

# Juneau Parent Bulletin

March, 2026

## KIDS IN THE KITCHEN FRUIT SKEWERS

Try cooking this together with your little one. They can practice washing fruit, stirring ingredients, and taste testing!

Fruit skewers made with fresh fruit, cheese and a cinnamon yogurt dip will become a regular snack for every potluck, barbecue and game-day party.

### Ingredients

- 1 cup vanilla yogurt
- 1/2 cup sour cream
- 2 tablespoons honey (optional)
- 1/2 teaspoon ground cinnamon
- 2 cups fresh strawberries, halved
- 1-1/2 cups green grapes
- 8 ounces cubed cheddar or Monterey Jack cheese, or a combination of cheeses



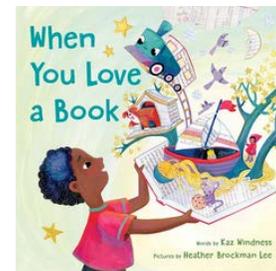
### Directions

- For dip, mix first 4 ingredients. On 12 wooden skewers, alternately thread strawberries, grapes and cheese cubes. Serve immediately or refrigerate.

For more recipes like this, visit [www.tasteofhome.com](http://www.tasteofhome.com).

## IMAGINATION LIBRARY BOOKS TO LOVE WHEN YOU LOVE A BOOK

Snuggle in together to enjoy this poetic, rhyming story about the profound way books shape us and become part of who we are, featuring clever nods to the most classic children's books of all time. A true love letter to the power of creating readers at the youngest age and the magic that happens when you love a book.



Which characters or stories do you recognize?

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

## FIRST FEELINGS: THE FOUNDATION OF HEALTHY DEVELOPMENT, STARTING FROM BIRTH

It's so important for parents to help their child learn how to cope with their feelings. Learn how parents are their child's guide in sharing the joys and coping with the challenges, starting on day one.



Take a look at the [article](#) for tips on navigating our children's feelings, big and small.

For more amazing resources, visit [www.zerotothree.org](http://www.zerotothree.org).



## HEAD START ENROLLMENT IS OPEN

Head Start is a nationwide, federally funded program that promotes school readiness by enhancing the social, physical, and cognitive development of children. Head Start is provided at no cost to enrolled families and accepts children ages 3-5 years old, and Early Head Start for children ages 18 months-3 years.

[WWW.TINYURL.COM/2026HEADSTARTENROLL](http://WWW.TINYURL.COM/2026HEADSTARTENROLL)

For more information, please contact: Tlingit & Haida Head Start  
3800 Mendenhall Loop Road • Juneau, AK 99802  
Fax: 877.389.7796 • Direct: 907.463.7127  
[headstartenrollment@tlingitandhaida.gov](mailto:headstartenrollment@tlingitandhaida.gov)

**Lovalaska**  
Pick. Click. Give.



It's PFD Application time. Remember to apply by March 31st. **When you file, please consider supporting the Dolly Parton Imagination Library through your contribution.** Over 1200 children across Southeast Alaska receive a free book in the mail because of YOUR generosity. Thank you, and happy reading!

# Thanks, Mom!

Answers about your pregnancy and new baby will help improve the lives of young Alaskans.

If you receive the PRAMS survey in the mail, please share your story and mail it back or complete it online. Alaska moms and babies will benefit from your response!

Alaska Pregnancy Risk Assessment Monitoring System (PRAMS Project)  
Alaska Department of Health, Division of Public Health  
1-888-269-3470



## COMMUNITY EVENTS

### CBJ PARKS & REC

**Free Family Fun Night at the Turf**  
Get your wiggles out at the Dimond Park Field House on **Friday, March 3<sup>rd</sup> & 20<sup>th</sup> 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.
- March 7, 14
- Link: <http://bit.ly/3KWOWJn>

**Baby & Me Series** - \$90 for the series, \$15 per class

- Wednesdays—10:30-11:15 a.m.
- 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](mailto: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](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 (group moved to January 7<sup>th</sup> 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.

## POSITIVE INDIGENOUS PARENTING

**Friday, March 20<sup>th</sup>, 1-3 pm at the Juneau Valley Library -FREE-**

Join for session 2 of 8: Lesson of the Story Teller Discussion, activities, and knowledge bearers. Open to all: grandparents, uncles, aunts, parents, and other caregivers. Native and Non-Native families welcome. Registration is limited to 25 families. Sign up by email, [vanessa@southeastkin.org](mailto:vanessa@southeastkin.org), or 907-318-6560.



## 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, March 10th, 11 am-12:00 pm Rainforest Play Zone, Mendenhall Mall: Messy is Good for the Heart!** Come learn about the benefits of creativity for children and connect with other families through play.
- **Monday, March 16th, 11 am-12 pm at BLOOM Art Studio, Mendenhall Mall: Process Art for Toddlers.** Grandparents and caregivers join us for a hands-on session all about PROCESS ART for toddlers! Learn how open-ended art experiences support creativity, confidence, and connection. Come ready to play, explore, and get a little messy!



Pre-register for these sessions at [juneaugrandparents@hotmail.com](mailto:juneaugrandparents@hotmail.com).

**Family Literacy Event, March 19th from 5-7 PM** at the Clan House, 105 Heritage Way. All are welcome, for the whole family, with activities for children from birth to five.

**Family Literacy Day Sunday, March 29, from 2-4 PM** at the UAS Juneau campus in the Mallot Building. Open to all ages.

For more information, contact Molly Briggs, [molly.briggs@sealaska.com](mailto:molly.briggs@sealaska.com)



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](mailto:refer@helpmegrowak.org), or call 1-833-464-2527.



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](#)