

Juneau Parent Bulletin

April, 2026

KIDS IN THE KITCHEN

AVOCADO DEVILED EGGS

Try a new twist on an old favorite for all the easter eggs your littles just found. They'll love to help with the mashing, stirring, and taste testing.

Ingredients

- 3 Eggs (Hard Boiled)
- 1 Avocado
- 1 tablespoon freshly squeezed lime juice
- 1 tbs Chopped Chives (optional)



Instructions

- Peel your hard-boiled eggs and cut them in half, lengthwise.
- Remove the cooked yolk and add it to a mixing bowl along with the avocado and lime juice.
- Mash with a fork until you achieve the desired texture. Stir in the chopped chives (optional)
- Either spoon the mixture back into the eggs or, to make it fun for kids, pipe it into the eggs using a piping bag or zip lock bag
- Serve straight away

Notes

Why not try subbing the chives for chopped coriander (cilantro) and adding a sprinkle of smoked paprika? Also delicious with some finely chopped onion.

Find this recipe and more at www.healthylittlefoodies.com

IMAGINATION LIBRARY BOOKS TO LOVE

BEAR AND BIRD EXPLORE THE SEASHORE

Spring is coming and the beaches are clear of snow. Join bear and bird in this search-and-find story book with peep-through pages. How many things do you recognize? Are there any surprises? What did you find the last time you visited the beach?



For more reading resources and tips about reading with your children, visit www.bestbeginningsalaska.org.

A YEAR OF PLAY

April's theme is Colors. Try these fun activities to learn colors and to try some new artistic activities:

Talk Together

- For your baby: Notice the colors that fill your baby's world. Point out his red hat, the green leaves, the orange tabby cat. Have a snack of yellow bananas, red strawberries, and purple grapes. Look out into the black night and try to find yellow stars winking in the sky.
- For your toddler: Once your child knows the names of colors, you can begin to use these words in context: "Can you get your red sneakers?" "Would you like a green apple or a yellow apple for snack?" You can also begin to expand your child's understanding of color by pointing out the difference between grass green and lime green, lemon yellow and golden yellow. April is the time when color begins to bloom outside with flowers and trees. What colors can your child find in the world around her?

Read Together

- Read some colorful books. For babies, try Spot Looks at Colors by Eric Hill, the Colors board book by DK Publishing, My Very First Book of Colors by Eric Carle, or Color Zoo by Lois Ehlert. For older toddlers, good choices include Brown Bear, Brown Bear, What Do You See by Bill Martin, Jr., Frederick by Leo Lionni, What Makes a Rainbow by Betty Ann Schwartz, Planting a Rainbow by Lois Ehlert, and My Many Colored Days by Dr. Seuss.

Play Together

- For your baby: Make color trays. Take a muffin tray and in each opening place an object that is red, for example. You could place a strawberry, a red teether, a piece of red watermelon, a red mitten or sock, and a red foam ball (make sure it is not a choking hazard). Let your baby touch and play with these objects, but supervise closely since babies this age are likely to "mouth" things they find interesting in order to learn more about them. As you baby plays, you can repeat the word "red"—a red ball, a red strawberry, a red sock. Try making trays of different colored objects.
- For your toddler: Toddlers love to help out doing "real" jobs around the house. For colors, try a cooking project where make a rainbow snack together. Pick out a range of healthy foods of different colors—yellow bananas, red watermelon, green grapes, blueberries, etc. Let your child choose what to have as his snack and talk about all the different colors he can eat. What does he think is the best-tasting color?

Take a look at the complete [article](#) here. For more amazing resources, visit 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

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



NEW: ALASKA-BASED FUN FOR YOU!

This new resource is from our friends at the State of Alaska Department of Health.

Meet Hope the Husky and her Alaskan animal friends! Together, they're helping kids across Alaska learn how to make safe, healthy, and kind choices at home, at school, and in their communities.

This page is your go-to space for fun, free, and educational resources featuring Hope and her friends. New downloads and seasonal activities are added all the time, so check back often!

Find the fun here: [Connections for Kids](#)



COMMUNITY EVENTS

CBJ PARKS & REC

Free Family Fun Night at the Turf
Get your wiggles out at the Dimond Park Field House on **Friday, April 3rd 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.

SPECIAL EVENT

FREE! 17th Annual Early Learning FAIR

Friday, April 17th 4:00 pm - 6:30 pm
Dimond Park Field House, 2961 Riverside Dr.

This fun event is for families with children ages 0-6, with special focus on getting ready for kindergarten!

- **PLAY** at the Field House!
- **LEARN** about Kindergarten and childcare options
- **RESOURCES** for families: early literacy, parenting classes, gun safety, dental health, family wellness
- **FREE SCREENINGS:** vision & hearing, check your child's immunization schedule with nurses from Juneau Public Health
- **NETWORK** with your community
- **PRIZES!**

The Early Learning Fair is a Partnerships for Families and Children collaboration.

For more information, call Southeast Childhood Collective: 907-789-1235 or visit www.childhoodcollective.org

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@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 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



POSITIVE INDIGENOUS PARENTING

Friday, April 17th, 1-3 pm at the Juneau Valley Library -**FREE Lunch and Learn-**

Join for session 3of 8: Lesson of the Cradleboard Discussion, activities, and knowledge bearers. Open to all: grandparents, uncles, aunties, parents, and other caregivers. Native and Non-Native families welcome. Registration is limited to 25 families. Sign up by email, vanessa@southeastkin.org, or 907-318-6560.



FREE! GRANDPARENTS IN PLAY & PRACTICE FREE!

Are you caring for your grandchildren? Are you looking for activities, child development information, or to connect with other grandfamilies? Then join Lisa Arehart for a series that offers all of these! The gatherings are intended for you to bring your grandchild along.

Play

Tuesday, April 7th, 11 am-12:00 pm
Rainforest Play Zone, Mendenhall Mall

Practice

Thursday, April 30th, 11 am-12:00 pm
Mendenhall Valley Library

Language and Thinking Together

We'll explore the foundations of language and how to provide fun learning opportunities to support language development.

Loose Parts Play

The Grandparent Group will meet at the Valley Library, where Nikki Love will guide grandparents and children through the fun of exploring and playing with loose parts.

*** Email to preregister for one or both sessions, juneaugrandparents@hotmail.com ***

Stay tuned for info about the May sessions!

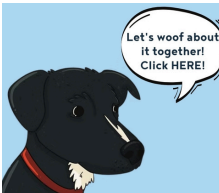
JUNEAU PUBLIC LIBRARY-WEEKLY STORYTIME

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.



Let's woof about it together! Click HERE!

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.



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: