

Abbotsford Early Years

March 2018

For further information on any programs listed here, call Abbotsford Early Years at 778-880-8554, visit our office Mon-Fri 9am-1pm, 'Like' our Facebook page (search 'Abbotsford Early Years') or visit www.abbyearlyyears.com for updates and news



Central Abbotsford Community School (CACS)

For more information or to register, call (604)853-2221, or visit www.abbycommunity.ca.

Ballet and Creative Movement: Ages 3 - 5 years, Thursdays beginning April 5th, 5:00 pm - 5:45 pm, cost: \$40 (8 sessions)

Little Heroes: Ages 4 - 5 years, Mondays beginning April 9th, 5:30 pm - 6:00 pm, cost: \$40 (8 sessions)



StrongStart

StrongStart is a free drop-in early learning program for preschool-aged children accompanied by a parent or caregiver. Closed on all school vacation and professional development days.

'Like' the Abby Early Years Facebook page for info on schedule changes or closures.



Family Centre - The Parenting Place

Visit www.abbotsfordcommunityservices.com or call 604-859-7681 for more information.

Community Drop-in (birth to 6 years) at Family Centre - Mondays, 9:00am - 11:15am

Precious Baby Drop-in (birth to 12 months) at Family Centre - Tuesdays, 9:30am - 10:30am

Toddler Time Drop-in (birth to 3 years) at Family Centre - Tuesdays, 10:45am - 11:45 am

Temple Drop-in (birth to 6 years) at Khalsa Diwan Society, Sikh Temple - Tuesdays, 10:00am - 11:30am

Community Drop-in (birth to 6 years) at Family Centre - Wednesdays, 9:00am - 11:15am

I Got You Babe (6-23 months) at Family Centre - Thursdays, 9:30am - 10:30am

Single Mothers Support Group - Thursdays 6:00pm - 8:00 pm

My Daddy and Me (birth to 6 years) at Sweeney - Saturdays, 9:00am - 10:30am



Aboriginal Family Place—Mobile Outreach Program

Join in every Thursday from 9:30 am—12:30 pm for a different community outing! Activities include skating, swimming, and more. A light snack is provided and transportation is available. The program is free, but registration is required each week. Call 604-997-5984 for more info or to register.



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CACS in Partnership with Abbotsford Early Years

Registered Programs:

Baby Massage: Ages birth - 1 year, Tuesdays beginning April 10th, 9:00 am - 10:30 am, cost: FREE (8 sessions)

Jitterbug Dance: Ages 2 - 4 years, Wednesdays beginning April 11th, 1:00 pm - 2:00 pm, cost: FREE (8 sessions)

Cooking for Babies to Toddlers: Ages: parents / guardians, Wednesdays beginning April 11th, 6:45 pm - 8:00 pm, cost: FREE (8 sessions)

Weekly Drop-in Program:

Food, Family, Fun!: join us for a free hands-on light dinner, games and activities, and a chance for you and you little one(s) to make friends and have fun! Drop-in every Thursday from 5:30—7:30.

Please advise us each week no later than Tuesday at 1:00 PM if you plan to attend that Thursday (simply email abbyearlyyears@gmail.com, call 778-880-8554, or message us on Facebook).



Abbotsford Community Services - Courses for Parents

For more information or to register, visit www.abbotsfordcommunityservices.com or call 604-859-7681

Triple P - The Power of Positive Parenting: Wednesdays beginning March 21, 6:00 pm - 8:00 pm, cost: FREE

The Parent Project: Tuesday and Thursday mornings beginning April 10th, 9:30 am - 12:15 pm



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Abbotsford



Located at the Sweeney Neighbourhood Centre

33355 Bevan Ave.
Abbotsford, BC



HEARTY CHICKEN POT PIE

Ingredients:

- 2 frozen 9-inch pie crusts (thawed)
- 1 precooked rotisserie chicken
- 1 tablespoon cooking oil
- 1.5 cups of sliced carrots
- 1 cup frozen green peas
- 3/4 cup chopped potatoes
- 1 small onion, diced
- 3 tablespoons of butter
- 1/3 cup all purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon ground thyme
- 2 cups chicken broth
- 1 cup of milk
- 1/4 cup chopped Italian parsley



Directions:

- Preheat oven to 425 degrees.
- Tear the meat from the chicken and chop into bite-sized pieces.
- Add the cooking oil to the frying pan, and add the vegetables. Cook on medium-low until slightly tender. Remove from pan and set aside.
- Melt butter in pan. Stir in flour, salt, pepper, and thyme. Slowly stir in chicken broth and milk while whisking. Simmer over medium-low heat until thick (about 5 mins). Stir in parsley.
- Stir together the chicken, vegetables, and liquid into a large bowl. Spoon into the pie crust. Cover the top with the other crust, and crimp the edges. Bake 30—35 mins. Enjoy!

Source: Food Network

'SPRING-CLEANING' YOUR PARENTING LIFE

Spring is a great time to clear away clutter, dust away cobwebs, and get a fresh start. This can go for parenting as well! Here are a few tips to help you refresh your outlook:

- **Identify your daily stressors.** Is there anything causing you stress that you can cut out or change?
- **Be present.** There are lots of distractions like social media and TV competing for our time. Try to remember to stop and enjoy the moment. The days may be long, but the years fly by.
- **Try something new as a family.** Maybe it's starting a weekly 'games night', or visiting a new place together that you've never been to.
- **Let go of the guilt.** Chances are, you're doing a great job. Take time to focus on what you're doing *well* as a parent.

There is
no such thing as a
perfect parent
So just be a
real one.

— Sue Atkins

Source: Mighty Mommy

SPRING RAINBOW SUNS

Supplies:

- Paper plate
- Clothespins
- Yellow paint
- Coloured ribbon
- Scissors
- Tape
- Googly eyes



Tired of winter? You and your child can have fun bringing a touch of spring into your home with this sunny craft!

- Start by painting the paper plate and the clothespins yellow. Allow to dry.
- Fold the paper plate in half, and pin the clothespin 'sun rays' on (as pictured).
- Cut lengths of ribbon (you can use scissors to create curls if you wish).
- Tape the ribbons to the back of the sun.
- Decorate the 'faces' of the suns as you like. Display and enjoy!

Source: Pinterest

