

Juneau Parent Bulletin

October, 2026



EASING BABIES & TODDLERS INTO HALLOWEEN FUN: 8 TIPS FOR PARENTS

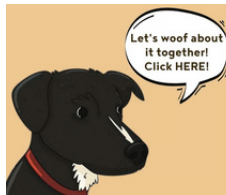


If you are celebrating your little one's first, second, or third Halloween this year, it is important to know how to make the night safe and fun for even the tiniest monsters! Here are 8 tips to consider.

- 1. Allow for plenty of time to fright-prep** - As a parent, you know your child best. Keep a look out for fears and anxieties about Halloween. The best way to handle fear and get a toddler ready is to discuss what's going to happen. Reading books to your child about trick-or-treating—and Halloween in general—are great ways to help that discussion.
- 2. Play with pumpkins** - Allowing your baby or toddler to squish their hands around the insides of a pumpkin you've carved can be a great sensory play activity. There are also plenty of no-carve pumpkin decorating options to try.
- 3. Go trick-or-treating before dark** - Infants and young children thrive on routine, and it is easy for Halloween festivities to throw those routines off-track. If your schedule permits, try trick-or-treating while it's still light outside so you can stick to your child's regular bedtime. If your child is sleeping, try putting a "please knock" sign on your door for other trick-or-treaters.
- 4. Watch for toddler tripping hazards** - Even on their best days and in the best conditions, it is still a struggle for some toddlers to walk without falling. While you won't be able to prevent all of the tumbles, choosing a costume that is not too long or too bulky will help a great deal.
- 5. Have a "Plan B" costume** - From leaky diapers to spit up to toilet training accidents, this age is always reason to pack a backup costume and plan for the unexpected. If potty-training is still a new thing and there's a narrow window between "I have to go" and an accident, you might want to rethink a complicated costume.
- 6. Be ready to pack it in early if needed** - A house or costume that's too scary, a trip or a fall, or just a hard day can send your child into the temper-tantrum zone. But all is not lost! If your toddler quickly loses interest in trick-or-treating, see if they would prefer to answer the door and hand out candy..
- 7. Take precautions with added sugar** - Although Halloween and sugar often go hand in hand, the AAP recommends limiting the amounts of sugar kids get each day.
- 8. Beware of treats that can be a choking hazard** - Keep an eye on what your child has in their mouth at all times while on the trick-or-treat trail—it's so easy to get distracted! It's best to avoid eating while walking or running.

Once your child is ready to enjoy treats at home, keep in mind that babies and toddlers should not have any hard candies, caramel apples, popcorn, gum, small candies (jelly beans, etc.), gummy candy, pumpkin seeds or anything with whole nuts. Candy wrappers, stickers, small toys, or temporary tattoos can be a choking hazard, as well. As all parents know, babies and toddlers will put just about anything into their mouths!

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



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.

IMAGINATION LIBRARY BOOKS TO LOVE THE ANIMAL SONG



Croc, Bear, and Weasel aren't ready to go to bed. They decide to go play in the city instead! These forest friends will have you singing along to their Animal Song.

Reading and music pair wonderfully to stimulate your child's creativity and language development. If you're not so musically inclined, you can [find the free audio accompaniment by author, Jonty Howley, on YouTube.](#)

KIDS IN THE KITCHEN EASY MINI MUMMY PIZZAS

Ingredients:

- English Muffin or Bread
- Tomato Sauce
- String Cheese
- Pepperoni
- Olives for eyes



Instructions:

1. Line cookie sheet with parchment paper or aluminum foil. Preheat oven to 350°F. Place english muffins face up.
2. Place a spoonful of marinara sauce on each English Muffin piece. Add 2-3 pepperoni slices to each muffin.
3. Pull the cheese sticks apart into thin strings. Layer in crisscross designs over the pepperoni to make the wrappings on the "mummy" design. Add two olive pieces to each muffin for the eyes.
4. Bake the pizzas for 6-8 minutes or until the cheese has melted. Remove from the oven and allow them to cool slightly, then enjoy!

For more spooky treats, visit on mykidsplate.com.

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.



COMMUNITY & PARTNER EVENTS



CBJ PARKS N REC

Free Family Fun Night at the Turf

Get your wiggles out at the Dimond Park Field House on Friday, October 9th & 23rd from 5:00 pm-6:30 pm. Sponsored by [CBJ Parks and Recreation](#) and SCC!

Preschool Open Gym

Preschool Open Gym is open with updated hours at Marie Drake Gym on **Tuesdays and Thursdays from 9 a.m. to 1 p.m.** Entry is \$6 per child per visit, and Turf for Tots passes are accepted. Enjoy this great opportunity for littles to burn off their energy in a warm, dry space filled with toys, for children ages 6 months to 6 years.

Movie in the Park

Watch How to Train Your Dragon (2010, PG) at the Floyd Dryden Gym on October 11! FREE traditional showing at 1 pm and FREE sensory-friendly showing at 3:30 pm. Sponsored by Juneau Public Libraries and Friends of Juneau Public Libraries! (plus: free popcorn, pop-up library, \$50 gift card giveaway)

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 in the SCC Playroom
- **Nurturing Parenting for Families with Substance Use Treatment or Recovery:** Mondays, 12pm-1pm via Zoom

Annual Real Talk Walk/Run

October 24 | 9:00 am | Airport Dike Trail

Join Bartlett Regional Hospital for the fifth annual Real Talk Walk/Run. Together, we can honor those we've lost, share resources and start a conversation, and support one another. Event starts at 9AM with a toddler trot and kids half-mile followed by a 1 mile walk/5k run. No registration required. T-shirts for the first 30 kids and 30 adults. Rain or shine, we hope to see you there!

SEAK BIRTH COLLECTIVE

Breastfeeding Café Oct. 10 & 24th | 11:00 am - 1:00 pm

Drop in for tea, snacks, conversation, and breastfeeding support. Bring your baby! This event is recurring every 2nd and 4th Friday of each month.

Birth Circle October 15th | 5:30 - 7:00 pm in the PAT Playroom

Share your birth story, listen to experiences, and connect with other families. Open to experienced parents who have a story to tell, or parents-to-be who want to hear birth experiences to prepare for what's in store. Babies in arms are welcome.



JUNEAU PUBLIC LIBRARY

Weekly Story Time

Valley Library Storytime: Tuesdays at 11:00 am

Douglas Library Storytime: Tuesdays at 3:30 pm

Available to children of all ages. Contact m.j.grande@juneau.org or 907-586-0435 for more information.

Fire Station Story Time

Join the firefighters from Capital City Fire & Rescue at Douglas Library as they read stories, sing songs, and take a tour of the Douglas Fire Station on Sunday, October 11th, 1:00-2:30 pm.

Game Days

Sunday, October 25, 1:00 - 4:00 pm at the Mendenhall Valley Library

Come play board games with us and our friends from Platypus Gaming. Admission is free and games are rated for ages 5+. Play a game for a chance to take it home!

RHYTHM RASCALS

Every Friday starting October 2 | 11:00 am - 12:00 noon

Zach Gordon Youth Center, 396 Whittier Street, Juneau AK

A free music group for babies and toddlers! Connect with other parents and bring your little one for singing, music, and play!

Contact Rachel.Marinelli@juneau.gov.



USS TED STEVENS BLOCK PARTY

October 8 | 4:00 - 8:00 pm

Enjoy this free, family friendly Block Party on Front Street to celebrate the USS Ted Stevens! Find live music by High Costa Livin', a Photo Booth, artists booths, and plenty more.

HALLOWEEN & THEMED EVENTS

Halloween Skate October 23 | 7:00 - 8:30 pm at Treadwell Arena

Skate in your costume at the Treadwell Arena Halloween Skate, sponsored by Juneau Pediatric Dentistry! Skate rentals are first come, first served. (Plus: costume contest will have prizes)

Pumpkin Float October 23 at Dimond Park Aquatic Center

Pick and decorate a pumpkin at Dimond Park Aquatic Center during the floating pumpkin patch! There will be two sessions, 12:30 - 2:30 pm and 2:30 - 4:30 pm. [Registration](#) opens on Monday, October 16, at noon and costs \$22 per participant, and free for accompanying adult.

JEDC Downtown Pumpkin Patch Scavenger Hunt

Beginning Mid-October through Halloween, visit participating downtown businesses to collect stamps and enter to win prizes.

Spirit of Fall Carnival October 31 at JDHS from Noon to 3:00 pm

This Festive Fundraiser offers carnival games, a bounce house, cotton candy, and more! \$10 at the door goes to JDHS Cheer Team.

JEDC Downtown Trick-or-Treating October 31

Visit participating downtown businesses between 2:00 to 6:00 pm on Halloween for family fun trick-or-treating.

Mendenhall Mall Indoor Trick-or-Treating October 31

Safe and warm! Trick-or-treating for all at Mendenhall Mall from 4:00 - 6:00 pm with Sensory Friendly for the little ones and those who prefer a softer start beginning at 3:00 pm.

