

Juneau Parent Bulletin

September, 2026

KIDS IN THE KITCHEN

APPLE PIE SNACKS

A warm, five-minute snack children can help build. An adult handles the knife and microwave.

INGREDIENTS

2 apples; graham crackers; light cream cheese; ½ tsp cinnamon; 1 tsp sugar.

INSTRUCTIONS

Chop apples into small pieces. Mix cinnamon and sugar and sprinkle over apples. Microwave 1 minute, stir, then microwave 1 minute more. Spread cream cheese on crackers and spoon the warm apples on top.

Find this recipe and more at superhealthykids.com/3-minute-apple-pie/



ACTIVITIES KIDS WILL LOVE

FALL NATURE HUNT

Take a walk near home - a trail, beach, or your block - and hunt for autumn treasures.

Find something red, yellow, or orange; tiny or huge; smooth or rough; moving in the wind; or crawling, flying, or walking on four legs.

Ask, "What do you notice?" Sketch a favorite find and leave living things where they are.

More ideas: naeyc.org - Explore Outdoors



IMAGINATION LIBRARY BOOKS TO LOVE

THE RABBIT LISTENED

When something sad happens to Taylor, every animal has advice—but Taylor is not ready to talk. Rabbit stays close and simply listens. This gentle story helps children explore big feelings and the comfort of being heard. Ask: What made Rabbit's response helpful?

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



THE PRACTICAL MAGIC OF DAILY ROUTINES

Your little one thrives on routine. Creating a new game plan is a win for the whole family. We've all been there. It's morning and it's chaos. You're frantically grabbing the many things your baby needs and cramming them into the diaper bag. When you get where you're going, you discover that you have...no. diapers. Routines help us all get through predictable to-do's with less stress and (bonus!) less effort. Knowing what's coming next has huge benefits for you—and your baby. Why are routines helpful? Because routines are comforting for both adults and babies, they can help everyone feel more relaxed. The best news is that routines can keep us grown-ups sane and also help our little ones grow up healthy. Babies have no control over their lives, so routines comfort them and provide a sense of safety. This builds trust and security that will help them explore, grow, and develop. Routines reassure babies that you will take care of their needs. You can create a routine for any part of the day: leaving the house, lunchtime/naptime, bath time, and bedtime. The routine for bath time might be undressing baby and wrapping them in a towel. You may sing a song as you put them in the tub and apply lotion when you take them out. By the time your baby is six months old, they will probably recognize some routines. Here's how to get started.

- Choose a routine that's been tough lately. For example, maybe bedtime with your toddler has turned into an hour-and-a-half process with too much coaxing and negotiating. By the time the lights are finally out, you are too exhausted to do anything but fall into bed yourself.
- List all the steps. Clothes off and into the hamper, then splashing in the bath. Next: PJs on, teeth brushed, story and lullaby, and lights out. Talk through each step with your child as you do it. "Now it's time to brush your teeth." When you get to the last step, tell your child: "We just finished our lullaby. Now it's time to say good night."
- Create a reminder in pictures. OK, this is for the crafty folks with some extra time on their hands. Take photos of your child doing each step. Make a bedtime routine chart by pasting the photos in order to show "what comes next" when getting ready for bed.
- Make your child a part of the routine. Show your child the steps in the chart and explain them as you do them. You can even ask your child to tell you what's going to happen next.

Remember, new routines don't happen overnight. It takes practice to build a new habit, plus a few tries to see what works best for your child and family. It may feel like a lot of work at first, but with time and experience, you'll find new routines smooth the way for everyone in your family.

Take a look at the complete article here. For more amazing resources, visit www.zerotothree.org.

ALASKA529

BUILD A BRIGHT FUTURE WITH ALASKA 529!

Alaska 529 believes in the power of early literacy and proudly sponsors Southeast Childhood Collective's Dolly Parton's Imagination Library program. Alaska 529 also makes it easy for families and loved ones to save for future education—from K-12 and apprenticeships to vocational school, college, graduate school, and more. Families can contribute at their own pace, invite others to give, or invest part of an Alaska Permanent Fund Dividend. Learn more at Alaska529plan.com. Questions? Call 1-888-425-2752 Monday-Friday, 7 a.m.-6 p.m. Alaska Time, or email clientservice@Alaska529plan.com.



PARTNER & COMMUNITY EVENTS

CBJ PARKS N REC

Free Family Fun Night at the Turf
Get your wiggles out at the Dimond Park Field House on **Friday, September 11th and 25th** from **5:00pm-7:00 pm**. Sponsored by [CBJ Parks and Recreation](#) and SCC!



Preschool Open Gym

Preschool Open Gym is moving from Mount Jumbo Gym to Marie Drake Gym and will reopen after Labor Day. **Monday through Friday between 9:30am-11:30am, September through April**. Warm and dry space with lots of toys for children ages 6 months to 6 years. \$5 per child/visit.

DISCOVER EAGLECREST DAY

Saturday, September 19 | 10 am–3 pm

A free, all-ages day at Eaglecrest with community groups and mountain activities. Bring the family to explore the area before winter. More information to come! Visit skieaglecrest.com for updates.



BALANCED BEGINNINGS: PARENTAL STRESS MANAGEMENT SKILL BUILDING

Tuesdays, 9/15-10/20 | 12-1 pm | in person at Southeast Childhood Collective Playroom, 3200 Hospital Dr., Suite 204

All new parents experience stress. Having insight into some tools can help! Balanced Beginnings is a small-group series designed to build parental stress-management skills. Join this **FREE** weekly group where you will meet new friends and explore this material.

Confidential group facilitated by Sara Gress, MS, RN, IBCLC, PMH-C, Bartlett Regional Hospital, and Renee Sullivan, LPC, PMH-C, REACH ILP. **Click [HERE](#) to register** or contact Sara Gress at 907-796-8975 or sgress@bartletthospital.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

JUNEAU FAMILY BIRTH CENTER

Breastfeeding Café Sept. 11 & 25 | 11am–1pm
Drop in for tea, snacks, conversation, and breastfeeding support. Bring your baby! This event is recurring every 2nd and 4th Friday of each month.
Baby and Me Movement Series Wednesdays, Sept. 2–Oct. 7 | 10:30–11:15am or Saturdays, Sept. 5–Oct. 10 | 3–3:45pm
For one child age 3 or younger and one parent. Explore movement through fun props, music, and games. \$90/6 classes. Register [here](#).
Prenatal Yoga Saturdays, Sept. 5–Oct. 10 | 2–3pm
Gentle stretching and exercise to support comfort during pregnancy and prepare mind and body for birth. \$12/class. Register [here](#).
All these events are located at JBFC, 1601 Salmon Creek Lane.

ALASKA STATE MUSEUM APK 10TH ANNIVERSARY YOUTH ART WORKSHOP

Friday, Sept. 18 | 5:30–6:30 pm | APK Classroom

In celebration of the APK's 10th anniversary, join us for an evening of art and fun highlighting the unique art structures throughout the building! Create a Pop Art–inspired piece featuring Nimbus and the APK building. Explore tissue paper and cellophane stained-glass-style art inspired by Walter Gordinier's Glacial Pond installation (pictured top right).



Ages 6-18. Spots are limited. Sign up at [here](#).
Details: am.alaska.gov/youthart or at museums.alaska.gov

JUNEAU PUBLIC LIBRARIES

Weekly Storytimes

Tuesdays, Sept. 1, 8, 15, 22 & 29
Valley Library | 11–11:30 am
Douglas Library | 3:30–4 pm
Stories, songs, and fun for young children and caregivers.



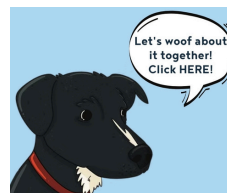
Game Day at the Library

Sunday, Sept. 27 | 1–4 pm | Douglas Library
Play board games with Platypus Gaming for a chance to take one home. Admission is free, and games are rated for ages 5+.

Bookmark Contest

Starts September 15! Open to artists from preschool through high school. Create your own bookmark design for a chance to have your artwork featured by the Juneau Public Libraries.

All Libraries are Closed Monday, Sept. 7, for Labor Day.
Full calendar: juneau.org/library/youth-calendar



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.