

Juneau Parent Bulletin

May, 2026

How MOTHERHOOD REWRITES OUR DEFINITION OF SUCCESS

Motherhood has a way of shaking the snow globe of your life. What looked settled suddenly swirls. Meetings end earlier, nap time runs late, and a single preschool note can rearrange the entire day. Many of us were raised on external markers of success: grades, promotions, steps hit, inbox zero. Then a baby arrives and those metrics feel like shoes that no longer fit. It is not that ambition disappears. It is that the context changes, and with it the definition of a day well lived.

If you are feeling the quiet pressure to “[bounce back](#)” to an old version of productivity, you are not alone. This piece offers a compassionate reset. You will leave with language for what matters now, a simple framework to set goals that respect your bandwidth, and practical ways to hold your identity in a culture that loves a leaderboard.

Why the old definition stops working

The pre-baby scorecard usually relies on output you can count quickly. Motherhood centers outcomes that grow slowly, often invisibly. You can measure emails sent. You cannot quantify the way your baby settles because your voice is steady. You can log miles run. You cannot easily log the choice to rest so your supply, mood or recovery holds steady.

When we cling to the old definition, we create a daily gap between what is possible and what we expect of ourselves. That gap breeds guilt. Guilt is not proof that you are doing it wrong. It is a signal to update the measuring stick.

What success can look like in this season

Think of success as a table with four legs. It is more stable when each leg has weight. Your mix can change week to week.

1. **Connection.** Moments of presence with your child, partner, friends or yourself. Five minutes of floor play. A real hug. Two pages of a book before bed.
2. **Contribution.** What you give to the world beyond your home, paid or unpaid. A project moved forward. A neighbor helped. A skill practiced.
3. **Care.** Actions that support your physical and mental well-being. A snack with protein. A short walk with the stroller. Call the therapist you have been meaning to call.
4. **Capacity.** Boundaries that protect your energy and time. Saying no and delegating the pickup. Put your phone in another room during bedtime.

A day when you touch even two legs of the table counts. “Your worth did not shrink to fit your calendar. Your calendar needs to expand to reflect your worth.”

A gentle framework to define success now

Use this simple planning rhythm each week. It works whether you work outside the home, stay home with kids, freelance or do a mix.

1. **Choose a theme, not a to-do list.** Pick one theme that reflects the season you are in. Examples: “Stability,” “Recovery,” “Connection,” “Momentum.” Let the theme guide choices when plans change.
2. **Set 3 wins for the week.** Write one Connection win, one Contribution win and one Care win. Smaller is better than aspirational. “Eat lunch before 2 p.m.” can be a win.
3. **Identify your non-negotiables.** Name 1 to 2 daily actions that keep you steady. Examples: taking meds, getting outside, prepping bottles before bed. Protect these first.
4. **Create a fallback plan.** For every goal, pick a “floor” version that still counts if the day unravels.
 - Walk becomes 5 minutes of stretching.
 - Deep clean becomes a 10-minute reset.
 - Report draft becomes an outline with three bullet points.
5. **Close the day with a done list.** At night, write what you did, not what you missed. Include invisible labor: ordering diapers, scheduling vaccines, emailing the teacher. Your brain needs receipts.

Take a look at the complete article by Kimberly Zhang [here](#). For additional articles and resources, visit [Motherly](#).

KIDS IN THE KITCHEN PROTEIN PACKED BREAKFAST CHEESECAKE

Are eggs often rejected by your toddler? Try this fail-proof toddler breakfast cheesecake. It feels like a treat, smells like a dream, and still packs protein and healthy fats with no refined sugar.

Ingredients

- Lemon zest
- 1 Egg
- 1 cup of ricotta
- 2 tbsp honey
- 1 tsp vanilla essence
- Berries

Instructions

1. Preheat your oven to 350°F.
2. Zest one lemon and add all ingredients to bowl and mix together.
3. Pour into oven safe bowl.
4. Bake for 30 minutes and let cool for 10 minutes.
5. Serve with fresh berries.



To view the full recipe and other ideas, visit [@well_nourished_mum](#).

FREE! GRANDPARENTS IN PLAY & PRACTICE

Do you have grandchildren in your life? Maybe you're their primary caregiver? 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, May 12th, 11 am-12:00 pm Rainforest Play Zone, Mendenhall Mall

Let's Get Outside!

Are you ready? Let's embrace the wonders of SE Alaska, whether it's rain, mud, sunshine, or wind. Come learn about the importance of getting outside, no matter the weather.

Practice

Tuesday, May 19th, 11 am-12:30 pm, Twin Lakes Park

Play in the Park

Join this final session to PLAY together in the park. We'll revisit key concepts learned through the series, and take in the early summer beauty.

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

IMAGINATION LIBRARY BOOKS TO LOVE OUR TREE

Our Tree written by Jessica Meserve is a beautifully illustrated picture book about a tree growing through the seasons, supporting animals and people. Even after it falls, it helps new life grow, showing the cycle of nature. It is a calming, reflective book that highlights themes of nature, interconnectedness, and renewal. A perfect spring read!



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@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 9am-10:30am
- **Pregnancy & Infant Loss Support Group:** Last Wednesday of month 6pm-7pm via Zoom
- **"Real Talk" Mothers' Support Group:** Last Wednesday of month 7pm-8pm via Zoom
- **Balanced Beginnings:** Tuesdays, 12pm-1pm via Zoom
- **Healthy Pregnancy Seminar:** Monday, May 4th, 6pm-7pm at Bartlett
- **Childbirth Preparation:** Thursday, May 7th, 6pm at Bartlett or Zoom
- **Dads and Partners:** Wednesday, May 20th, 6pm at Bartlett



ACTIVITIES KIDS WILL LOVE BUILD A BUG

Invite your child(ren) to get creative and have fun building bugs! This is an open-ended activity that keeps the kiddos busy and learning about shapes and bugs!

Materials

- Colorful Construction Paper
- Scissors
- Hole Punch
- Glue



Instructions

1. Using different colors of construction paper, prepare the following shapes:
 - Small holes (use a hole punch) for eyes, spots, and antennae tops
 - Circles and semi-circles in various sizes for bug bodies and heads
 - Thin strips for legs, antennae, stripes, and mouths
2. Choose a piece of construction paper to use as the background.
3. Invite your child to the workspace and encourage them to create their own bug by gluing the shapes onto the background.



Check out the complete activity at [Paper-and-Glue](#).

MAY IS MENTAL HEALTH AWARENESS MONTH! TEACHING MY BRAIN: COMPASSIONATE SELF-TALK CAN TURN DIFFICULT MOMENTS AROUND.

We can teach our brains to help ourselves feel, learn, and work better. One way we can teach our brains is by talking to ourselves. Let children see you model it in times of stress. You'll be teaching a strategy they can use over their lifetimes! You might use phrases such as:

- I won't give up; I can figure this out.
- I'll take a deep breath and keep trying.
- I always find a way!
- I can do this/I got this.
- If I can't do this, I'll ask for help.



Check out the full **Teaching My Brain** article and video on [Sesame Workshop's website](#).

COMMUNITY EVENTS

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.



JEDC - Juneau Maritime Festival

The 2026 Juneau Maritime Festival will be held Saturday, May 9th from 11:00am-7:00pm at the Elizabeth Peratrovich Plaza. Fun for all ages!

Juneau-Gastineau Rotary - Free Swim

The Juneau-Gastineau Rotary is sponsoring a free community open swim on May 16th from 2:30-4:00pm at the Augustus G. Brown Pool. Bring the family for some aquatic fun!

Juneau Family Birth Center - Tea Party at the Park

Join JBC's wonderful midwives, office staff, and nonprofit Board for an afternoon filled with fun activities at the Rotary Park on May 31st from 3:00pm-5:00pm. Enjoy sweet treats, tea, and a chance to win big with their 50/50 raffle supporting their Discounted Healthcare Program.

Marie Drake Planetarium - Full-dome Family Movie

The Planetarium will be showing the Legend of the Enchanted Reef on their 30ft dome on May 2nd and 3rd. This is filled with humor and imagination that the whole family will enjoy. To sign up for this event or explore other events, check out their [website](#).

Juneau Jazz & Classics - Spring Festival

Immerse your family in the harmonious blend of music and culture at Juneau Jazz & Classics. With many free captivating performances and engaging activities on April 24th- May 9th. Visit [JJ&C's website](#) for event details.

CBJ Parks & Rec Treadwell Arena - Final Skate

Join Treadwell Arena on May 3rd for their final open skate of the year, Leave Your Mark! Prior to the event you will be able to write your name on the ice from 6:15pm-6:45pm. There will be no skating during this time, and folks are encouraged to wear boots, cleats, or crampons on the ice! The open skate will officially begin at 6:45pm for one last colorful skate.

Haa Tóoch Lichéesh - Wednesday Community Harvest

Join the Haa Tóoch Lichéesh team to listen to the land on the second Wednesday of each 2026 summer month, harvesting when food and medicine are abundant. RSVP [here!](#)

2026 IMAGINATION LIBRARY RAFFLE


Join the fun and support the Dolly Parton Imagination Library, sponsored by SCC, by participating in our 2026 Raffle!

Raffle tickets are \$10 each and every ticket helps send a child a free book every month, sparking a lifelong love of reading. Tickets will be available starting May 9th. Plus, the raffle features amazing prizes like Alaska Airlines tickets!

Huge thanks to volunteers Trish Custard and Cora Brunette for helping get books into little hands throughout SE Alaska!

If you are interested in raffle tickets, please contact dsiegel@childhoodcollective.org.





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.

