

# Juneau Parent Bulletin

January, 2026

## KIDS IN THE KITCHEN BEST EARLY FINGER FOODS FOR BABIES

First foods and first snacks are all new territory, especially for the first-time parent.

Follow the link to get ideas about nutritious and easy-to-eat finger foods for babies to help you know exactly what to offer at meals and snacks.

Plus, find the best first-finger foods, tips, and visuals, broken down by food group!

To view the full article and other ideas, visit [www.yummytoddlerfoods.com](http://www.yummytoddlerfoods.com).



## 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, January 9<sup>th</sup> & 23<sup>rd</sup> 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.

### Juneau Public Library - Stuffed Animal Sleepover

Join the fun at the Valley Library with a Stuffed Animal Sleepover and Pajama Story Time. Friday, January 30<sup>th</sup>: drop off your stuffed animals for their overnight adventure between 4-6 pm. Pajama Story Time begins at 5:15 pm. Saturday, January 31<sup>st</sup>, pick up your stuffed animals between 12-3 pm. Please note: the sleepover portion of this event is for stuffed animals/toys only -No humans allowed! Questions? Contact Lacey at [lacey.alexis@juneau.org](mailto:lacey.alexis@juneau.org).



### 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.

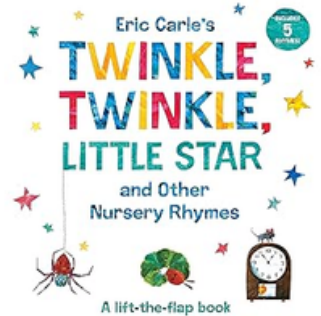
## IMAGINATION LIBRARY BOOKS TO LOVE TWINKLE TWINKLE LITTLE STAR & OTHER NURSERY RHYMES

This lovely book is on the 2026 Dolly Parton Imagination Library book list. Enjoy it with your child by simply sitting together and looking at the colorful pictures, or take it to the next level and read aloud, point out pictures, and ask your child what they see.

It's one of those super fun 'lift-the-flap' books that can teach children about anticipation and prediction.

The rhyming helps build language, and being together helps your child develop social-emotional skills.

For more reading resources and tips about reading with your children, visit [www.bestbeginningsalaska.org](http://www.bestbeginningsalaska.org).



## MONTHLY GRANDPARENT 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, 1/13, 11 am-12:30 pm** at Rainforest Play Zone, Suite 306 in the Mendenhall Mall: **Run Run Run, Go Go Go!** Join Lisa to learn how to anticipate big muscle play through open space, flexible schedules, and safe, engaging environments.
- **Wednesday, 1/21, 11 am-12:30 pm** at the Dimond Park Field House, 2961 Riverside Dr.: **Move it & Groove it!** The Grandparent Group will gather at the Dimond Park Field House to move, play, and connect across generations, putting play into practice. Together, we'll see firsthand the benefits of active play for young children and gain ideas and inspiration to support it at home.

Please pre-register at [juneaugrandparents@hotmail.com](mailto: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@bartletthospital.org](mailto:sgress@bartletthospital.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 7<sup>th</sup> due to holidays)
- **"Real Talk" Mothers' Support Group:** Last Wednesday of month 7pm-8pm via Zoom (moved to January 7<sup>th</sup> 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



## ACTIVITIES KIDS WILL LOVE

### SNOW DOUGH SENSORY BIN

A snow dough sensory bin uses simple ingredients like cornstarch/baking soda mixed with oil/conditioner/shaving cream to create a moldable, cool, snow-like filler for sensory play, perfect for imaginative winter themes with arctic animals, scoops, and cups for fine motor skill development. It's easy to make in a large bin, provides a satisfying texture, and offers a great sensory experience for kids, even allowing for snowball making.

#### How to Make Snow Dough

##### Method 1: Cornstarch & Oil (Cloud Dough Style)

- Combine: In a large bin, mix about 8 cups of cornstarch with 1 cup of baby or olive oil.
- Mix: Use your hands (or a large Ziploc bag) to thoroughly combine until it feels like damp snow and forms snowballs.
- Optional: Add peppermint essential oil for a winter scent or glitter for sparkle.

##### Method 2: Baking Soda & Conditioner/Shaving Cream

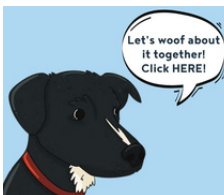
- Combine: Mix about 3 cups of baking soda with 1/2 cup of white hair conditioner or a can of white foam shaving cream in a bin.
- Mix: Stir with a spatula, then use your hands to mix until it's soft, moldable, and feels cool.
- Note: This version can get colder as you mix, similar to real snow, and often smells great.

#### Setting Up Your Sensory Bin

- Container: Use a large plastic bin or a tablecloth for easy cleanup.
- Toys: Add arctic animal figures (penguins, polar bears), scoops, cups, and tongs for fine motor play.
- Theme: Talk about textures, winter words, and encourage imaginative play.

#### Tips & Tricks

- Consistency: Adjust oil/conditioner/shaving cream amounts for desired texture; add a little at a time.
- Storage: Store in an airtight container; it lasts about a week.
- Safety: Omit small items if concerned about ingestion; choose larger toys.



### 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.



**Circle of Security**  
INTERNATIONAL  
*Early Intervention Program for Parents & Children*

**Wednesdays 6-8 pm, February 4<sup>th</sup> through March 11<sup>th</sup>, 2026**  
**Southeast Childhood Collective conference room (3200 Hospital Drive, upstairs)**

Have you ever wondered what exactly your blossoming child needs from you in terms of attachment? Circle of Security is an informative and interactive parenting class ideal for parents of toddlers and preschoolers. This class helps us shift from asking "What's wrong with my child?" to "What does my child need?" Learn how your child is born an expert on the Circle of Security, and how this simple roadmap can help you read their behavior as communication of deeper needs. Based on decades of attachment research, this approach helps you respond with confidence when your child needs support for exploring, comfort for reconnecting, or gentle guidance. Class is capped at 12 participants and is FREE! Young, non-mobile babes in arms are welcome, but due to the nature of talking about the parent/ child dynamics, toddlers and older children are best not to attend. Each class builds on the last, so please plan to attend each session.

If you'd like more information, please email [sgress@bartletthospital.org](mailto:sgress@bartletthospital.org) with questions and/or check out this quick [video](#).

Ready to sign up? Please visit the [Bartlett Beginnings Calendar](#).



### COMFY COZY BLANKET HELPING YOUR CHILD FEEL SAFE & LOVED

Did you know that our friends at Sesame Street Workshop have a website FULL of resources for families and caregivers? There is one section dedicated to Emotional Well-Being; Children who are healthy in mind, body, and heart can thrive in every way. Mental health IS health!

Click the link below to a video about helping our children feel safe and loved.

#### The Comfy-Cozy Blanket

When challenges and feelings are BIG, there are little things you can do to help things feel easier for your child.

Together with your child, watch this video in which Grover and his mommy wrap themselves in a blanket for a comforting cuddle and a loving, reassuring chat. Then give it a try... getting cozy together can help soothe children and grown-ups alike!



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 Collective 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: [f](#) [i](#) [v](#)