

Juneau Parent Bulletin

October, 2025

ACTIVITIES KIDS WILL LOVE STICKY PUMPKIN LEAVES

This is a wonderful activity to do with your little ones outdoors during fall while doubling as beautiful decor. Additionally, all that manipulation and precision needed to place the flowers makes it a really great fine motor challenge for your little one!

Materials

- Cardboard
- Markers
- Scissors
- Adhesive contact paper or tape
- Autumnal flowers and leaves from your nature walk



Instructions

- Draw and cut a pumpkin shape out of cardboard, and stick a piece of contact paper or tape on the back with the sticky side facing upwards.
- Find a selection of Autumnal flowers and leaves on your nature walks that your little ones can use to decorate.
- Help them stick the flora and fauna onto the sticky-back plastic!

Check out additional activity ideas [@brighthpathkids](#).

IMAGINATION LIBRARY BOOKS TO LOVE A LITTLE LIKE MAGIC

A Little Like Magic written and illustrated by Sarah Kurpiel is a sweet story that captures the everyday magic found in small acts of kindness, imagination, and connection. Through gentle storytelling and warm illustrations, it encourages children to see wonder in the world around them while reminding us that magic often comes from love and community. It's a cozy read-aloud that sparks conversation about gratitude, empathy, and joy in simple moments.



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:** Thursdays, 12pm-1:30pm at Bartlett
- **Toddler Play Group:** Mondays, 11am-12pm at Gymnastics Academy
- **Dads & Kiddos Play Group:** First Saturday of month 10am-11:30am
- **Pregnancy & Infant Loss Support Group:** Last Wednesday of month 6pm-7pm via Zoom
- **"Real Talk" Mothers' Support Group:** Last Wednesday of month 7pm-8pm via Zoom
- **Nurturing Parenting for Families with Substance Use Treatment or Recovery:** Mondays, 12pm-1pm via Zoom
- **Healthy Pregnancy Seminar:** October 6, 6pm-7pm at Bartlett
- **Balanced Beginnings:** October 7, 12pm-1pm via Zoom
- **Childbirth Preparation Weekend Intensive:** Oct 11-12, 9am-12pm at Bartlett
- **Infant Massage (4-week series):** Oct 28-Nov 18, 11am-12pm, Mendenhall Public Library

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.

Marie Drake Planetarium - Shows

Explore the universe with the planetarium's digital projector and 30ft dome on Friday, October 3rd. Stop by anytime between 5:30pm-7:00pm. Keep an eye out for additional free shows throughout October on their [website](#).

Juneau Public Libraries - Fire Station Story Time

Join the Douglas Public Library for story time featuring firefighters from Capital City Fire Rescue, followed by a special tour of the Douglas Fire Station and fire trucks on Saturday, October 4th at 1pm.

CBJ Parks & Rec / SCC - Free Family Fun Night at the Turf

Get your wiggles out at the Dimond Park Field House on Friday, October 10th and 24th from 5:00pm-6:30pm. Sponsored by CBJ Parks and Recreation and SCC.



JDHS Softball - Pumpkin Patch

Come to Adair Kennedy field on Saturday, October 11th from 9am-2pm to pick your perfect pumpkin, get some sweet treats, and play some games.



CBJ Parks & Rec Treadwell Arena - Family Skate

Family skate is open to families of all ages and abilities on Sunday, October 12th at 2:45pm. Admission fees include skate rentals (see details [here](#)).

CBJ Parks & Rec Mount Jumbo Gym - Preschool Open Gym

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 & Juneau Pediatric Dentistry - Free Halloween Skate

Head to the Treadwell Arena for a free skate for all ages on Friday, October 24th at 7pm. Enjoy music and family fun!

Bartlett Regional Hospital - 4th Annual Real Talk Walk/Run

Join Bartlett Regional Hospital for the fourth annual Real Talk Walk/Run on Saturday, October 25th at the Airport Trail in Juneau. Event starts at 9am with a toddler trot and kids half-mile followed by a 1 mile walk/5k run. No registration required. T-shirts for the first 30 kids and 30 adults. Together, we can honor those we've lost, share resources, start a conversation, and support one another.

SCC - LGBTQ+ Family Playgroup

Join SCC's monthly playgroup for LBGTQ+ families on Thursday, October 30th. Stay tuned on [Facebook](#) for event details. Feel free to reach out to ienisinger@childhoodcollective.org with any questions.

NEW GRANDPARENT'S GROUP!

Do you have grandchildren in your life? Maybe you are their primary caregiver? Are you looking for activities, child development information, or to connect with other grand-families? Join Lisa Arehart at these amazing events!

Tuesday, 10/14, 10:30-11:30 am at Rainforest Play Zone, Suite 306 in the Mendenhall Mall: Let's get acquainted, and while the children PLAY, let's talk about Safety Basics in your home.

Wednesday, 10/22, 10:30-11:30 am at the Mendenhall Valley Public Library: Join community specialists to discuss and PRACTICE car seat safety, infant-child CPR, choking hazards, and fire safety in the home.

Please pre-register at juneaugrandparents@hotmail.com.

RAISING SIBLINGS WHO STICK TOGETHER

For most families, siblings are a fact of life. More than 80% of children live with at least one sibling! If you're like me, you have good memories (obstacle courses in the backyard). And not-so-good ones (pinching contests on long car rides). Having—and being—a sibling shapes us in important ways.



Siblings Shape Us

Growing up with siblings helps children develop skills like negotiation and problem solving. Siblings also help us learn to understand the feelings of others. Children whose siblings are kind, warm, and supportive show more empathy than children whose siblings don't show these qualities.

Sibling relationships benefit children as they grow. Teens who feel supported by a sibling tend to have better friendships and higher self-esteem. Older adults who are close to their siblings report higher life satisfaction and lower rates of depression.

What You Can Do

Check out these tips for building strong sibling bonds, starting in the early years.

Avoid favorites. It seems obvious, but having a "favorite" damages sibling relationships. Avoid comparing siblings or criticizing one sibling in front of another.

Build strong relationships with each child so each feels loved, valued, and special. Make some one-on-one time with each child part of your daily routine.

Help children learn to resolve their differences. Conflicts between siblings give children many, many opportunities to practice turn-taking and cooperation. These moments also help children see the world from someone else's perspective. Let your children try to work it out, and step in only when they need help.

Create opportunities for siblings to have fun together.

- A dance party, water play, blocks, art and other activities are great for children of different ages and temperaments.
- Leave them alone. If they're having fun together, you don't need to join in. Let them play and take a few minutes to relax!
- Give them a mission to complete as a team: "Can you two push the laundry basket over to the washing machine? Let's see how strong you are together!"

Build sibling connections into daily routines. Prompt children to say "good night," "I love you," and "good bye" to their siblings across the day.

Cheer each other on. Encourage sibs to support one another. First time big brother rides a bike with no training wheels? High-fives from his younger siblings. Little sister builds a super-tall block tower? Snap a family pic to celebrate the moment.

Give siblings a chance to care for one another. If a child is sick, let his brother bring him a snack. If a child falls down at the park, ask her sister to help her up while you pull band-aids out of the diaper bag.

Establish family traditions that build strong sibling bonds.

- Involve children in activities like preparing special meals, making cookies, decorating for the holidays, and other important family activities (like planting a garden in the spring).
- Offer shared activities like a "family picture"—a big piece of paper that everyone draws on—or a "family fruit salad," where each family member adds a different kind of fruit to the bowl.

While sibling conflict is normal, sibling connections are too. Nurturing these early relationships is a gift you can give your children, and one that they'll take with them their entire lives.

To view this article by Rebecca Parlakian, please visit [Zero to Three](#).

KIDS IN THE KITCHEN ALMOND FLOUR THUMBPRINT COOKIES

These easy and healthy almond flour thumbprint cookies are made with just six simple ingredients. They're festive and perfect for the holidays.

Ingredients

- 1 cup finely ground almond flour
- 3 Tbsp ghee, softened butter, or vegan butter
- 3 Tbsp maple syrup
- ½ tsp vanilla extract
- ¼ tsp salt
- 3 Tbsp jam



Instructions

1. Preheat oven to 350F.
2. Line a baking sheet or use an ungreased baking stone.
3. Mix all ingredients (except jam) until a cohesive dough forms.
4. Use a tablespoon to measure out dough and roll each into a ball. Place the ball on your baking sheet and use your finger to create a thumbprint in the middle of each cookie. Add ½ - 1 teaspoon of jam to the indentation.
5. Bake for 10-12 minutes, until they start to turn golden brown on the bottom.
6. Cool them on the pan for 10 minutes. Transfer them to a rack to cool completely before serving.
7. Store cookies in an airtight container in your refrigerator for up to 1 week or in freezer for up to 3 months.

To view the full recipe, visit [www.eatingbirdfood.com](#).



7 CLASSIC CHILDREN'S BOOKS THAT TEACH KIDS MINDFULNESS

The Snowy Day by Ezra Jack Keats

"The simple rhythm, the heightening and highlighting of the senses ("crunch crunch crunch" through the snow) bring us into the moment, while the sheer joy, awe, and intentional curiosity of nature's beauty and surprises in the midst of the city all evoke mindfulness."

The Missing Piece by Shel Silverstein

"For us, this book shows us how we all have a missing piece or two, but those imperfections are what make us human. If we try to 'fix' all those qualities that we see as our flaws, then we are no longer true to who we are."

The Important Book by Margaret Wise Brown

"It encourages readers to meditate on the true essence of everyday things—the sky-ness of the sky—without preconceived judgments clouding our view."

The Lion and The Little Red Bird by Elisa Kleven

"The prose captures the vibrancy of the natural world, and teaches readers through the example of a simple act of kindness. The book ends with the bird and lion becoming friends and sharing their essential gifts with one another."

"Alone" From Days With Frog and Toad by Arnold Lobel

"As Frog chooses to enjoy time by himself, Toad grows concerned about Frog being unhappy. The story closes with an image of appreciation both for friendship and the beautiful summer day, with "two close friends sitting alone together."

"At Evening" from Grasshopper on the Road by Arnold Lobel

"Another favorite is the quirky "At Evening," from the adventures of Grasshopper on the Road. As other insects look on in confusion, Grasshopper takes his time to truly enjoy his journey and gives himself a rest when he needs to, rather than focusing on his destination."

The Story of Ferdinand by Munro Leaf

"While we identified with Ferdinand as kids, gazing at the clovers in the outfield instead of keeping our eye on the game, we both remember finding this book a bit frightening (Chris) and sad (Olivia). Rereading it as adults, we resonate with the simple imagery of sitting beneath a tree and smelling the flowers as the clouds drift by."

TO READ THE FULL ARTICLE, VISIT [MINDFUL.ORG](#).

¹MINDFUL, 7 CLASSIC CHILDREN'S BOOKS THAT TEACH KIDS MINDFULNESS, <https://www.mindful.org/7-classic-childrens-books-that-teach-kids-mindfulness/>.



Questions for Clem by NAMI

Questions for Clem is a "Dear Abby" style mental health column for parents/guardians and youth (5-18 years) 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.



Alerts about this bulletin are emailed to families with children enrolled in Dolly Parton's Imagination Library. Find this bulletin and many other family resources at [www.childhoodcollective.org](#). The Juneau Parent Bulletin is created by Southeast Childhood Coalition in coordination with the Juneau Partnerships for Families and Children. SCC | 3200 Hospital Dr. Ste. 204, Juneau, AK | 907-789-1235 | [www.childhoodcollective.org](#) | Follow us on: