

Juneau Parent Bulletin

December, 2025

KIDS IN THE KITCHEN BANANA CREPES FOR BABIES & TODDLERS

Try this delicious and easy banana crepe recipe for babies and toddlers this winter! Perfect for little hands and happy tummies!

Ingredients

- 2 ripe bananas
- 2 eggs
- 1 ¼ cup milk
- ¾ flour
- 2 tbsp butter
- Optional: peanut butter, fruit jam, fruit, or yogurt.



Instructions

1. Mix all the ingredients together in a blender or food processor.
2. The batter should be smooth and fluid, similar to pouring cream. If it feels too thick, just add a few extra tablespoons of milk.
3. Heat and grease pan, then add batter to pan. It should easily spread in the pan when you tilt it.
4. Serve them plain or add optional additional ingredients on top.

To view the full recipe and other ideas, visit [@flora.grims](#) on Instagram.

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, December 5th 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 or 907-586-0435 at the [Juneau Public Library](#) for more information.

JAHC - December Gallery Walk

Don't miss the Gallery Walk in Downtown Juneau on Friday, December 5th, 2025 from 4:00-8:00pm, Juneau's annual holiday celebration of the arts!

Juneau Public Library - Build-A-Gnome Workshop

Kids and Families are welcome to the build-a-gnome workshop at the Valley Library on December 13th from 1:00pm-4:00pm. Cardboard template and craft supplies provided. Take your gnome home, or display it at the library!

Marie Drake Planetarium - Shows

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

CBJ Parks & Rec Treadwell Arena - Family Skate

Family skate is open to families of all ages and abilities throughout the month of December (full schedule available [here](#)). Skate rentals are available and included in admission fees.

CBJ Parks & Rec Mount Jumbo Gym - Preschool Open Gym

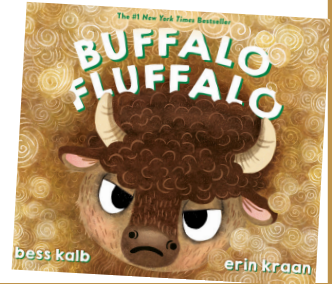
Visit Mt. Jumbo Gym in Douglas for Preschool Open Gym from Monday through Friday between 9:30am-11:30am. Warm and dry space with lots of toys for children ages 6 months to 6 years. \$5 per child/visit.

Mendenhall Mall - Photos with Santa

Bring the kids to capture another season of festive fun and FREE photos with Santa! Every Saturday (Nov. 29-Dec. 20) from 12:00pm-2:00pm and every Sunday (Nov. 30-Dec. 21) from 1:00pm-3:00pm. Don't forget to bring your wish lists to drop off your letters in Santa's official mailbox.

IMAGINATION LIBRARY BOOKS TO LOVE BUFFALO FLUFFALO

Buffalo Fluffalo written by Bess Kalb and illustrated by Erin Kraan is a sweet and humorous story about a big fluffy Buffalo who acts tough but has a soft side. Through enjoyable rhymes and adorable illustrations, the story reminds little ones that it is okay to be yourself and encourages self-acceptance.



RED CROSS WINTER SAFETY

Red Cross has many resources to help your family prepare for the winter. Winter storms can bring extreme cold, freezing rain, sleet, heavy snowfall, ice, and high winds. These storms can cause transportation, heat, power, and communication disruptions. They also can close schools, stores, and workplaces. Be Red Cross Ready and check out these resources to prepare your family:

- 1) [Winter Storm Preparedness Checklist](#)
- 2) [Power Outage Checklist](#)



For additional resources, please visit the American Red Cross [website](#).

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, 12/9, 10:30-11:30 am at Rainforest Play Zone, Suite 306 in the Mendenhall Mall: Engaging in PLAY with toys.** Learn about toys that are age-appropriate, engaging, meaningful, and fun! Emily Thompson with Parents as Teachers will help navigate toys for the right age.
- **Wednesday, 12/17, 10:30-11:30 am at the Imagination Station: PRACTICE meaning play with toys.** Meeting at the Imagination Station where owner Alicia will share some top toy choices to promote the best play practices with your grandchild.

Please pre-register at juneaugrandparents@hotmail.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@bartlettshospital.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 (group moved to January 7th due to holidays)
- **"Real Talk" Mothers' Support Group:** Last Wednesday of month 7pm-8pm via Zoom (moved to January 7th due to holidays)
- **Balanced Beginnings:** Tuesdays, 12pm-1pm via Zoom
- **Nurturing Parenting for Families with Substance Use Treatment or Recovery:** Mondays, 12pm-1pm via Zoom



WHEN YOUR CHILD SAYS "GO AWAY" BUT REALLY MEANS "STAY CLOSE"

Does your child push you away right when they seem to need you most? This confusing behavior leaves many parents feeling hurt and bewildered. But here's the truth: when children say "go away," they're often desperately asking you to come closer. What?!

The Science Behind Your Child's Behavior

It's true. From the moment they're born, children have a biological need for their parents to stay close and protect them. As renowned child psychologist Donald Winnicott wisely observed, "There is no such thing as a baby, there's always a baby and someone." Your child is hardwired to connect with you and is constantly studying you, learning the best ways to keep you close.



This isn't manipulation or calculation in the way adults might think of it. Instead, it's a sophisticated survival system that has evolved over thousands of years. Your child's brain is designed to maintain connection with you at all costs because, from an evolutionary perspective, separation from caregivers meant danger or even death.

Think about it this way: your child's attachment system is like a sophisticated radar, always scanning the environment and your responses to determine the best strategy for staying connected to you. They become experts at reading your facial expressions, your tone of voice, and your body language to understand what behaviors keep you engaged and available.

When Connection Strategies Go Sideways

But what happens when your child discovers that expressing some of their needs on the Circle of Security makes you uncomfortable? Perhaps they notice that when they're sad, you seem overwhelmed. Or maybe they've learned that when they show anger, you become distant or frustrated. Their fundamental need for you doesn't disappear; instead, your child simply finds different ways to ask for what they desperately require.

So yes, your child might be telling you to go away because they've learned that creating conflict or pushing boundaries is actually the most reliable way to keep you close and engaged. Even negative attention feels safer than no attention at all.

Consider this common scenario: Your five-year-old has had a difficult day at school. They come home and immediately start acting out—throwing toys, refusing to cooperate, or telling you they "hate" you. Your natural response might be to feel frustrated or hurt. But what if this behavior is actually your child's way of saying, "I had a hard day, and I need you to show me that you're not going anywhere, no matter what"?

Reading Your Child's Real Message

This is where understanding the Circle of Security changes everything. Those confusing behaviors aren't about rejection, defiance, or manipulation. They're your child's attempt to maintain connection with you through the only methods they believe will work.

Every tantrum, every "go away," every confusing reaction may actually be in the service of attachment. Why? Because you are that important to them. Your child needs you, and they need you absolutely.

When we begin to see challenging behaviors through this lens, we can start to decode the real messages our children are sending:

- "Go away!" might really mean "Please show me you won't actually leave."
- Aggressive behavior might translate to "I need to know you can handle all of me."
- Withdrawal might actually be saying "I need you to pursue me gently."
- Defiance could mean "I need to test whether you'll still love me when I'm difficult."

The Circle of Security Difference

The Circle of Security offers a different way to read your child's behavior. Instead of seeing problems to fix, you'll recognize the attachment needs behind the behavior. You'll discover that even the most challenging moments may be your child's way of saying, "I need you. Please don't give up on me."

This framework helps us understand that children move around the Circle, sometimes needing us to provide a safe haven when they're distressed, and other times needing us to be a secure base from which they can explore the world. When children feel uncertain about whether their needs will be met, they may develop strategies that seem counterintuitive but make perfect sense when viewed through the lens of attachment.

Building Stronger Connections

And here's something that's true for all close relationships: when we understand that connection is always the goal, everything shifts. We become equipped to respond in ways that strengthen our bonds rather than strain them.

The next time your child tells you to go away, try seeing it as an invitation to come closer. Behind those words is a child who needs to know that you're strong enough to handle their big feelings, patient enough to see through their defenses, and loving enough to stay connected no matter what.

The Circle of Security provides parents with a deeper understanding of these complex dynamics, offering insight into the attachment needs that drive even the most challenging behaviors and honoring the profound human capacity for connection and growth.

To view this [article](#) and to learn more about The Circle of Security approach, please visit their [website](#). Keep an eye on [SCC's Facebook](#) page for future Circle of Security training opportunities for parents and for childcare providers.



Circle of Security
INTERNATIONAL
Early Intervention Program for Parents & Children



ACTIVITIES KIDS WILL LOVE ICE ORNAMENTS

Ice is a beautiful aspect of winter that lends itself nicely to some gorgeous winter crafts! There are plenty of ways to make these ornaments. If you have a bundt cake pan, you can make ice wreaths or make smaller ice ornaments with a muffin tin.

Materials

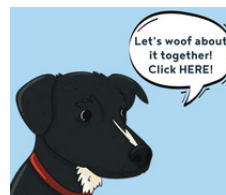
- Twine
- Muffin tin
- Water
- Natural elements: Evergreen clippings, small pine cones, orange slices, dried rose petals, etc.



Instructions

1. First, fill your muffin tin with whatever nature pretties you decide to use!
2. Tuck a piece of string folded into a loop into each ornament. You can use other items to hold them in place.
3. Pour water on top, then place outside or in the freezer.
4. Once frozen, run hot water briefly along the bottom of pan to release the ornaments. (This may not be necessary as they might come out all on their own without applying any heat.)
5. Hang up your icy ornaments somewhere you can admire them outside!

Check out 5 other gorgeous winter activities for children at [Our Days Outside](#).



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: [Facebook](#) [Instagram](#) [YouTube](#)