The connection between early literacy and incarceration

The rumor was false but the connection was real. In our guest blog, educator Stan Lujan tackles the connection between Alaskans in prison and literacy. As Stan notes in his testimony to the House Finance Committee, prison planners do not look to reading scores to predict how many prison beds they’ll need. But the connection is stark.

Preventing child abuse all year round

Many people and organizations recognized the month of April as National Child Abuse Prevention Month. This focus provided a great opportunity to promote simple ways that parents and other adults can defuse stress, become more resilient, and teach children to be resilient, too. But let’s not forget about the other 11 months of the year. We should keep in mind that we each can play an important role in promoting the social and emotional well-being of children and families in communities all year round. Best Beginnings has partnered with Alaska Children’s Trust and others to produce a series of posters for fun and easy ways to support safe kids and happy families. You can print out the posters from here. This web page also includes a list of tips and ideas for how YOU can make a difference.

Prevent and reduce effects of childhood trauma

It seems everywhere we turn these days, we see references to childhood trauma. Also called toxic stress, or adverse childhood experiences, it refers to the
profound and long-lasting effects that traumatic experiences can have on children. What kind of experiences are we talking about, and what can we – parents, grandparents, concerned Alaskans – do to help? Read more