

Juneau Parent Bulletin

September, 2025

Kids in the Kitchen 3 Ingredient Coconut Balls

This no bake coconut balls recipe is the perfect soft, sweet, and delicious easy dessert for any true coconut lover.

Ingredients

- 1 1/2 cups unsweetened shredded coconut
- 3 tbsp pure maple syrup, honey, or agave
- 3 tbsp coconut oil
- 1/4 tsp pure vanilla extract (optional)
- 1/8 tsp salt (optional)



Instructions

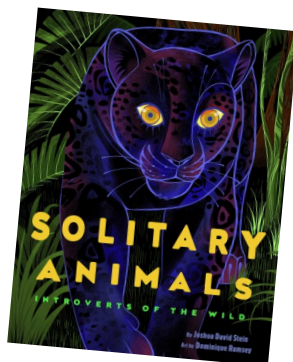
1. Blend all ingredients in a blender or food processor (not by hand or they'll fall apart).
2. Roll into balls and roll in shredded coconut.
3. Set on a parchment or wax-lined plate, and refrigerate or freeze until hard. Once hardened, dip in melted chocolate if you wish.
4. Refrigerate or freeze leftovers.

To view the full recipe, visit www.chocolatecoveredkatie.com.

Imagination Library Books to Love

Solitary Animals

Solitary Animals (Introverts of the Wild) written by Joshua Stein and beautiful artwork by Dominique Ramsey, is a book that introduces little ones to the differences between social animals and solitary animals. From learning the names of animals in groups to discovering which prefer a solitary life, this book highlights how, just like people, animals have unique social needs.



Let's Chat About Mental Health!

Frog Breathing

When emotions run high, try a simple breathing exercise with your little one or classroom. Frog breathing is a playful way to calm and reset!

1. Sit in frog position with your feet and hands on the floor.
2. Breathe in deeply through your nose and pay attention to the way your stomach expands, just like a frog's belly when they breathe.
3. Breathe out through your nose and pay attention to how your stomach shrinks.
4. Repeat until calm and grounded.

Frog Breathing



Breathing exercise from the Breathing Deck by The Calm Classroom.



seaaeyc

Southeast Alaska Association for the Education of Young Children



BEST BEGINNINGS
Alaska's Early Childhood Investment



Juneau Partnerships
for Families & Children



Community Events

Juneau Public Library - Weekly Story Time

Valley Library Storytime: Tuesdays at 11:00am

Douglas Library Storytime: Tuesdays at 3:30pm

Available to children of all ages. Contact m.j.grande@juneau.org or 907-586-0435 at the [Juneau Public Library](http://juneau.org) for more information.

SEAAEYC - LGBTQ+ Family Playgroup

Join SEAAEYC's monthly playgroup for LGBTQ+ families on Thursday, September 25th. Stay tuned on [Facebook](https://www.facebook.com/seaaeyc) for event details. Feel free to reach out to iensinger@aeyc-sea.org with any questions.

Juneau Family Birth Center - Free Childbirth Education Class

Join Joelle on Saturday, September 6th and Sunday, September 7th from 12pm-4pm for a weekend childbirth education series for expectant parents. This series will cover everything from the stages of labor, newborn transition, and care including feeding the baby, overall recovery for the birthing person, and complications that can arise. Please register [here](https://www.juneau.org).

Juneau Family Birth Center - Prenatal Yoga Class

This yoga class consists of gentle movements to support your body's changing needs, breathing techniques, and strength-building exercises to prepare for labor and delivery. Join on Saturdays, from September 13th through October 18th from 3pm-4pm. \$12 per class. Register [here](https://www.juneau.org).

Juneau Family Birth Center - Baby & Me Movement Series

This is a 6-week movement series designed for children 2 months to 3 years. Move together with various props and music! Join on Wednesdays, from September, 10th through October 15th from 10:30am-11:15am. Sign-up for this series for \$90. Register [here](https://www.juneau.org).

CBJ Parks & Rec Treadwell Arena - Family Skate

Family skate is open to families of all ages and abilities throughout the month of September (check schedule [here](https://www.cbj.org)). Skate rentals are available and included in admission fees.



CBJ Parks & Rec Mount Jumbo Gym - Preschool Open Gym

Visit Mt. Jumbo Gym in Douglas for Preschool Open Gym from Monday through Friday between 9:30am-11:30am. Warm and dry space with lots of toys for children ages 6 months to 6 years. \$5 per child/visit.

Marie Drake Planetarium - Shows

Explore the universe with the planetarium's digital projector and 30ft dome on Friday, September 5th. Stop by anytime between 5:30pm-7:00pm. Keep an eye out for additional free shows throughout September on their [website](https://www.mariedrakeplanetarium.org).

Free Family Fun Night at the Turf is BACK!

Sponsored by CBJ Parks & Rec and SEAAEYC

WHEN

- Friday, September 12th from 5:00pm-6:30pm
- Friday, September 26th from 5:00pm-6:30pm

WHERE

- Dimond Park Field House at 2961 Riverside Drive



Bartlett Beginnings Opportunities

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**
Every Thursday, 12pm-1:30pm at Bartlett
- **Toddler Play Group**
Every Monday, 11am-12pm at the Gymnastics Academy
- **Dads & Kiddos Play Group**
First Saturday of every month 10am-11:30am
- **Pregnancy & Infant Loss Support Group**
Last Wednesday of every month 6pm-7pm via Zoom
- **"Real Talk" Mothers' Support Group**
Last Wednesday of every month 7pm-8pm via Zoom
- **Balanced Beginnings**
Every Tuesday, 12pm-1pm via Zoom
- **Nurturing Parenting for Families with Substance Use Treatment or Recovery**
Every Monday, 12pm-1pm via Zoom
- **Healthy Pregnancy Seminar**
September 8th, 6pm-7pm at Bartlett
- **Dads and Partners**
September 17th, 6pm-8pm at Bartlett



Activities Kids Will Love

Rainforest Chia Seed Pond for Sensory Play

Embrace messy play with this fun Rainforest Chia Seed Pond activity, giving your little one a variety of sensory experiences. This wonderful hands-on activity encourages children to explore textures, colors, and imaginative play. It is also a great way to introduce little ones to nature and rainforest habitats while engaging in their senses.

Materials

- Large tray, bin, or bowl
- 1/2 cup chia seeds
- 2 cups water
- Food coloring (blue/green for a pond effect)
- Natural items: Stones, leaves, sticks
- Small toy rainforest animals or insects (optional)
- Spoons, scoops, and cups for play



Instructions

1. Mix 1/2 cups of chia seeds with two cups of water in a large bowl.
2. Add few drops of food coloring.
3. Stir well and refrigerate over night and form a gel.
4. Set up the rainforest scene by spreading chia seed mixture in a tray and adding natural items and toy animals.
5. Once done playing, freeze the slime in silicone molds to pull out for another play session in the future.

Check out our.creative.space for additional sensory play ideas!

The hidden load: How 'thinking of everything' holds mums back

When it comes to household responsibilities, women perform far more cognitive and emotional labour than men. Why is this, and is there anything we can do about it?

Organising a playdate, or booking the kids' medical check-ups. Working out how to hide vegetables in their evening meals, or ensuring there's enough on the shopping list. Worrying about whether your son is on track at school, your daughter needs new shoes and when to replace your washing machine. On their own, these may all seem like small tasks – but they mount up. And if you ask heterosexual couples with children which partner is most likely to handle them, it is probable that most would offer up the same answer: the mother.

Numerous studies show that women in heterosexual relationships still do the bulk of housework and childcare. Many couples aim to split their responsibilities 50:50, yet for various structural and socio-economic reasons, end up allocating tasks along typically gendered lines. Even in couples who think that they have achieved an equal division of labour, the more hidden forms of care generally end up falling to the woman.

In fact, an increasing body of research indicates that, for household responsibilities, women perform far more cognitive and emotional labour than men. Understanding why could help explain why gender equality has not only stalled, but is going backwards, despite being more discussed than ever. And a broader understanding of this behind-the-scenes labour could help couples redistribute the work more equally – something that, while initially difficult, could play a significant role in helping mothers lighten their load.

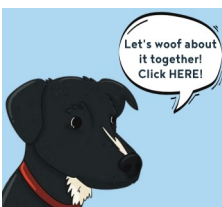
Invisible, unlimited work

Experts say that this hidden work comes in three overlapping categories. There's cognitive labour – which is thinking about all the practical elements of household responsibilities, including organising playdates, shopping and planning activities. Then there's emotional labour, which is maintaining the family's emotions; calming things down if the kids are acting up or worrying about how they are managing at school. Third, the mental load is the intersection of the two: preparing, organising and anticipating everything, emotional and practical, that needs to get done to make life flow.

This hidden work is hard to measure, because it's invisible and performed internally, making it difficult to know where it starts and ends. In 2019 Allison Daminger, a doctoral candidate in sociology and social policy at Harvard University, found that while most participants in her study on cognitive household labour realised that women were doing the lion's share, this wasn't yet a "normalised form of work". In the study of 35 couples, she found that men referred to their wives using terms such as "project manager", or said they were "keeping track of more".

In fact, Daminger identified four clear stages of mental work related to household responsibilities: anticipating needs, identifying options, deciding among the options and then monitoring the results. Mothers did more in all four stages, her research showed; while parents often made decisions together, mothers did more of the anticipation, planning and research. In other words, fathers were informed when it came to decisions, but mothers put in the legwork around them.

To continue reading this article by Melissa Hogenboom, please visit the BBC website.



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.aeyc-sea.org. The Juneau Parent Bulletin is created by SEAAEYC in coordination with the Juneau Partnerships for Families and Children. SEAAEYC | 3200 Hospital Dr. Ste. 204, Juneau, AK | 907-789-1235 | www.aeyc-sea.org | Follow us on: [f](#) [i](#) [t](#)