

Juneau Parent Bulletin

February, 2026

KIDS IN THE KITCHEN

FAVORITE HEALTHY BROWNIES - WITH BANANA

Ingredients

- 1 cup mashed banana (from about 2-3 very ripe bananas)
- 2 eggs
- ¼ cup honey (or maple syrup)
- ¼ cup unsalted butter (melted and slightly cooled; or coconut oil)
- 1 teaspoon vanilla extract
- ¾ cup oat flour (or oatmeal ground up in the food processor)
- ¼ cup cocoa powder
- ¼ teaspoon baking powder
- ¼ teaspoon salt
- ½ cup chocolate chips (roughly chopped or use mini chocolate chips)

Instructions

1. Preheat oven to 350F. Line an 8" x 8" inch pan with parchment paper, leaving a 2-Inch overhang on two sides.
2. Add the mashed banana, eggs, honey, butter, and vanilla to a medium bowl. Whisk well to combine into a smooth mixture.
3. Add the oat flour, cocoa powder, baking powder, salt, and chocolate chips. Stir in to combine fully.
4. Pour batter into the prepared pan and smooth evenly with a spatula.
5. Bake for 20-22 minutes or until the center is set.
6. Remove from the oven and let cool fully in the pan before slicing.

Equipment

- 8x8-inch Baking Pan

Notes

- Store brownies at room temperature or in the fridge in an airtight container for up to 5 days.
- Dairy-free: Use dairy-free chocolate chips and coconut oil.
- Gluten-free: Use certified gluten-free oat flour.
- Because these brownies are so wonderfully fudgy, you want to make sure they cool fully before slicing, and it's actually easiest to slice them after they chill a little bit. When you're ready, use the foil to lift the entire bar out of the pan and place them onto a cutting board to slice.
- I like to chop up the chocolate chips so they're evenly distributed throughout the batter. You can also use mini chocolate chips.

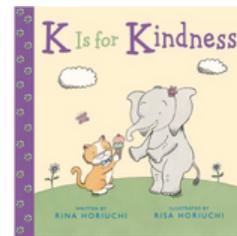


For more tasty recipes like this, visit:
<https://www.yummytoddlerfood.com/>

IMAGINATION LIBRARY BOOKS TO LOVE

TWINKLE TWINKLE LITTLE STAR & OTHER NURSERY RHYMES

This book is an excellent way to teach empathy to young children through an alphabet-themed, animal-filled story. Use these tips to enhance the reading experience: pause to discuss the animal characters' emotions and actions, ask questions about how the animals show kindness, encourage identifying the animals and their sounds, and relate the story to everyday actions by asking, "What's something nice that you might do today?"



For more reading resources and tips about reading with your children, visit 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

FREE events for grandparents!

- **Tuesday, February 10th, 11 am-12:30 pm Rainforest Play Zone, Mendenhall Mall: Music, Movement, and Connection.** The Grandparent Group comes together to explore the joy and importance of music in early childhood.
- **Wednesday, February 18th, 11 am-12 pm at Windsong Musik Studio, Mendenhall Mall #317: Music for All Ages.** The Grandparent Group will meet at the Windsong Musik Studio, where Karen will guide grandparents and children through joyful musical experiences together.

Please pre-register at juneaugrandparents@hotmail.com.

CBJ COMMUNITY COMPASS
Share your funding priorities for our city budget

The City and Borough of Juneau (CBJ) is inviting Juneau residents to share which city services matter most by taking the [2026 Budget Priorities Survey](#). Results will help inform the CBJ Assembly's upcoming budget decisions.

As a thank you for participating, respondents will be entered into a prize drawing. Your responses are confidential and will be reported to CBJ only in summary form. This survey is being administered by [Rain Coast Data](#).

PAT IS HIRING!

PARENTS AS TEACHERS
HOME VISITOR

Full time, 32hrs/week, \$30/hr
includes insurance and
retirement benefits

Reach out to us if:

- You love supporting families
- You're ready to be part of a dynamic team
- You're inspired by meaningful work
- You're fascinated by child development and ready to help families learn more about it



FOR MORE INFO, OR TO CHAT ABOUT THE
POSSIBILITIES:

Contact Blue Shibler:

bshibler@childhoodcollective.org
907-789-1235



COMMUNITY EVENTS

CBJ PARKS & REC

Free Family Fun Night at the Turf
Get your wiggles out at the Dimond Park Field House on **Friday, February 6th & 20th from 5:00pm-6:30pm.**
Sponsored by [CBJ Parks and Recreation](#) and SCC!



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.

JUNEAU FAMILY BIRTH CENTER

Prenatal Yoga Series - \$12 per class

- Saturdays—3:00-4:00 p.m.
- February 7, 14, 21, 28, March 7, 14
- Link: <http://bit.ly/3KWwWJn>

Baby & Me Series - \$90

- Wednesdays—10:30-11:15 a.m.
- February 4, 11, 18, 25, March 4, 11
- Link: <https://square.link/u/MmJQ8xJp>

Childbirth Education - Free

- Tuesdays —6:00-8:00 p.m.
- February 24th through March 17th
- Link: <https://forms.gle/WVRryLJ8zoq92PtG7>

JUNEAU PUBLIC LIBRARY-WEEKLY STORYTIME

Valley Library: Tuesdays at 11:00 am

Douglas Library: Tuesdays at 3:30 pm

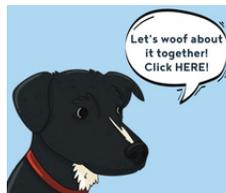
For children of all ages. Email m.j.grande@juneau.org or call 907-586-0435 for more information.



BARTLETT BEGINNINGS

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



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.



Seeking support in your parenting journey? Help Me Grow Alaska Family Support Specialists are individuals with experience in, and understanding of, child development, social services, and resources available in Alaska and beyond. They are available to listen to your concerns, help you organize a path forward, and get you connected to the most available and appropriate service in your area of Alaska. We are here to help strengthen families, so there are no wrong questions to ask! If we don't have the answer right away, our Family Support Specialists will work to find it and get you connected to the resources or service you need. Email refer@helpmegrowak.org, or call 1-833-464-2527.



10 WAYS TO SHOW LOVE FOR BABIES AND TODDLERS ON VALENTINE'S DAY

Chocolates, roses and jewelry are classic Valentine's Day gifts for grown-ups, but let's face it – they're not really practical presents for infants and toddlers. ZERO TO THREE has 10 ideas to help parents and caregivers show their love to their little valentines.

1. Pick the right toys.

Want to give your infant or toddler a new toy for Valentine's Day? Check out some [tips on how choose toys](#) that will grow with your little one, challenge her and nurture her overall development.

2. Read together.

It may feel like you've read "Goodnight, Moon" or "The Very Hungry Caterpillar" a million times, but make it a million-and-one this Valentine's Day. Developing language and literacy skills begins at birth through everyday loving interactions like [reading books together](#). Bonus: You're preparing your child for future school success!

3. Practice positive parenting approaches.

As a parent, you make child-rearing choices every day that reflect your beliefs and values, your child's age and stage of development, and his temperament. [Positive parenting](#) means being sensitive to your child's individual needs and addressing typical challenges – like picky eating and testing limits – with empathy and respect.

4. Learn about early brain development.

Learn more about the crucial role you play in [building your baby's brain](#), get your questions answered, and find some fun "brain-building" activities to share with your little one.

For the complete list, and more amazing resources, visit www.zerotothree.org.



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 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 | Follow us on:   