

Juneau Parent Bulletin

Summer, 2026

ACTIVITIES KIDS WILL LOVE NATURE WALK SCAVENGER HUNT

Have an old egg carton that you plan to recycle? Turn it into a magical nature walk scavenger hunt for your little one.

Materials

- Egg carton
- Paper, color pencils, scissors, tape (Activity 1)
- Paint or markers (Activity 2)

Instructions

Activity 1. Think of a few nature treasures you might find on your walk. Draw them on a piece of paper, cut them out, and tape them inside your egg carton. Embark on a fun adventure with your little explorer to find these hidden gems!

Activity 2. Paint one side of the egg carton with different colors that you might find outside. Head out on a fun adventure with your little explorer to hunt for treasures that match the colors of each egg compartment.



Check out additional outdoor scavenger hunt ideas [here!](#)



COMMUNITY EVENTS

Check out these community and family-friendly events that support connection, learning, and family wellbeing. These events highlight the importance of cross-sector collaboration, Indigenous partnerships, and community spaces that support families.

Sealaska Heritage - Celebration

Sealaska Heritage will hold Celebration, the largest gathering of SE Alaska Native peoples, in Juneau from June 3rd-6th. This year's theme is Enduring Strength. Event information can be found on [SHI's website](#).

Juneau Gold Rush Days

Celebrate Alaska's mining and logging industries on June 20th-21st at Savikko Park. Fun music, games, activities, and food for the whole family! For more information visit their [website](#).

Juneau Family Birth Center - Breastfeeding Cafe

Join the JFBC on the 2nd and 4th Fridays of each month from 11am-1pm for a warm drop-in gathering for breastfeeding parents and those new to or entering the fourth trimester! Enjoy a cozy atmosphere and chance to connect with other breastfeeding parents, share experiences, and access valuable resources. For more information, visit [JFBC's Facebook page](#).

Juneau Family Birth Center - 'Rooted in Care' Landscape Volunteers

Join the JFBC in transforming their grounds into a vibrant garden that supports pollinators, native biodiversity, and holistic wellness! This stunning outdoor space will be a nurturing haven for birthing families and visitors, showcasing sustainable land stewardship in a healthcare setting. Make a real difference while enjoying nature and connecting with others. This is family-friendly, though older kids are more likely to have fun! Be part of this exciting project and [sign up here](#).

Marie Drake Planetarium - Shows

Explore the universe with the planetarium's digital projector and 30ft dome on First Fridays. Stop by anytime between 5:30pm-7:00pm. Keep an eye out for additional free shows throughout the summer on their [website](#).

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!](#)

IMAGINATION LIBRARY BOOKS TO LOVE THE VERY HUNGRY CATERPILLAR'S VEGETABLE GARDEN

The Very Hungry Caterpillar's Vegetable Garden by Eric Carle is a charming book that introduces young children to vegetables and gardening. As readers explore the garden with the beloved Very Hungry Caterpillar, they discover how vegetables grow while building early vocabulary and curiosity about nature. Bright illustrations and interactive flaps make learning about healthy foods and gardens fun and engaging for little ones.



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!

- **Toddler Play Group:** Mondays, 11am-12pm at Gymnastics Academy
- **Balanced Beginnings:** Tuesdays, 12pm-1pm via Zoom
- **Baby Parent Time:** Thursdays, 12pm-1:30pm at Bartlett
- **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

KIDS IN THE KITCHEN RAINBOW FRUIT BANANA SUSHI



Kids will love this Rainbow Fruit Banana Sushi as a snack because it's made with just fresh fruit! It's a great way to "eat the rainbow" and pile on all your favorite fruits in a few bites.

Ingredients

- 1 Banana
- 1 Strawberry
- 1 Orange Slice
- 1 Mango
- 1 Kiwi
- 4-4 Blueberries
- 1-2 Blackberries
- 2-3 TBSP Cream Cheese Whipped or Softened



Instructions

1. Peel your banana and lay it on a cutting board. Cut it into 6 even pieces and set aside.
2. Dice a portion of each of the following fruits: strawberry, orange slice, mango, and kiwi.
3. You may cut your blackberries in small pieces, or dice if you prefer.
4. Spread cream cheese on top of each banana piece.
5. Sprinkle each banana with your fruit, in the following order: strawberry, orange, mango, kiwi, blueberries, and blackberries.
6. Serve with chopsticks and enjoy!

To view the full recipe and additional recipes, visit [hello, YUMMY](#)

CREATE YOUR OWN MUD KITCHEN FOR KIDS' SENSORY PLAY

Good ol' fashioned playing in the mud just got a glow-up: mud kitchens are now all the rage! These backyard toys are the perfect recipe for sensory play, creativity, and endless fun—for toddlers, big kids, and anyone who doesn't mind a little dirt under their nails.

Now, if you own a nice white couch or carpet, you probably steer clear of playtime activities that end in stain remover and lots of scrubbing (we get it!). But trust us, the mess is worth it—mud kitchens have as many developmental benefits as the worms that wriggle through the wet stuff. Let's dig into all the fun (and learning) they bring!

What is a mud kitchen?

Mud kitchens are basically kid-sized outdoor stations made for mucky masterpieces. They can be as fancy as a store-bought toy kitchen complete with cabinets and a working sink, or as simple as a designated dirt patch in the yard and a few old kitchen utensils. All you really need is wet or damp dirt and some tools—your kid's imagination will take care of the rest!

How do you play with a mud kitchen?

However your kid wants! There's no right or wrong way to play with open-ended toys like mud kitchens. Kids can whip up muddy muffins, set up a deluxe dirt spa, or simply scoop and pour mud into different containers. The sky's the limit (or maybe the amount of laundry your machine can fit).

Benefits of Mud Play for Child Development

Here's what makes playing in the mud worth all the laundry you'll do later:

Promotes Sensory Processing: Mud is a texture playground! This tactile experience helps kids explore the world through touch—and feel more comfortable getting messy.

Nurtures Creativity: With just some mud, a few tools, and no set rules, kids have countless ways to use their imagination and engage in pretend play.

Encourages Executive Function Skills: Mud play helps kids practice a whole bunch of important life skills, like thinking creatively, problem-solving, and working with others.

Develops Fine and Gross Motor Skills: Scooping, pouring, digging, patting—mud play is a full-body workout in disguise.

Teaches Early Math Abilities: Measuring, pouring, and comparing mud ingredients help kids learn math concepts like counting, weight, and volume.

Supports Social Skills: Kids practice communication skills when sharing tools, taking turns, and collaborating on muddy masterpieces.

Deepens Connection with Nature: Digging in the dirt and using natural materials helps kids foster a love and curiosity for the outdoors.

Builds Immunity: Early exposure to all the beneficial bacteria found outdoors can strengthen toddlers' immune systems and reduce the risk of developing allergies later on.

Keep it simple!

Let nature be your kitchen! A muddy patch in the yard + kitchen tools = instant mud kitchen magic. Set out some mud kitchen supplies on the ground, a folding table, or on your fence with a few nails. Then let your kid's imagination run wild!

No backyard? No problem! Mix equal amounts of cocoa powder, cornstarch, and water to create your own taste-safe, fake mud for indoor mud play. Or, try sand!

Check out the full article at Pathways.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.








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 Coalition 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:   

LITERACY ON THE GO!

From family road trips to park days and errand runs, there are endless chances to help your child grow their early literacy skills, right in the middle of your everyday adventures.

Literacy isn't just about books — it's about **connection**. Every time you chat with your child, sing a silly song, point out something cool, or share a story, you're helping them build the words and confidence to express themselves.

So what does "on-the-go" literacy look like?

-  A board book in the backpack
-  Songs in the car
-  Bath time chatter
-  Naming cloud shapes
-  Word games in grocery lines



The world is your child's classroom — and summer might just be the perfect season for it. For additional literacy resources, please visit [Best Beginnings](#).

JUNEAU PUBLIC LIBRARY 2026 SUMMER PROGRAMS & EVENTS



Weekly Story Time

Valley Story Time: Tuesdays at 11am

Douglas Story Time: Tuesdays at 3:30pm

Summer Special Events

Juneteenth Story Time and Dance Party: Tue 6/16 Valley Library at 11am and Douglas Library at 3:30pm

Bluey Party!: Sat 6/27 Valley Library at 1pm

Fourth of July Bike Decorating: Thurs 7/2 Douglas Library 4pm-6pm

Drag Storytime: Sat 7/11 Valley Library at 2pm

Family Fairy House Workshop: Sat 7/15 Valley Library at 1pm

CBJ Day of Play: Sun 8/2 Douglas Library 1pm-4pm

Check out the library's [Summer Reading Program](#). Register online or at any Juneau library. Read and complete activities for chances to win prizes at the end of the summer.

Contact the [Juneau Public Library](#) at 907-586-5249 at for more info.

2026 Southeast Childhood Collective

IMAGINATION LIBRARY RAFFLE

support little readers!

RAFFLE PRIZES

- 1 Alaska Airlines - Two Main Cabin Round Trip Tickets
- 2 NorthStar Helicopters - Glacier Tour for Two
- 3 Wings Airways - 5 Glacier Exploration Seaplane Tour for Two
- 4 TEMSCO Helicopters - Gear Bundle
- 5 Annie Kail's Gallery Gifts Framing - Print and Children's Book
- 6 Barnacle Foods - Best Seller Gift Box

All proceeds benefit Dolly Parton's Imagination Library, proudly sponsored by SCC.

★ Triple your chances to win by buying 3 tickets — \$30 supports one child receiving a full year of free books.

TICKETS \$10 EACH

DRAWING ON OR BEFORE JUNE 30TH!

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

