

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



Strong Start is a FREE early learning program for children ages 0 - 5 and their parent(s) / caregiver(s). Closed on all school holidays and professional development days.

'Like' the Abbotsford Early Years Facebook page for information on schedules and closures.



Drop-in Programs (no registration required):

Parent & Tot Drop-in Gym Time - Come enjoy various sports and play stations with your little one(s)! Tuesdays from October 2 - November 20, 6:00 pm - 7:30 pm at the Blue Jay Elementary gym; and 6:00 pm - 7:00 pm at Abby Middle School Gym. Ages 0 - 6 years. Cost: FREE!

Family Playtime Drop-in - a free, all-ages family playtime featuring play stations for soccer, hockey, ball toss, hula hoops, slides, Lego, and more! Wednesdays from October 3 - November 28, 6:00 pm - 7:30 pm at Alexander Elementary School gym; and Thursdays from October 4 - December 6, 6:00 pm - 7:30 pm at Jackson Elementary School gym.



Abbotsford Early Years



Free Lending Library—We are excited to announce our new Lending Library at the Sweeney Neighborhood Centre! A few examples of our highly recommended, best-selling parenting books include:

- *Parenting from the Inside Out: How a Deeper Self-Understanding Can Help you Raise Children who Thrive*, by Daniel Siegel, M.D., & Mary Hartzell, M. Ed
- *Peaceful Parents, Happy Kids: How to Stop Yelling and Start Connecting*, by Dr. Laura Markham
- *The Whole Brain Child: 12 Revolutionary Strategies to Nurture your Child's Developing Mind*, by Daniel Siegel, M.D., & Tina Payne Bryson, Ph.D
- *Self-Reg: How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage With Life*, by Dr. Stuart Shanker



Community Breakfast With Santa

Join us for a FREE pancake breakfast, crafts, story time, and visit with Santa! Registration for this event opens on November 15th! Spaces are limited and registration is required. Please visit www.abbycommunity.com to register, or call 604-853-2221 for more information.

APALS - Aboriginal Parents as Literacy Supports

This monthly event for children aged 0 - 6 and their parent(s) / caregiver(s) features children's story time and literacy activities, as well as information on how to support your children with reading! Free dinner provided. November 15th from 5:30—6:45 pm at Alexander Elementary. RSVP to Hand-in-Hand at 604-859-1843, or office@handinhand.ca.



Fraser Valley Regional Library

For more information, visit www.fvrl.bc.ca.

- **Storytime** - Introduce your child(ren) to the love of books and reading! Wednesdays, 10:30 am - 11:00 am, at the Abbotsford Community Library; Thursdays, 10:30 am - 11:00 am at the Clearbrook Library.
- **Pyjama Storytime** - Bring your child in their jammies with their favorite stuffie to enjoy songs, rhymes, stories, and more. Thursdays, 7:00 pm - 7:30 pm at the Clearbrook Library.
- **Babytime** - Enjoying bouncing, rhyming, singing, and reading with your baby! Thursdays, 11:30 am - 12:00 pm at the Abbotsford Community Library.
- **Toddler Time** - Build social skills through rhyming, singing, and play! Mondays, 10:30 am - 11:00 am at the Clearbrook Library.
- **Who Let the Dogs In? Read Aloud to a Therapy Dog!** Practice reading aloud by spending 20 minutes with a trained therapy dog. Thursday, November 29th from 3:00 pm - 4:00 pm at the Abbotsford Community Library. (Free, but registration is required).



Located at the Sweeney Neighbourhood Centre
33355 Bevan Ave.
Abbotsford, BC



EASY SLOW COOKER CHILLI

Make this the night before and then simply turn on the crockpot in the morning to come home to a delicious hot meal, ready to eat! Serves 6—8.

Ingredients:

- 1 lb ground beef
- 1 cup diced onion
- 3 cloves garlic, minced
- 2 10 oz cans of diced tomatoes
- 2 15 oz can kidney beans
- 1 can of mushrooms
- 1/2 tablespoon chili powder
- 1 teaspoon salt
- 1/4 teaspoon black pepper



Directions:

- Cook beef in a skillet on medium heat. Drain grease.
- Place cooked beef and all remaining ingredients into the slow cooker. Stir well.
- Cook on low for 6 - 8 hours.
- Serve with buttered crusty bread and enjoy!

Adapted from www.allrecipes.com

6 EASY WAYS TO BE A GREAT PARENT

- **Take charge** - Setting clear boundaries helps kids understand and manage an often confusing world.
- **Don't try to fix everything** - Giving kids a chance to find their own solutions builds problem-solving skills.
- **Discipline is not punishment** - Enforcing limits builds structure and teaches kids how to behave in the world.
- **Read books together every day** - Even if you child can't yet read, this regular quality time together fosters bonding and builds the foundation for a love of books and reading.
- **Admit when you are wrong and apologize** - This models an important skill!
- **Give yourself a break** - If you have to hit the drive through once in a while because you're too tired to cook, don't give yourself a hard time.



Adapted from www.parents.com

EGG CARTON POPPIES

Supplies:

- An egg carton
- Scissors
- Red paint & paintbrush
- Buttons
- Glue



Directions:

First, cut a cup from the egg carton. Then, cut it so it is rounded. Next, cut little points to make four distinct "petals". Round the petals off. Paint the poppies red. After they dry, glue buttons to the centre. Voila!

Looking for more Remembrance Day resources for young children? Download the free "Take Time to Remember" activity and coloring book from www.veterans.gc.ca/eng/remembrance/information-for/students/take-time-to-remember

