Juneau Parent Bulletin

November, 2026

At Home Activity Guide

As families spend more time at home due to sickness or cold weather, it's common to feel stressed at the thought of being at home with energetic little ones. By planning early for this possibility and having some activities and experiences ready, you can feel less stressed and more prepared!

Parent-Child Play Ideas
As you look for activities to do with your child, consider offering different types of play to meet their needs and keep the fun going. Independent play (when children play by themselves with you nearby) is also an important type of play—and parents shouldn't feel guilty about giving their babies and toddlers a chance to play on their own. Here are some different ideas for play that you can try with your young child:

Physical Play: Little ones need to move and work their bodies…and voices. They will need opportunities to be loud, run, climb, and jump. This may happen outside or inside. Here are some ideas:

- Turn on some music and have a dance party.
- Put couch cushions on the floor and crawl, walk, or jump.
- Build a fort with sheets, blankets, couch cushions, pillows, chairs, and more. You can even "camp-out" indoors!
- Create an obstacle course using furniture, pillows, and toys.

Quiet Play: Children (and you) will also need some quiet time each day. This is great for relaxing, recharging, and maybe even allowing you to get some work done.

- Read together or independently (toddlers can flip through books and talk about what they see in the illustrations)
- Coloring, Puzzles, Block Building, Sorting objects
- Pretend play with stuffed animals, dolls, trains, cars, or kitchen items for "playing house"
- Stickers on paper – you can draw large shapes, letters, or numbers on paper and your child can line the shape with stickers
- Tape on paper – you can cut short pieces of masking tape and your child can stick it to a piece of paper (sounds boring, but little ones love it).

Remember that one of the most favorite types of play for children is helping you with "real" work. Think about whether your toddler can help with meal preparation, setting the table, sorting or putting away laundry, cleaning up or putting new toilet paper rolls in a basket in the bathroom. These tasks may take a bit longer with our toddlers, but it's fun for them and also teaches the value of cooperation.

Play promotes healthy development. Plan early and have some activities ready so you can feel less stressed and more prepared!

Read the detailed list of activities here. For more amazing resources, visit ZerotoThree.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.

Community Partner Highlight: Discovery SE Haadaa Héeni



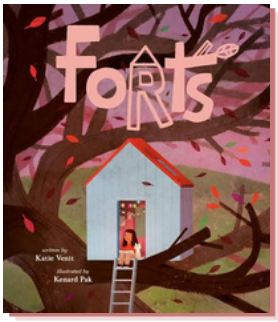
Haadaa Héeni (Lingít for "water all around us") encourages wonder in the natural world and invites children to explore the forest using all their senses. Following a Forest Kindergarten model, we spend all our time outside playing, learning, and discovering together. Each day offers new delights as the seasons change.

Registration for Discovery Southeast winter and spring sessions of Haadaa Héeni Forest Preschool is open now. Both sessions will take place at Auke Village Recreation Area on Tuesdays and Thursdays from 9am–12pm. Scholarships are available.

Learn more about Discovery SE at www.discoverysoutheast.org

Imagination Library Books to Love

Forts



Forts, written by Katie Venit and illustrated by Kenard Pak, celebrates the secret worlds and spaces children create, from blanket forts to hideaways and beyond. This lyrical ode explores the beauty of children's imaginative play and the comfort of having a special place to share with someone they trust and love.

Love reading? Find reading tips and activies at bestbeginningsalaska.org

Kids in the Kitchen

Pumpkin Pancakes



Ingredients:

- ½ cup Pancake Mix
- ¾ cup + 3 tablespoons milk
- 1 can pumpkin purée

Instructions:

1. Combine the pancake mix and milk. Mix thoroughly, making sure to whisk out all of the lumps.
2. Next, stir in the pumpkin purée and blend well.
3. Scoop mix onto pancake skillet or pan. When the edges of each pancake look formed, they are ready to flip.
4. Once cooked through, enjoy!

Little helpers can: Scoop the puree, stir the batter, or add cinnamon and chocolate chips! Find the extended recipe at allrecipes.com.

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Community & Partner Events

CBJ Parks and Recreation

Free Family Fun Night at the Turf

Get your wiggles out at the Dimond Park Field House on Friday, November 6th and 20th from 5:00 pm-6:30 pm. Sponsored by CBJ Parks and Recreation and SCC!

Preschool Open Gym

Play dry and warm 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 space filled with toys intended for children ages 6 months to 6 years.

Movie in the Park

Watch Toy Story 5 (PG) at the Marie Drake Gym on November 7! FREE sensory-friendly showing at 3:30 p.m. and FREE traditional showing at 6 p.m. Sponsored by Juneau Public Libraries and in partnership with the Marie Drake Planetarium!

Santa Skate

Welcome in the holiday season at the FREE Santa Skate on Friday, November 27 from 7:00 to 8:15 p.m. at Treadwell Arena!

Juneau Public Library



Weekly Story Times

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.

Fun For All Days Nov. 12th and 13th | 10:00 am to 1:00 pm

Thursday, November 12th, will be hosted at the Valley Library. Friday, November 13th, will be hosted at the Douglas Library.

Join us for a variety of fun activities for all ages! Drop in for snacks and giant games, building with boxes, and more!

Friday at Douglas, participants will be creating a new I Spy display. All are welcome to bring items to add. Small items and multiples are welcome.

Game Days

Sunday, November 29, 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!

SEAK Birth Collective

Breastfeeding Café Nov. 13 | 11:00 am - 1:00 pm

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

Rhythm Rascals



Every Friday | 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.

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



Activities Kids Will Love

Puppet Play

What You'll Need:

- A puppet (don't have a puppet? Use a sock, decorated paper bag, paper on a popsicle stick, stuffed animal, anything!)
- A Box or Sheet (if you'd like to make a play space)

How To:

There is no wrong way to play, and infinite ways to benefit from puppet play! Puppets can express emotions, have conversations, and read books.

Puppet play is a fantastic activity for toddlers! It builds important skills, such as:

- **Imagination and Creativity** – Creating storylines and characters.
- **Executive Functioning Skills** – Planning and executing storylines in their mind.
- **Social and Emotional Skills** – Exploring emotional themes and resolving conflicts.
- **Motor Skills** – Using their whole hand or their fingers.
- **Language** – Talking and developing narrative skills.

Read More about the benefits of Puppet Play at BabySparks.com and RaisingChildren.net.

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.