

Family Pages

2014-2015 Directory

for families with children ages birth to eight



www.juneaufamilies.org

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www.juneaufamilies.org



- Calendar of events
- Local resources
- Links

www.unitedwayseak.info



United Way
of Southeast Alaska

- Information about 35 partner agencies
- Volunteer Opportunities
- Donate On-Line
- Or call 463-5530



You've heard of 911. You've probably used 411, and now there is 211. It is a new statewide system that connects people with needed human services through an easy to remember number. Information is also available online at www.alaska211.org.

The Family Pages is a guide to the many resources available in Juneau to support families with young children. It was put together by Partnerships for Families and Children. We hope it is helpful to all.

Partnerships for Families and Children works collaboratively to promote shared broad-based communication and support for young children and their families. Our vision is that all families with young children will have access to community resources that support the health, growth and development of children.

Partnerships Member Agencies

- | | |
|-------------------------------------|-------------------------------------|
| AEYC | Juneau Youth Services |
| AWARE | Alaska Center for Resource Families |
| Association of Alaska School Boards | Office of Children’s Services |
| Bartlett Beginnings | REACH, Inc. |
| Catholic Community Services | SEARHC |
| Communities In Schools | SERRC/The Learning Connection |
| Juneau Family Health & Birth Center | Tlingit and Haida Headstart |
| Juneau Public Health | United Way of Southeast Alaska |
| Juneau Public Library | USCG Work/Life |
| Juneau School District | US Army National Guard |

This guide was updated by AEYC-SEA with funds from **Best Beginnings**.

AEYC
3100 Channel Drive, Suite 215
Juneau AK 99801
789-1235
Info@aeyc-sea.org



We apologize for any errors or omissions in this guide. Please contact the PFC Coordinator with any corrections or additions. A copy of this booklet may be downloaded from www.juneaufamilies.org.

BEST BEGINNINGS
Alaska’s Early Childhood Investment

Parenting and Pregnancy Support

Association for the Education of Young Children (AEYC)

789-1235 Main, 1-888-785-1235 Toll Free outside of Juneau
3100 Channel Drive, Suite 215 • www.aeyc-sea.org

- Juneau Parents As Teachers – call to sign up or find out more about this free home visiting program for any pregnant family or family with a child up to age 3. Once a month a home visitor brings a book, fun activity, information about child development, and invitation to a special monthly family night.
- Thread Care Referrals: Call to find out about tools to help you search for care, including creative options, learn about programs that maintain wait lists, and how to help advocate for access to quality child care in Juneau that is licensed, safe, healthy and playful.
- Juneau Parent Bulletin – sign up for a free bulletin, packed with family activities and family fun in Juneau!

Bartlett Regional Hospital..... 796-8900

Bartlett Beginnings: Family Birth Center 796-8424

3260 Hospital Drive
www.bartletthospital.org

Full obstetrical care and an array of prenatal classes. Complete prenatal education from early pregnancy to birth and infant care and feeding. Classes for expectant fathers. New Parent support groups including baby parent time, toddler play groups, and dads and babies play groups. Postpartum breast-feeding support with a Breastfeeding Clinic, offering outpatient services by International Board Certified Lactation Consultants. All classes are free of charge.

Big Brothers Big Sisters..... 586-3350

110 Seward Street, Suite 2
www.bbbsak.org

Positive role models, mentors, trusted friends or just good company for a child between the ages of 6 and 18 living in a single parent home. One year commitment, all participants interviewed and screened for best match outcome.

Dolly Parton Imagination Library..... 789-1235

Free books! Kindergarten readiness in Juneau is on the rise! Thanks to Dolly Parton, Best Beginnings and local sponsors, this community wide program offers all children under age 5 in Juneau a free book in the mail every month. Enrolled families also receive a free monthly bulletin. Families can enroll at the hospital or birth center, the Juneau Public Library, or by calling AEYC.

Family Pages

Planned ParenthoodP: 1-800-796-0045 F: 907-523-5026 Juneau Health Center

3231 Glacier Hwy. • Juneau, AK 99801

At this health center you can come in for appointments that do not require a medical exam. For example, birth control education and supplies; emergency contraception (morning after pill); pregnancy testing and counseling; STD testing; testing and treatment for urinary tract infections. Fees for services are based on your household income. Denali KidCare and Medicaid accepted.

Family Resource Center.....463-6180 Catholic Community Service

419 6th Street

www.ccsjuneau.org

Services and programs to assist today's families with anger management, financial literacy, advocacy, leadership, parenting and support groups. Services for children of incarcerated parents and family wellness activities.

Juneau Family Health & Birth Center.....586-1203 1601 Salmon Creek Lane, Juneau AK 99801

info@juneaubirthcenter.org • www.juneaubirthcenter.org

Dedicated to providing wraparound support services to families throughout the birthing year and into early parenting. This includes free pregnancy testing and free consultation. Denali KidCare is accepted, and an income based fee structure is available, including donated healthcare. Services include: pregnancy planning, complete prenatal care, childbirth and pregnancy education, doula support, midwife attended birth, postpartum care, breastfeeding support, parenting education opportunities, well woman care, and continued family supports. Free lending library, parenting support groups for new parents and parents of toddlers, and free parenting classes. See website for calendar.

Stone Soup..... (907) 561-3701 www.stonesoupgroup.org

Provides support and assistance to families caring for children & youth with special needs. Experienced parents of children with special needs helping other parents 'navigate' the system of resources, services, and education, providing support along the way.

Young Parent and Healthy Teen Center463 Kids (5437) Catholic Community Services • Zach Gordon Youth Center, 396 Whittier St. www.ccsjuneau.org

A drop-in center where parenting and expectant youth and teens can explore their options with someone who will listen to their individual concerns. Assistance may be provided in financial readiness, relationships, parenting and life skills.

Juneau Community Doula Network www.juneaudoulas.org

Access to professional labor support. Scholarships and financial support available.

Resources for Military Families in Juneau

Welcome to Alaska's Capital City! We are home to more than 300 members of the Coast Guard and Alaska National Guard, and their families.

Family support is offered by:

Family Assistance Center

Alaska National Guard Family Program, Juneau Family Assistance Center

12300 Mendenhall Loop Rd.
PO Box 210000, Juneau AK 99821

Office: **907-523-4020** Fax: **907-523-4054**
Toll Free and Emergency/ After Hours Line **888-917-3608**

Anchorage Office

www.jointservicessupport.org/fp/
<http://www.facebook.com/AKNGFamily>

Health Safety and WorkLife Office

U.S. Coast Guard Base Ketchikan-Juneau Detachment

709 West Ninth St.

Rm. 747, Federal Building Juneau, AK **907-463-2125**
Betsy.e.longenbaugh@uscg.mil

Resources include:

- Childcare assistance
- Movie nights
- Crisis assistance
- Financial counseling
- Parenting support
- Special needs support

Planning Ahead

Are you in your teens, 20's or 30's?

Read this **JUST IN CASE!**

Because half of all babies born in Alaska are unintended, it is important to plan ahead.

Q: I don't want to get pregnant right now. Why should I still take folic acid every day?

A: Birth defects of the brain and spine happen in the very early stages of pregnancy, often before a woman knows she is pregnant. By the time she finds out she is pregnant, it might be too late to prevent those birth defects. For these reasons, all women who are able to get pregnant need 400 to 800 mcg of folic acid every day.

Remember – many women don't know they are pregnant for a few weeks, or a few months. If there is a possibility you might become pregnant, you should not drink any alcohol!

Q: I am thinking about getting pregnant. How can I take care of myself?

A: This is good – you are planning ahead. Start taking care of yourself before you start trying to get pregnant. Talk to your doctor before pregnancy to learn what you can do to prepare your body. Ideally, women should give themselves at least 3 months to prepare before becoming sexually active or having a risk of getting pregnant.

The five most important things you can do before becoming pregnant are:

- 1.** Take a vitamin with at least 400 to 800 micrograms (400 to 800 mcg or 0.4 to 0.8 mg) of folic acid every day for at least 3 months before getting pregnant.
- 2.** Stop smoking and drinking alcohol. Ask your doctor for help.
- 3.** Talk to your doctor about any medicines you are using. These include dietary or herbal supplements. Some medicines are not safe during pregnancy.
- 4.** Avoid contact with toxic substances or materials at work and at home that could be harmful, including cat feces.
- 5.** If you have a medical condition, talk with your doctor, and be sure your vaccinations are up to date.

Q: Why do I need prenatal care?

A: As soon as you think you might be pregnant, call your doctor to schedule a visit. Whether this is your first pregnancy or third, prenatal health care is extremely important. Your doctor will check to make sure you and the baby are healthy at each visit. If there are any problems, early action will help you and the baby.

Babies of mothers who do not get prenatal care are three times more likely to have a low birth weight and five times more likely to die than those born to mothers who do get care. Get early prenatal care to help ensure both you and your baby will be healthy - early treatment can cure many problems and prevent others.

Q: How often should I see my doctor during pregnancy?

A: Your doctor will give you a schedule of all the doctor's visits you should have while pregnant. Most experts suggest you see your doctor:

- about once each month for weeks 4 through 28
- twice a month for weeks 28 through 36
- weekly for weeks 36 to birth

Doctors can spot health problems early when they see mothers regularly. Your Doctors can talk to with you about any questions you have, and give you important tips to give your baby a healthy start to life. Be sure to follow your doctor's advice.

Q: Where can I find affordable prenatal care in Juneau?

Denali KidCare covers all prenatal visits for women who are pregnant. Ask your medical provider about vouchers to cover local travel (taxi) to and from prenatal appointments, well baby checks, and some classes.

Juneau Family Health and Birth Center 586-1203
(Services are based on a sliding fee scale. No one is turned away because of inability to pay.)

Valley Medical Care 586-2434
(accepts Denali Kidcare and other insurance billing)

SEARHC Ethel Lund Medical Center 463-3471

Wellspring 789-1812
A midwife on staff provides services up to delivery, but does not do delivery.

MIDWIFE SERVICES

Inside Passage Midwifery
463-2600
insidepassagemidwifery.com
853 Basin Road, Juneau, AK

Motherwise Midwifery
209-5871
www.motherwisebaby.com
Email: lorna@motherwisebaby.com.

Early Learning Resources

Association for the Education of Young Children (AEYC)

789-1235, 1-888-785-1235
1100 Channel Drive, Suite 215
www.aeyc-sea.org

Looking for an early learning program for your child? AEYC provides thread childcare referrals to give you up to date information on nearly 50 licensed child care programs in Juneau, and offers support and training to the programs to help increase the quality of care. Families who qualify for child care assistance and have a child with special needs can receive additional inclusion support. If you are interested in starting a family child care program, or working in early childhood education, call the AEYC and **thread** office.

Catholic Community Service..... 463-6124, 1-800-505-6124 Childcare Financial Assistance Program

419 6th Street
www.ccsjuneau.org

Aids low to medium income families with the cost of child care as they work or participate in education or training programs.

Juneau School District..... 523-1707

Mailing: 10014 Crazy Horse Drive, 99801
www.juneauschools.org

Juneau School District has 4 preschool programs* and six elementary schools, including a charter school and a Montessori program. Preschools are offered M-TH with a morning or afternoon session.

SCHOOLS:

Auke Bay Elementary School	796-5275
*Gastineau Elementary School	796-5075
Glacier Valley Elementary School	780-1400
*Harborview Elementary School	523-1850
Juneau Community Charter School	586-2526
*Mendenhall River Elementary School	463-1799
*Riverbend Elementary School	796-5700

RALLY (School Based) 523-1760

10014 Crazy Horse Drive 99801
www.juneauschools.org

School based programs located at each of the elementary schools for before and after school care. Offered for grades K through 5. Covers in-service days, winter, spring and summer breaks.

JSD Special Education Student Services780-2054

A variety of special education programs offered for children 3 through 21 who are eligible for additional education support services.

REACH—Infant learning program 586-8228

213 Third Street
www.reachak.org

Would you like to learn more about your child’s development? To complete a free developmental screen online, go to the following: <http://www.asqonline.com/family/f28b71>. Parents who are concerned about the health or development of their child under three can access free developmental screenings and evaluations. The REACH ILP offers a variety of specialized home-based services including family support training and education, as well as physical, speech and language therapy for eligible young children and their families.

Tlingit and Haida Head Start463-7127, 1-800-344-1432

9301 Glacier Highway, Suite 110, Juneau, AK 99801

Head Start is a free pre-school program that provides learning experiences for children ages 3-5 and their families four days a week. Head Start benefits include: low child to staff ratio, school readiness, family engagement activities, school bus transportation, nutritional meals, promotes social and emotional well-being.

Head Start Centers:

Salmon Creek, 4675 Glacier Hwy. **780-2581**
Taashuka, 2500 Sunset Dr., **789-1512**

In collaboration with the JDSD,

Gastineau Pre-K, Gastineau School **790-1880**
Glacier Valley, Glacier Valley School **780-1431**

Tlingit and Haida Child Care Services463-7178

320 W. Willoughby Avenue
www.ccthita.org

Child care subsidies for Native families with low to moderate incomes. Training to enhance the quality of child care and health and safety equipment for child care providers.

Adult Education & Employment

Alaska Commission on Post Secondary Education 465-2962

3030 Vintage Blvd1 800 441 2962
www.acpe.alaska.gov

Student loans to help pay for undergraduate or graduate studies.

Alaska Division of Vocational Rehabilitation..... 465-2814

801 W 10th Street, Suite A. Juneau AK 99801
www.labor.state.ak.us/dvr

Juneau Job Center 465-4562

10002 Glacier Highway
www.jobs.state.ak.us (choose 'job seeker resources' or 'Alaska's Job Bank')

Job listings on the bulletin board. Find jobs online, resume building assistance, workshops offered to help find and get employment.

The Learning Connection

Downtown.....**586-5718**
Gruening Park.....**780-6706**
Toll free**1-800-478-6660**
www.serrc.org/tlc

GED and adult education (including English as a Second Language classes), early childhood education, computer training, job assistance programs and family literacy programs to families with children under age 8. TLC also provides after-school programs at their Geneva Woods and Gruening Park locations.

University of Alaska Southeast (UAS) 796-6000

11120 Glacier Highway1-877-465-4827
www.uas.alaska.edu

Yaakoosge Daakahidi 523-1800

1208 Glacier Highway

Classes available to pregnant and parenting mothers and fathers.

Food, Housing, and Transportation

Alaska Housing Finance Corporation.....586-3956

3410 Foster Avenue

Section 8 (private sector housing) and low income rental (owned by the Alaska Housing Authority) assistance. All housing dependent upon income guidelines.

Capital Transit.....789-6901

www.juneau.org/capitaltransit

Call for bus schedule or find them at the library.

The Glory Hole.....586-4159

247 South Franklin Street

Downtown soup kitchen serves three meals a day. Serves the homeless and limited income people. Provides a food bank, free showers, laundry, and medical referrals.

Heating Assistance Program465-3058

400 Willoughby, Suite 301

www.hss.state.ak.us/dpa/program/hap

400 Willoughby, Suite 301

www.hss.state.ak.us/dpa/program/hap

Helping Hands789-4390

6590 Glacier Hwy.

bkaplure@gmail.com

Call for hours of operation. \$1 donation for supplies taken from the warehouse food bank.

Housing Assistance Program.....780-6666

1800 N Wood Dr.

Helps families find and maintain housing, including assistance with applications, move-in deposits and addressing other barriers.

Love in the Name of Christ (Love INC)780-4090

P.O. Box 35432 99803

www.loveincjuneau.org

Network of 26+ Christian Churches, committed to helping Juneau families with spiritual, physical, and emotional needs. Central Clearinghouse to receive requests for assistance. Monetary assistance not available. Phone calls only please.

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Tlingit and Haida Regional Housing Authority 780-6868
5446 Jenkin Drive
Mailing: P.O. Box 32237 Juneau, Alaska
www.thrha.org

Subsidized housing opportunities to low and moderate income families who have at least one Alaska Native or Native American in their household.

St. Vincent De Paul..... 789-5535
8617 Teal Street
www.svdpjuneau.org

Shelter and transitional housing for 24 homeless families.
Thrift store for clothing and household items.

Salvation Army..... 586-2136
439 West Willoughby Avenue

Service includes food bank, weekly church, bible study, youth outreach, women’s ministries and visits to nursing homes. Thanksgiving Day community meal and Christmas basket and gifts for children. Thrift store with clothing and household supplies.

Southeast Alaska Food Bank..... 789-6184
10020 Crazy Horse Drive, Juneau, AK 99801

Food bank for perishable food items.

Tlingit and Haida Tribal Family & Youth Services 463-7162
320 W. Willoughby Avenue, Suite 300
www.ccthita.org

Financial assistance to Alaska Natives 18 years or older without a high school diploma or not able to work due to illness. Budgeting assistance, emergency medical funds, and counseling also available.

Women, Infants, & Children Program (WIC) 463-4099, 1-800-330-2229
3245 Hospital Drive, (dental building)
www.searhc.org/wic

A supplemental food and nutrition program designed to help pregnant, breastfeeding or postpartum women, babies and children up to age 5. WIC provides nutritious food, nutrition education, breastfeeding support (including breast pumps) and referrals to other agencies. Same day services provided at our weekly walk-in clinics: Wednesdays from 1-6:30pm, and Thursdays from 9am to 3:30pm.

Medical Care

What is a Medical Home?

A “Medical Home” is a healthcare provider you know and trust.

Why is it important to find a Medical Home

- Your health care provider and office staff know you child and family. Your child feels more comfortable going to someone they know.
- Well child check-ups are a time to share information and ask questions.
- All your health records are in the same place and easy to find when you need them.
- Your family feels supported in finding information and local resources.
- Your medical home partnership promotes health and quality of life as your child grows.

Tips for building partnerships with your medical provider

- Talk to your child before the visit on what to expect.
- Listen to your child’s concerns and reassure them.
- Bring a list of questions or concerns to discuss during your appointment.
- Share information on how your child is changing.
- Ask about resources that may help your child and family.
- Ask about how to get care after hours if needed.
- Show appreciation.

Do you qualify for Denali Kid Care Health Insurance?

Call 1-888-318-8890 or

visit the website at:

www.dhss.alaska.gov/dhcs/Pages/denalikidcare/default.aspx

to apply. There is no cost to families who qualify.

Medical Home Options for Kids in Juneau

Valley Medical Care.....586-2434

1801 Salmon Creek Lane - Several doctors and nurse practitioner.

www.valleymedicalcare.com

Glacier Pediatrics.....586-1542

1600 Glacier Avenue - Several pediatricians and nurse practitioners.

Rainforest Pediatrics463-1210

3268 Hospital Drive Suite D - A pediatrician and nurse practitioner.

SEARHC.....463-4040

3245 Hospital Dr. 99801 • www.searhc.org

Tribal Health Consortium serves health interests of Native people of Southeast Alaska.

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Jordan Creek Family Health Care:..... 789-1600

8800 Glacier Highway, Suite 218 - A family doctor and nurse practitioner.

Juneau Family Health & Birth Center..... 586-1203

1601 Salmon Creek Lane - Family practice doctor, physicians assistant, medical assistant.

Family Practice Physicians: 789-2910

10301 Glacier Highway - Several family practice doctors and physicians assistants.

Wellspring..... 789-1812

2231 Jordan Avenue - Family practice doctor, nurse practitioners, naturopathic physician.

Rainforest Naturopathic Medicine 523-2102

418 Harris St., #316 - Naturopathic physician

Emily Kane 586-3655

418 Harris Street, #316, #329 - Naturopathic physician

If you have no health insurance and do not qualify for Denali Kid Care:

Juneau Public Health Center 465-3533

3412 Glacier Highway (by Twin Lakes Playground)

Juneau Family Health & Birth Center..... 586-1203

1601 Salmon Creek Ln. - Family practice doctor, physicians assistant, medical assistant.

Dentists who accept Medicaid

SEARHC Dental 463-4041

3245 Hospital Drive - Has a pediatric dentist, Dr. Kim Hort.

Dr. Laskey 586-9616

641 W. Willoughby Ave., Suite 204

Dr. Reiderer..... 789-3100

9309 Glacier Highway, Building B

Other medical services

Southeast Urgent Care 790-4111

8505 Old Dairy Rd.

Providing family medicine, such as physicals, well-care with immunizations, infectious diseases, injuries, allergies, and respiratory problems on a walk-in basis. Hours include evenings and weekends.

Planned Parenthood P: 1-800-230-7526 F: 907-523-5026

Juneau Health Center

3231 Glacier Hwy. • Juneau, AK 99801

At this health center you can come in for appointments that do not require a medical exam. For example, birth control education and supplies; emergency contraception (morning after pill); pregnancy testing and counseling; STD testing; testing and treatment for urinary tract infections. Fees for services are based on your household income. Denali KidCare and Medicaid accepted.

Mental Health Services & Family Stress

Alaska Center for Resource Families 790-4246
9109 Mendenhall Mall Rd

Alaska Center for Resource Families provides training, support and referrals to Alaska adoptive, foster and guardianship families.

Alaska Youth & Family Network..... (907) 770-4979
www.ayfn.org

Parents trained as “peer navigators” can help support parents of children with mental health, substance abuse, autism or fetal alcohol syndrome needs. This includes finding available resources, negotiating services, understanding systems and terminology, and advocating for your child’s rights.

Bartlett Mental Health Outpatient Psychiatric Services..... 586-8498
3240 Hospital Drive • www.bartletthospital.org

Psychiatric therapy or medication management for families and young children.

Early Childhood Mental Health Project..... 523-6533
www.ecmhproject.org

Free support to help children thrive in their care setting by working together with families and care providers. Child consultations for children ages 0-5, with social and emotional development needs, which may include challenging behaviors. Funded by a grant with the State of Alaska.

JUMPP..... CONTACT YOUR FAMILY PHYSICIAN OR PUBLIC HEALTH NURSE

If you are experiencing stress as a parent, it is likely your child is also experiencing stress; whether from a loss in the family, health issues, financial worries, or conflicts in the home. Many medical providers in Juneau are using a locally produced “Family Stress Checklist” to help refer families to local resources and / or monthly family stress sessions with family counselors. JUMPP - Juneau United Medical Providers and Parents (JUMPP) is a pilot project started through Communities In Schools, supported by Partnerships for Families and Children, which is housed at Glacier Pediatrics. There is no charge to participants for the family sessions, but you must be referred by a pediatrician, family Physician, or public health nurse. Ask about JUMPP at your next well-child check-up.

Denali Kid Care 1-888-318-8890
P.O. Box 240047, Anchorage 99524-0047 • dhss.alaska.gov/dhcs/Pages/denalikidcare/default.aspx

Basic insurance for children and pregnant women, covering a wide range of medical and dental services to income eligible families.

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Juneau Family Health & Birth Center..... 586-1203

1601 Salmon Creek Lane • www.juneaubirthcenter.org

Family support programs include free parenting classes, doula support for pregnant and/or new parents, a free lending library, and community events. Also available: a complete midwifery clinic for well woman care and pregnancy planning services, which functions on an income based fee structure, including donated healthcare. Denali KidCare is accepted. See website for calendar.

Juneau Youth Services 789-7610

Intake and assessment center

789-4733

2075 Jordan Ave. • www.jys.org

For children struggling with social, emotional, or behavioral problems. Team of highly qualified counselors is available to assess needs and access the services best suited to your child.

Juneau Public Health Center 465-3353

3412 Glacier Highway

Immunization, tuberculosis treatment, and sexually transmitted illness treatment. Home visits for high risk families. Well child checkups, pregnancy testing and referral, and family planning services for uninsured children and low income families.

Juneau Teen Health Center..... JDHS: 523-1635 • TMHS: 780-1973

Located in the Marie Drake Building

Working to promote the health and well being of teenagers in the Juneau community. Everything is confidential. Referrals and follow-up for health problems are also available.

Southeast Regional Health Consortium (SEARHC)

3245 Hospital Drive • Medical 463-4040 • Dental 463-4041

Appointment Line: 463-6608

Offers a outpatient services for Alaska Natives and their families, including family medicine, pediatrics, prenatal care, vision, radiology, pharmacy, dental, physical therapy and behavioral health. Wellness programs also provided.

NEW! SEARHC Help Line 24/7 every day! 1-877-294-0074

A new service from SEARHC for Southeast Alaska residents, for personal or family crisis matters. You talk to a real counselor. Confidential, effective, and compassionate.

www.juneaumentalhealth.org

This user friendly site is full of mental health resources, such as the [Juneau Mental Health Directory](#) which provides a comprehensive list of all the mental health agencies, psychiatrists, psychologists and mental health therapists in Juneau, with a clear explanation of what services and populations they serve. There are also links to tools and resources such as an on-line survey for signs of depression, and what to do if you know someone that is suicidal.

Crisis Contacts

AWARE..... 586-6623

P.O. Box 20809 24 hour crisis hotline - **586-1090 or 1-800-478-1090**
Juneau, AK 99802

AWARE provides safe shelter and supportive services for victims and survivors of domestic violence, sexual assault and child abuse. AWARE offers a 24 hour crisis line and crisis intervention, transportation to safety, safety planning, legal and medical advocacy, education and support groups, and other advocacy and support services. All services are free and confidential.

Suicide Prevention Hotline 1-877-266-4357

Crisis counselors are ready for your call if you are in suicidal crisis, emotional crisis, or family crisis.

Here are some way to be helpful to someone who is threatening suicide: (from www.juneaumentalhealth.org.)

- Take action. Remove means, such as guns or stockpiled pills
- Be direct. Talk openly and matter-of-factly about suicide.
- Be willing to listen. Allow expressions of feelings. Accept the feelings.
- Get Involved. Become available. Show interest and seek support.
- Don't dare him or her to do it. Don't be sworn to secrecy.
- Don't act shocked or judgmental. This will put distance between you.
- Offer hope that alternatives are available but do not offer glib reassurance.
- Get help by calling 911, Bartlett Hospital Emergency Room 796-8427 or Careline 1-877-266-4357

Juneau Police Department.....586-0600

Emergencies 911

Crime Line Online www.JuneauCrimeLine.com

Anonymous alternative to provide information to the police department. Monetary awards often available for information leading to an arrest.

Poison Control 1-800-222-1222

Alaska State Troopers 465-4000

Non-emergencies

Office Of Children's Services.....465-1650

Report Child Abuse Line: 1-800-478-4444

The mission of the Office of Children's Services is to protect children. They will work with families to find solutions, and link families to other community services.

Coast Guard 1-800-478-5555

Red Cross463-5713

Southeast Alaska Service Center
3225 Hospital Drive, Suite 202
muellerer@usa.redcross.org

Family Fun!

PLAYGROUND HOPPING

Douglas

Sandy Beach - at the very end of Third Street (the Douglas Hwy). Play structure includes infant wings, swings, climbing structure, slides plus picnic shelters, beach access and public restrooms during summer months. Beautiful long shallow beach!

Gastineau School - Corner of Third and “I” Streets. Swings, slides, climbing structure, monkey bars, basketball courts, rock climbing wall and benches make for a good time on this island playground.

Bonnie Brae Rotary Park - Approximately 4 mile North Douglas. Turn on Bonnie Doon Street and the small playground is up to wards the right hand corner of the subdivision. Two swings (one for little ones), monkey bars, a bright colorful climbing structure, picnic table and bench.

Downtown

Capital School - Fifth and Main. There are slides, a basketball court and a climbing structure.

Cathedral Park - Fifth and Gold Street. Grassy area with benches and drinking fountain. Right next to the historical Russian Orthodox Church.

Chicken Yard Park - Sixth & Kennedy streets. Swings, slide, basketball courts and a colorful climbing structure all make this a great “in town” playground.

Cope Park - Capital and Calhoun Streets. Baseball and later in the summer a soccer field, tennis courts, slide, infant swings, wings, climbing structure, drinking fountain and picnic tables. Be careful of the swiftly moving Gold Creek close by. Cool in the morning, but great afternoon sun warms this park up! Restrooms available on site.

Harborview School - Glacier Ave and Twelfth St. Climbing structures, swings, monkey bars, covered play area/ basketball courts and a unique “ball chute”. Side entrance to the large playground is the harbor side of the covered play area.

Lemon Creek

Project Playground - Designed and built by the community of Juneau in 2007, this playground boast the most play equipment of any park in town! With tunnels, swings, castles and boats your little one is sure to keep busy. Restrooms, picnic tables and a large grassy lawn also make this spot a great place to be. Explore some of the activities on the United Way Born Learning trail going up to the gazebo!

Sigoowu Ye, “Fun Place Park”- Among the trees you will find swings, monkey bars, picnic tables, benches, slides and it’s all fenced in. Located off Davis Street on the corner of Pine and Patti.

The Valley

Glacier Valley School - There is a covered play area/ basketball court, wings, climbing structure, monkey bars, baseball field and a “snake” for on (similar to teeter-totter). Take a right turn immediately after the overpass on the Loop Road, and the school is straight ahead. Portable toilet available on site.

Adair Kennedy Park - This recreational area is located at Floyd Dryden School off the Loop Road. Take a right turn after the school zone lights. There is a large track and field/ football/ soccer area, baseball field, basketball and tennis courts, as well as a playground area which includes swings, climbing structure, monkey bars, slides and picnic tables. Lots of variety!

Mendenhaven “Hidden Park”- Off Mendenhall Blvd., across the creek from Birch Street, there are swings, a climbing structure, slides, monkey bars, a picnic table and a grassy area for play.

Mendenhall River School - Take the last left on the Back Loop Road before Mendenhall River. This great play area has swings, a climbing structure, monkey bars, basketball court/ covered play area, slides and a baseball/ soccer field. There is also a play area in the back which has swings, tire swings and a merry-go-round. Portable toilet available on site.

University Housing - Located off the Back loop Road. Small playground which includes swings, a climbing structure, monkey bars, teeter-totter, slides and a basketball court.

Auke Bay School - Just a short distance beyond DeHart’s at Auke Bay, this school has both upper and lower playgrounds. Slides, swings, a climbing structure, monkey bars, basketball court/ covered play area, small baseball field and a sandbox all make this a great play area for all ages. A nature trail is located behind the playground for those nature enthusiasts.

Riverbend School - Located off Riverside Drive next to Diamond Park. This playground has slides, climbing equipment, basketball court, and an open area great for running.

Riverside Rotary Park - this small park is located off Riverside Drive. It has infant and regular swings, a climbing structure, monkey bars, sandbox, slides and picnic tables. A little paved path around the pond makes for great biking for little ones and a nice walk. Take some bread and feed the local ducks. Portable toilet and drinking fountain available on site.

Melvin Park - off Riverside Drive, this park has baseball/soccer fields, a climbing structure with slides, picnic tables, benches and small grassy hills to play on. Restrooms and drinking fountain available on site. Lots of activity at this park during all months of the year!

BEST LOW-TIDE BEACH WALKS

Tide books tell you what the low and high tides will be for each day of the year and can be found for FREE at banks, grocery stores and most hardware stores. Be sure to grab this essential Southeast tool to plan your next beach walk!

Family Pages

Shaman Island – A half mile before the end of North Douglas Highway, this easy mile walk is on boardwalk. You can only get to the island by foot during a minus tide so plan accordingly. Find starfish, sea urchins, sea anemones and more! Be sure and leave these live critters here and don't get stranded on the island, as the tide floods back quickly!

Eagle Beach – Eagle Beach is 27 miles north of Juneau along the Glacier Hwy with views of Lynn Canal, the Chilkat Mountains, and the Juneau Mountains. Large beach and river bars offer excellent beachcombing and fishing. Whales, sea lions, and seal frequent the ocean nearby but be careful! The tide comes in quickly on this shallow beach so watch the time.

Sandy Beach – created from mine tailings from long ago, this long sandy beach is perfect for building sand castles and running barefoot. It is also a favorite spot for dogs so expect to see many four legged friends!

False Outer Point – This trail is located at 12.4 Mile on North Douglas Hwy and leads to a wonderful beach for tidal pool exploration on low tides. Be sure to look for shells and other beach treasures!

Wetlands – Take the trail at the end of Radcliffe (near the airport runway), the Wetlands viewing area (off of Egan Drive) or Sunny Point to view the channel going dry at a minus tide. Be sure to wear boots and wonder at the variety of birds. Give yourself plenty of time to get back as the tide will flood quickly.

Point Louisa – Just past Auke Rec. Beach. This is another great location for viewing and exploring sea creatures.

STROLLER FRIENDLY TRAILS

Kaxdigouwahneedei (Brotherhood Bridge) - This wide and easy path is paved from Brotherhood Bridge (by Safeway) to the end of River Road on the Back Loop Road. Plenty of stopping points with benches and garbage receptacles, sunny spots and shaded areas. Great for bikes, trikes, strollers, roller blading or just walking.

Twin Lake – One mile of paved lakeside trail right next to Project Playground off of Old Glacier Hwy. Take a few minutes to explore the United Way Born Learning trail going up to the gazebo.

Mendenhall Glacier – From the Back Loop cut-off to the parking lot is about a mile. Watch for tourists busses and peer into the beaver ponds on the way.

The University – Enjoy the great path from the University complex up to student housing. Stop at the playground at housing and then venture back via University Drive and Back Loop Road.

Dockside and Downtown – View the beautiful streets of down town while window shopping and then watch for gulls along the wooden walking dock by the library.

Douglas Glory Hole – access this beautiful waterfall via the trail behind the Sandy Beach playground. The walk is less than 1/2 mile and the powerful waterfall is sure to thrill.

Airport Wetlands – Park at the end of Radcliff Road and enjoy this sunny, flat trail. If your kids are airplane enthusiasts be sure to plan your walk so you can experience the planes landing and taking off from the end of the runway!

For more hike/walk ideas, be sure to pick up a copy of 90 Short Walks Around Juneau or Juneau Trails at the Glacier visitor center or at the Centennial Hall Forest Service Counter.

EASY BERRY PICKING PATCHES

Basin Road – Thimbleberries and Salmonberries: many of the side trails off Basin Road have berries. Thimbleberries resemble raspberries and ripen later in the season than Salmonberries.

Eaglecrest – Blueberries– Park on any of the side trails on the way up, or later in the season try the areas around the beginner ski hills, or the lower end of the Nordic trails.

OTHER OUTSIDE FUN

- 1. Campfire** – build one in the backyard or head out to a shelter along the beach at Auke Recreation area out the road. Be sure to pack marshmallows!
- 2. Sledding** – Juneau is home to great hills AND plenty of snow so grab a sled and show your kids what fun winter can be.
- 3. Stargazing** – find a clear night, drive to the Glacier and wonder at all the stars in the heavens.
- 4. Bike Riding** – refer to “Stroller Friendly Trails” on the previous page to get ideas for a spin.
- 5. Fly a Kite** – Sandy Beach and the Wetlands are just two open places where a little wind can mean a lot of fun.
- 6. Alaska State Park Cabins** – rent a cabin for a fun family getaway. Cowee Meadow is the easiest, most family friendly hike (3 miles) <http://dnr.alaska.gov/parks/cabins/south.htm>
- 7. US Forest Service Cabin** – rent a cabin for a fun family getaway. Easiest is Windfall Lake (3 miles) <http://www.reserveamerica.com/>
- 8. Cross Country Skiing** – You’re never too young (or old) to learn! Gear can be rented for a fee from Eaglecrest (www.juneau.org/eaglecrest) or Foggy Mountain Sports (downtown).

RAINY DAY FUN

JUNEAU'S INDOOR ZOOS

Swampy Acres – 10400 Glacier Hwy. Sing 8-10 verses of “Old MacDonald” while visiting pigs, chickens, peacocks, rabbits, horses and more! Appointments required, call 789-7253

DIPAC Fish Hatchery – 2697 Channel Dr., near the Juneau Empire Building. The underwater fish viewing window is open 24 hours a day, and you can also look down into the holding pens. For \$1.75 per child and \$3.25 per adult you can have a full tour, and go inside to see the salt water aquariums. Hours: Mon – Fri 10am – 6pm, Sat – Sun 10am – 5pm: May 1 – September 30.

Juneau Airport – They may be stuffed, but these bears and wolves are sure to impress your little one! Tour the taxidermy spectacle located throughout the airport.

Wee Fishie Shop and PetCo – Juneau's pet stores are a great place to see lizards, snakes and fish while shopping for your four legged friends. Park at the Nugget Mall.

Gastineau Humane Society – 7705 Glacier Hwy- swing by Monday – Saturday from 2:00– 5:00pm to visit the cats, dogs and other animals up for adoption.

MUSEUMS

Mendenhall Glacier Visitor Center: 789-0097 Drop by this hotspot to learn about the glacier, interact with the exhibits and check in on the special programs offered throughout the year.

Marie Drake Planetarium: 586-6862 Come and see the stars! The planetarium, located in the Marie Drake building downtown is a unique Juneau resource. It models the sky anytime, even when the weather is miserable. It has a 30 foot dome ceiling and is equipped with many projectors in addition to the stars and planets. Programs are presented throughout the year by the Friends of the Marie Drake Planetarium. Check their event calendar at www.mariedrakeplanetarium.org.

Juneau Douglas City Museum – 586-3572 Located at 155 S Seward St. Hours and price depend on the time of year so make sure to call ahead. Free admission during the winter.

POOLS AND GYMS AND FIELDS, OH MY!

Dimond Park Field House: 523-4910 Located at 2961 Riverside Drive. This 29000 square foot indoor turf field is the perfect solution for those who need to run, regardless of the weather! The facility host a “Turf for Tots” program which runs Monday-Friday and gives your little ones (age 5 and under) a chance to run the sillies out while playing with other children. Call for prices and times. www.dimondparkfieldhouse.org

Zach Gordan Youth Center: 586-2635, 396 Whittier St. This is a supervised recreation center primarily for youth. Drop-in youth activities include ping-pong, pool, Wii, movies, board games, foosball, racquetball, basketball, weights and arts and crafts There is also a climbing wall available for both youth and adult access. www.juneau.org/parksrec/youthcenter

Southeast Alaska Gymnastics Academy: 789-7440 This facility offers a variety of classes. Call the number above for a schedule.

Juneau Dance Unlimited: 463-5327, 8420 Airport Blvd. Suite 202. JDU features ballet for students of all ages and levels of ability. Call for a schedule and prices. www.juneaudance.com

Mt. Jumbo Gym: 364-2568, 909 Fourth St. in Douglas. Drop by this historic school gymnasium for Preschool Open Gym, Monday– Friday from 10:30– 12:00pm. The program is for children aged 1-6 yrs and cost is \$1 per child. www.juneau.org/parkrec/gyms/preschool.php

Augustus Brown Pool: 586-5325, 1619 Glacier Ave. Classes and open swim available for children and adults alike! Call or go online to check out the schedule and fees. www.juneau.org/parkrec/pool/

Diamond Park Aquatic Center: This family friendly facility features water slides, a lazy river and childrens pool. Call 586-0472 for more information!

Treadwell Ice Arena: 586-0410, 105 Savikko Rd. This indoor skating rink boasts hockey, parent/tot and open skates. Check online or call for schedule and price. (Open September– April) www.juneau.org/parkrec/icerink/index.php

The Rock Dump Toddler Time: 586-4982 www.rockdump.com
Are your children climbing the walls? That’s a healthy activity at The Rock Dump! Free for children under age 5 on Tuesday’s, Wednesday’s, & Thursday’s from 10am to 1pm.

How do I know if my child is experiencing stress?

Like adults, children can experience stress and anxiety. Your answers to the following questions will allow your health care provider to offer advice and support to your family if needed



YES	NO	UNSURE	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1. Is safe, stable housing a concern for your family?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2. Does money cause stress in your home?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3. Have you or anyone close to your child expressed concerns about your child's development, learning or behavior?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4. Has there been recent serious illness or a death in the family?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5. Have you or your child ever been exposed to violence?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6. Is there a parent in prison?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7. Has there been misuse of alcohol or drugs in the family?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8. Have there been recent changes in the child's living situation? (absent parent multiple caregivers, foster home placement, separation, moving)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	9. Are you a single parent?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10. Has there been depression or other mental health concerns in the family?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	11. Are you pregnant or have a child under the age of 3? If so, please fill out the Baby Blues questionnaire on the facing page

If your family or child is feeling stressed, contract your family medical provider and ask for a referral to JUMPP (Juneau Medical Providers and Parents). JUMPP is a program started through Communities in Schools, supported by Partnerships for Families and Children, and housed at Glacier Pediatrics. There is no charge to the participants for monthly family sessions with family counselors, but you must be referred by a pediatrician, family physician, or public health nurse.

Beyond Baby Blues

Only a trained healthcare or mental health professional can tell you whether you have Perinatal Mood Disorder (PMD). However, the following checklist can help you know whether you have some of the common symptoms. Mark the box if the statement sounds familiar to you.

During the past week or two:

- I have been unable to laugh and see the funny side of things.

- I have not looked forward to things I usually enjoy.

- I have blamed myself unnecessarily when things went wrong.

- I have been anxious or worried for no good reason.

- I have felt scared or panicky for no good reason.

- Things have been getting the best of me.

- I have been so unhappy that I have had difficulty sleeping.

- I have felt sad or miserable.

- I have been so unhappy that I have been crying.

- The thought of harming myself, my baby, or others has occurred to me.

Did you check more than one box? If so, we encourage you to visit with a trained healthcare or mental health professional who can help determine if you are suffering from PMD and advise a course of action. For more information on PMD, please see page 32.

Dealing With Family Stress

Housing

Affordable housing is a big problem in Juneau. Less than 1% of Juneau's housing is vacant. We see the homeless on the street, but there are also the invisible homeless; families in shared living spaces trying to find their own homes. Fortunately, many people in Juneau are banding together to get these problems solved. In the meantime, give Alaska Housing Development a call and see what options are available to help.

Children without homes

- Have higher rates of health problems such as:
- Four times as many respiratory infections,
- Five times as many stomach aches,
- Six times as many speech and stammering problems, and
- Four times the rate of asthma as non-homeless children.

What you can do to help your child

- **Even though your stress level may be high, try to be patient with your child, and reassure them that you love them.**
- **Be honest about the situation, and give your child hope for the future.**
- **Create comforting rituals and routines for your child.**

Money Problems

- Did you know that money is one of the top causes of arguments among couples?
- Making it financially in this world is not easy and it is even harder for single parents.
- All this can cause a lot of stress in a family, and children pick up on that stress.

How debt affects your child

- Money has to be divided for food, clothes, heating and family recreation
- When parents worry they can be distracted and short-tempered
- Children may act out their stress in negative behaviors

What you can do to help your child

- **Money management is a learned skill! Call the Family Resource Center and invest some time in a workshop on managing your money.**
- **Help your child feel capable by involving them in helping you with simple chores, and celebrate their accomplishments.**
- **Set a good example in dealing with your own stress. If children are old enough to understand what is happening, talk with them about coping with stress.**

Development, Learning & Behavior Issues

Juneau has many supports for families of children with developmental, learning or behavioral issues. Sometimes it is hard to accept that your child needs extra support. It can be even harder to reach out to accept that support, but connecting with these programs can make lasting difference for your child and your family.

Things to keep in mind

- Every child is unique. While every child learns and grows differently, some may need a little extra help to develop certain skills.
- Developmental delays can occur in one or all of the five areas of development (physical, emotional, social, cognitive, or verbal).
- The first years of a child's life are the most critical. Giving the right help to infants and toddlers makes a difference and lasts a lifetime.

What you can do to help your child

- **If your child is under age 3: Call REACH for a free developmental screening and evaluation to see how your child is growing and developing.**
- **If you child is age 3 or older: Call the Juneau School District to discuss your child's needs.**
- **You know your child better than anyone: share that knowledge to help providers and doctors help your child.**

Accidents and Illness

Has someone in your family been in an accident or experienced a serious illness?

When one family member is under medical care, everyone in the family experiences a higher stress level, including young children.

Recognizing and dealing with the extra stress can help the healing process, and help you cope as a parent.

Children exposed to accidents or illness

- Experience the stress of the situation.
- May worry about money or financial problems stemming from the accident or illness.
- Will test limits to see if the boundaries have changed since the accident or illness.
- What you can do to help your child.
- Contact local agencies to help with your stress level so you can be more present with your child.
- Recognize and help name your child's feelings: "You must be feeling worried about your brother's accident."
- Encourage your child get involved in helping in some way. Even drawing a get-well card will help them feel more involved and secure.

Violence in the Family

Domestic violence is the product of a controlling partner - someone who wants power and control in the relationship and resorts to emotional, economic, sexual or physical abuse to get it. Anyone can be a child abuser. In many cases, a person who abuses believes that violence is an alternative to discipline. Discipline does not include using different forms of violence.

You have a right to be safe. No one deserves to be abused.

Children of all ages are affected by domestic violence/abuse

- Infants and toddlers may have excessive irritability, immature behavior, sleep disturbances, a fear of being alone, or regress in their toileting habits or language.
- School-aged children who are exposed to violence or fighting may experience difficulties sleeping, concentrating or paying attention, and a pre-occupation with resolving the traumatic event.
- As children who are exposed to violence become older they often experience emotional, sexual and behavioral problems. They may commit crimes and can become perpetrators of violence themselves.

What you can do to help your child

- Call AWARE and talk about choices you can make as a parent that might increase your child's safety.
- Call the Office of Children's Services to discuss concerns about emotional, physical, sexual abuse or neglect of children.
- Help your child feel protected and loved by listening to their needs and concerns and taking them seriously. Remove your child from emotionally, physically, or sexually violent individuals or situations.

Is someone in your family in prison?

You are not alone! Over 1.5 million children have at least one parent in prison. Fathers are most likely to be the imprisoned parent - representing 93% of all imprisoned parents - with children generally living with their mothers. This situation is stressful for not only the adults, but the children as well.

Children of imprisoned parents may

- Suffer from low self-esteem and be an object of teasing.
- Feel the stress of money problems in the home.
- Not feel connected to the parent in prison.

What you can do to help your child

- Involve your son or daughter with trusted adults to build positive relationships.
- Help your child send letters or drawings to the parent in prison so he or she still feels connected.
- Encourage your child to talk about his or her feelings.

Alcohol or Other Drug Misuse

Drug and alcohol addiction is a brain disease that causes a person to lose self-control and make poor decisions. Drugs and alcohol change the brain and these changes make it hard to quit using. Many people that are addicted to drugs or alcohol come with families that have histories of substance abuse. Stress and depression can steer a person towards using and abusing.

Children affected by a parent's drug and alcohol use

- Feel insecure and confused. Children do not always understand that the adult's mood is based on the amount of alcohol or drugs in the bloodstream.
- Are often frightened. Children around drug and alcohol abuse often times witness or are victims of violence.
- May have developmental delays. Parental substance abuse interrupts a child's normal development, which places these youngsters at a higher risk for emotional, physical and mental health problems.

What you can do to help your child

- Spend time with your child when not under the influence of alcohol or drugs.
- Encourage your child to build positive relationships with other adults through programs like Big Brothers Big Sisters.
- Call to find out about available support when you are ready to consider making a change.

Changes

Change can be a good thing, but when there are too many at one time, or the changes are big, a child can feel overwhelmed.

Some of the really big changes a child can experience are having a parent leave the household, having too many caregivers, being separated from his/her parents, or moving to a strange place.

Children experiencing a lot of changes

- Can be excessively irritable
- May regress to immature behavior (such as thumb sucking or having trouble with toilet training)
- May have trouble sleeping
- May need more physical contact

What you can do to help your child

- Try to find a routine and stick to it every day for the next two weeks.
- Recognize and accept your child's feelings, and help your child know it is normal to be sad, angry, or scared.
- Reassure your child that you love them and will be there for them.

Single Parent? You are not alone!

Often it is hard to ask for help. As Alaskans it goes against our independent, self-reliant image. We try to go it alone. The truth is, parenting is a challenging job, and there are no perfect parents. It is okay to ask for help. We need to start with those closest to us, finding support from relatives, friends and neighbors. There are community resources in Juneau to help you build your support team.

Children of single parents

- Can feel forgotten in the hustle of everyday life.
- May worry about money problems.
- Need positive relationships with other adults besides their parents.

What you can do

- Take at least 30 minutes each day to relax and nurture yourself. Even looking forward to an evening cup of tea, or a weekly bubble bath can help you cope.
- Drop everything and spend a half hour each day totally focused on enjoying time with your child. You will be surprised at how much smoother your day together will be.
- Call one of the numbers below to connect with other supportive adults — or call them all!

Stress and Emotional Health

Did you know that infants and young children have mental health concerns too? Up to half of all visits to the physicians are due to conditions in the family that are caused or worsened by mental or emotional problems. A parent's emotional health can affect children, and when children have an emotional health concern it is stressful for parents.

How it affects your child

- Children with emotional concerns, or have a family member struggling with mental health are more likely to show developmental delays, low academic performance, and difficulties socializing with peers.
- Challenging behaviors in children may be due to depression, stress, or other mental health concerns.
- A parent with a mental illness may put stress on relationships within the family, which negatively affect the child.

What you can do

- Build and call on a support system on such as family and friends, or a faith community.
- Explain the situation in simple language to your child, and explain that your child is not to blame.
- Recognize and accept your child's feelings. Tell your child you love them. Try to enjoy a simple activity together.

Grief and Loss

The loss of a loved one is one of the hardest things in life to go through. Your pain is made even more difficult because your family is hurting as well. Children need to grieve the loss of a loved one and it's important their feelings are acknowledged.

Some things that a grieving child may do

- Imitate the behaviors of the person who passed away
- Talk about the person who died in the present tense
- Tell the story of their loss again and again

Things to watch for in your child

- Becoming withdrawn or unsociable
- Struggling with nightmares or bedwetting
- Participating in dangerous acts

What you can do to help your child

- Call Hospice and ask about a children's grief group
- Spend extra time with your children
- Help your kids return to their normal routine as soon as possible
- Validate your child's feelings of sadness, anger and hurt

Beyond Baby Blues

Perinatal Mood Disorders (PMD) are a set of disorders that can occur any time during pregnancy or the first year after giving birth. They include depression, anxiety, panic, Obsessive Compulsive Disorder, Post Traumatic Stress Disorder, and Postpartum Psychosis. Ten to 20% of women will develop a PMD, making it the most common complication of birth..

Symptoms of Postpartum Mood Disorders

- In Parents: low moods, tearful, irritable or anxious, feeling overwhelmed, tired, trouble sleeping, feeling hopeless. You may feel angry with your baby. You may be passive towards your baby.
- In Babies: crying a lot, feeding or sleeping problems, lack of attachment, higher heart rate.

What You Can Do

- Ask for help. Ask your healthcare provider for a depression screening. Ask people close to you for support.
- Attend Beyond Baby Blues support group. This free group meets the second and fourth Thursday of each month at the Juneau Family Health & Birth Center, 586-1203.
- Educate yourself and those around you.

