole who loves his frog dad so much he never leaves his side. They explore everyday together and always end up snuggling side by side every night. This book celebrates the love between a father and son!

Activity Idea - Catch the Fly!

Make a frog out of a recycled toilet paper roll and see if you can catch a fly in the frog's mouth! Steps to making this craft:

1. Paint the toilet paper roll green.
 2. Cut out frog legs and color them green.
 3. Staple a string to the back legs and pull the string through the roll.
 4. Flatten one end of the roll and staple the legs to the roll.
 5. Attach a cut out of a fly to the end of the string.
 6. Decorate the frog and play catch the fly!
- For the full instructions, visit [kids activity zone](#).



Activities Kids Will Love Painting with Dandelions

Materials:

- Dandelion flowers (around 12 flowers)
- 1/4 cup hot water (more or less, as needed)
- Watercolor or regular paper for painting
- Paint brushes
- Paper towels

Instructions:

STEP 1: Pick Fresh Dandelions

Right before you're ready to start this dandelion art project, pick your dandelions. Dandelions wilt easily, so it's best to get them fresh right before you're ready to do the art painting.

STEP 2: Smash The Flowers

Smash the flowers to extract the liquid from the flowers. You can also use a mortar and pestle or heavy rock and bowl that you don't care about scratching up. Squish, crush, grind, and twist the flower of the dandelion.

STEP 3: Add Hot Water To The Dandelions

Add a small amount of hot water to the dandelion mixture. You will need much less dandelion in water than you think — so start with around 1 teaspoon of water. Mix the water into the smashed dandelion flowers.

STEP 4: Let The Dandelion Liquid Sit (The Most Important Craft Tip!)

Once you've gotten the amount of dandelion liquid that you want, you need to let the liquid sit for at least 20 minutes to form into the paint color.

STEP 5: Paint With Dandelions!

After 20 minutes, stick a paintbrush into the dandelion paint and test the color on paper. If it's too light or you want a different color let it sit longer and re-test at 10 minute increments.

STEP 6: Store Your Dandelion Paint

If you want to keep your dandelion paint, strain the paint of any dandelion parts. Place the natural watercolor paint in an airtight container and store it in the refrigerator or a cool, dry place. The dandelion paints will last a few weeks, but you should check it regularly to make sure that it's not moldy or has gone bad.

For more activities like this, visit www.littlecooksreadingbooks.com.



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: