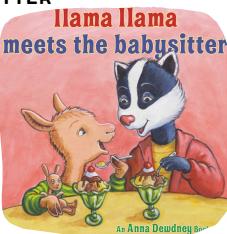


# Juneau Parent Bulletin

November, 2025

## IMAGINATION LIBRARY Books to Love LLAMA LLAMA MEETS THE BABYSITTER

*Llama Llama Meets the Babysitter*, written by Anna Dewdney and Reed Duncan and illustrated by JT Morrow, is a heartwarming story about Llama feeling nervous to meet the new babysitter and how Mama Llama helps him navigate this new experience.



### Ideas to Explore Together While Reading:

- Look at Llama's face on each page. How might he be feeling in each moment?
- This story is told in rhyme. Point out some rhyming words and see if your child can spot any on their own.
- After reading about Llama's bedtime, ask "Do you and Llama do any of the same things at bedtime?"

For other Imagination Library book literacy activities, visit [Best Beginnings](#).

## MONTHLY 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 for grandparents!

**Tuesday, 11/18, 10:30-11:30am at Rainforest Play Zone, Suite 306 in the Mendenhall Mall: *Reading is Foundational and Fun!*** Come PLAY and learn about engaging reading practices.

**Wednesday, 11/26, 10:30-11:30am at the Mendenhall Valley Public Library: *Storytime with MJ Grande, Youth Librarian!*** Put play into PRACTICE at the library for a special gathering where we'll provide children's book lists by ages, and meet Molly from SHI's Baby Raven Reads program.

Please pre-register at [juneaugrandparents@hotmail.com](mailto:juneaugrandparents@hotmail.com).



## ACTIVITIES KIDS WILL LOVE PUMPKIN SCENTED Moon SAND

With the season of fall upon us, it's time for pumpkin everything. You and your little one will love this minimal ingredient taste safe pumpkin moon sand for sensory play.

### Materials

- 1 cup flour
- ¼ cup vegetable oil
- ¼ cup pumpkin puree



### Instructions

- First things first, prepare your sensory moon sand! Mix all ingredients together! If the mixture becomes too sticky, add in ½ cup of flour and mix until it reaches a non-sticky yet moldable consistency.
- Once you have your desired consistency, it's time to play! Moon sand is great for sensory play since it is such a unique texture for kids to play in. Feel free to include various toys such as, cookie cutters and other household items. It is fun to watch their creative minds at play! They also like to try and mold the sand into different shapes and characters.

Check out additional activities and resources at [Parentingchaos.com](#).

## MAKE YOUR NEXT GROCERY STORE TRIP A LEARNING EXPERIENCE

The grocery store is the perfect place to help kids develop important skills like planning, time management, communication, and completing tasks.

Every aspect of grocery shopping – from making a list to cooking a meal with your purchases – touches on important skills your child needs to develop.



### Follow the Rules

Grocery shopping teaches kids social rules, like not eating cookies the minute they put the box in the cart. While they might see their favorite box of cookies and want to open it right there in the store, teaching them how to wait until you get home to open the box and eat a few cookies will help them learn to apply executive function and cognitive skills to real life social settings!

### List it Out

Every good grocery store trip needs a list! Have your child help you make that list. If they're too young to write, then ask them out loud what their favorite foods are and what they'd like to eat this week. Try to encourage healthy selections. Narrate while you're making the list so children become familiar with the process.

### Grocery Store Scavenger Hunt

As you search for your items in the grocery store, have some fun! Practice problem solving skills by having your child help search for the items you need. You can help by giving them clues ("We're by the chocolate chips") or asking questions ("What do you see here?"). If children are learning to read, you can challenge them to sound out new words.

### Say Hi!

At the grocery store, there are many different interactions that you can have. From ringing up items with the cashier to asking an associate for help finding an item, include your child when interacting with others and explain what they do. If your child is old enough, you can even have them help out! For example, they can hand the cashier money or can say "thank you!" to the associate after they answer your question.

### Time to Cook!

After you bring the groceries home, let your child be a part of the cooking process. Here are some ways to include your child in the kitchen at any age.

### Age Appropriate Help

Remember, kids' ages will impact how much they can help you at the grocery store. Take into account how old your child is and make adjustments when trying out any of the tips above.

For example:

- Two year olds can help put items in the cart, but might not be able to interact with the cashier.
- Three year olds can take items off the shelf and put them in the cart, but they might not be able to do a math lesson while grocery shopping.
- Four and five year olds can remember 2 to 3 items, get them, and put them in the cart.

As they grow, they'll be able to do more!

Don't forget: Make grocery shopping safe by reminding kids to stay near you in the store at all times and hold your hand in the parking lot.

To view this full article, please visit [Pathways.org](#).



## KIDS IN THE KITCHEN

### CINNAMON APPLE COTTAGE CHEESE BITES

Cinnamon Apple Cottage Cheese Bites are warm, protein-packed mini snacks made with oats, cottage cheese, and apples. Perfect for busy mornings or healthy cravings.

#### Ingredients

- 1 cup cottage cheese
- 1 cup rolled oats
- 1/2 cup applesauce or 1 small grated apple
- 1 large egg
- 1/2 tsp cinnamon
- 1 tbsp honey or maple syrup (optional)
- 1/2 tsp baking powder
- Pinch of salt



#### Instructions

1. Preheat your oven to 350°F (175°C) and grease a mini muffin pan or line it with mini muffin liners.
2. In a mixing bowl, combine cottage cheese, oats, applesauce or grated apple, egg, cinnamon, honey or maple syrup, baking powder, and salt. Mix until well combined.
3. Allow the batter to sit for 5 minutes to let the oats absorb some moisture.
4. Scoop the mixture evenly into the mini muffin pan, filling each cup almost to the top.
5. Bake for 18–20 minutes or until the bites are set and lightly golden on top.
6. Let the bites cool in the pan for a few minutes before transferring to a wire rack to cool completely.
7. Enjoy warm or store in the fridge for up to 4 days.

To view the full recipe, visit [www.frostyrecipes.com](http://www.frostyrecipes.com).



## TIPS FOR SHARING WORDLESS PICTURE BOOKS

Sharing wordless books is a terrific way to build important literacy skills, including listening skills, vocabulary, comprehension and an increased awareness of how stories are structured.

- Recognize that there are no "right" or "wrong" ways to read a wordless book. One of the wonderful benefits of using wordless books is how each child creates his own story (or stories!) from the same pictures.
- Spend time looking at the cover and talking about the book's title. Based on those two things, make a few predictions about the story.
- Take a "picture walk" through the pages of the book. Enjoy the illustrations, which are often rich with detail. Look carefully at the expressions on characters' faces, the setting and the use of color. Talk to each other about what you see. These conversations will enrich the storytelling.
- Enjoy the pictures and point out a few things, but don't worry too much about telling a story yet. Just enjoy the pictures and get a sense of what the book is about.
- Go back through the book a second time and get ready for some great storytelling! Consider going first and acting as a model for your child. Ham it up! Have characters use different voices, add sound effects and use interesting words in your version of the book.
- Encourage your child to "read" you the book with his story. Focus on the words your child uses when he tells the story. Help your child expand his sentences or thoughts by encouraging him to add information from the illustration's details. One way to encourage more details is by asking "W" questions: Who? Where? When? Why?
- Finish your wordless book sharing by asking a few simple questions: What pictures helped you tell the story? What was your favorite part of your story? Have you had an experience like the one in your story?



TO READ THE FULL ARTICLE, VISIT [READINGROCKETS.ORG](http://READINGROCKETS.ORG)

READING ROCKETS. SHARING WORDLESS PICTURE BOOKS. WETA. RETRIEVED FROM [HTTPS://WWW.READINGROCKETS.ORG/TOPICS/READING-ALOUD/ARTICLES/SHARING-WORDLESS-PICTURE-BOOKS](https://WWW.READINGROCKETS.ORG/TOPICS/READING-ALOUD/ARTICLES/SHARING-WORDLESS-PICTURE-BOOKS)

## COMMUNITY EVENTS

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

Get your wiggles out at the Dimond Park Field House on Friday, November 7th from 5:00pm-6:30pm. Sponsored by [CBJ Parks and Recreation](#) and SCC!

### 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](#) for more information.

### Marie Drake Planetarium - Shows

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

### Juneau Family Birth Center - Annual Reunion & Open House

Join the Birth Center on November 7th from 4pm–6pm for warm soup, good company, and a chance to connect. This is a special evening for those curious about midwifery care and for families who have already shared their birth journey with the Birth Center. Mingle with midwives and other parents, meet their board members, and enjoy a tasty autumn menu!

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

Family skate is open to families of all ages and abilities on November 9<sup>th</sup> at 2:45pm, 25<sup>th</sup> at 4:15pm, and 30<sup>th</sup> at 2:45pm (full schedule available [here](#)). Skate rentals are available and included in admission fees.

### 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.

### 49th Estate Planning - Free Estate Planning for Busy Parents

Join 49<sup>th</sup> Estate Planning on November 10<sup>th</sup> at 5:30pm at the Alaskan Brewing Company Tasting Room for a free informative class, where attorney Liz Smith will help you make sure your family is cared for by the people you trust, in the way you want. Register [here](#).

### Juneau Family Birth Center - One Day Intensive Childbirth Class

Join Joelle at the Birth Center on November 15<sup>th</sup> from 12-5pm for an intensive childbirth class. This class will give you valuable knowledge, confidence, and support to prepare for your big day. Reserve your spot [here](#).



## 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:** 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:** November 3, 6pm-7pm at Bartlett
- **Dads and Partners:** November 19, 6pm-8pm at Bartlett
- **Childbirth Preparation (6 week series):** Nov 6-Dec 18, 6pm-7:30pm at Bartlett or Virtually



## 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](http://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](http://www.childhoodcollective.org) | Follow us on: