

Abbotsford Early Years

May 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 - in partnership with Abbotsford Early Years



Weekly Drop-in Programs:

Parent and Tot Drop-in Gym: Ages 0 - 5 year olds and parent(s) / caregiver(s). Tuesdays from April 10 - May 29, 6:00 pm - 7:00 pm at Abby Middle School Gym.
Wednesdays from April 11 - May 30, 6:00 pm - 7:00 pm at Blue Jay Elementary School Gym. Cost: FREE

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).



Fraser Valley Regional Library

Storytime for Children: Thursdays from 10:30 am - 11:00 am at Clearbrook Library. Wednesdays from 10:30 am - 11:00 am at Abby Community Library.

Pajama Storytime: Thursdays from 7:00 pm - 7:30 pm at Clearbrook Library.

Who Let the Dogs In? Read Aloud to Therapy Dogs: Thursday, May 31 from 3:00 pm - 4:00 pm at Abby Community Library (registration required).



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.

Sweeney StrongStart will be back at Mill Lake every Thursday from 9:00 am—12:00 pm!

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

Learn, Laugh, and Play Parent and Tot Drop In



Tuesdays at Prince Charles Elementary, 12:30 pm - 2:30 pm
Thursdays at Bradner Elementary, 12:15 pm - 3:15 pm
Fridays at Blue Jay Elementary, 12:15 pm - 2:15 pm



West Abbotsford Community School (WACS)

Reading Rascals: Free crafts, stories, and fun for Kindergarten students and their parents, Tuesdays beginning April 24th, 3:00 pm - 4:00 pm at Clearbrook Elementary School library; Wednesdays from 2:30 pm - 3:30 pm at John Maclure Community School Library.



Abbotsford Community Services

My Daddy and Me: Saturdays from 9:00 am - 10:30 am at the Sweeney Centre.

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



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



CAULIFLOWER MAC AND CHEESE

Your family won't even notice the hidden veggies in this tasty, lightened-up version of a classic family recipe

Ingredients:

- 350 g macaroni pasta
- 1 medium cauliflower cut into small florets
- 1 vegetable stock cube
- 3/4 cup milk
- 1 cup grated cheddar cheese
- 1 tbsp butter
- 1/2 tsp Dijon mustard
- salt and pepper to taste



Topping (optional):

- 1/4 cup grated cheddar cheese
- 1/4 cup panko breadcrumbs

Directions:

- Preheat oven to 400 degrees. Cook the macaroni according to package instructions.
- Place the cauliflower in a saucepan with stock cube. Cover with boiling water and cook for 5 - 6 minutes until softened.
- Drain the cauliflower and place in blender with remaining ingredients. If the mixture is too thick, add a little extra milk.
- Transfer pasta and sauce to a baking dish and mix well. Sprinkle with toppings (if desired). Bake for 10—15 mins and serve!

Source: www.myfussyeater.com

OUTDOOR PLAY IDEAS FOR KIDS

Spending time in nature has so many great benefits for children, and it's FUN! Here are some ideas to get your family outside this spring:

- Tell them it's okay to get dirty, wet, and messy!
- Organize an outdoor play date with some other children at a local park, creek, or lake
- Set a maximum daily time limit for screens
- Plant flowers or a vegetable garden together
- Engage them in fun outdoor activities like fort building, drawing with sidewalk chalk, or riding their bike
- Have a picnic
- Make mudpies or sandcastles
- Catch bugs in a jar
- Have a backyard camping trip



Source: *Active for Life and Good Housekeeping*

POPSICLE STICK FLOWER POTS

Supplies:

- Tin can
- 20 - 30 coloured popsicle sticks
- Rubber band
- Ribbon or twine
- A flower or seeds (beans are a good choice as they sprout and grow quickly)
- Dirt



This is a craft you can do outside to get kids interested in gardening or learning where food comes from!

Directions:

- Peel the label from the can, and wash and dry it.
- Place the rubber band around the can, ensuring it's a snug fit.
- Place the popsicle sticks under the rubber band, making sure there are no gaps. Repeat until the whole can is covered.
- Tie the ribbon around the can to hide the rubber band.
- Fill with dirt, plant your flower or seeds, and watch it grow!

Source: *Pinterest*

