

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](http://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.



For more information, or to register for these programs, please visit [www.abbycommunity.com](http://www.abbycommunity.com) or call 604-853-2221.

**Toddler Music Program** - This program will introduce children to different sounds, instruments and rhythms. Tuesdays beginning January 15th, 9:30 am - 10:30 am at the Sweeney Centre (8 sessions). Ages 2 - 4 years. Cost: FREE!

**Parent and Baby Yoga** - Practice breathing exercises, mindfulness, and simple yoga poses with your baby. Wednesdays beginning January 16th, 1:00 pm - 2:00 pm at the Sweeney Centre (8 sessions). Ages 0 - 1 (not yet walking). Cost: FREE!

*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, beginning January 22 (8 sessions); from 6:00 pm - 7:30 pm at the Blue Jay Elementary 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 beginning January 23rd, (8 sessions); from 6:00 pm - 7:30 pm at Alexander Elementary School gym. All ages. Cost: FREE!



**Storytime** - Wednesdays, 10:30 am - 11:00 am, at the Abbotsford Community Library; Thursdays, 10:30 am - 11:00 am at the Clearbrook Library.



## Community Breakfast With Santa

Join us for a FREE pancake breakfast, crafts, story time, and visit with Santa! Saturday, December 8th at Abby Middle School Gym from 9:00 am - 11:00 am. Spaces are limited and registration is required. Please visit [www.abbycommunity.com](http://www.abbycommunity.com) to register, or call 604-853-2221 for more information.



For more information, or to register, call 604-859-7681 ext. 220, or email [fe@abbotsfordcommunityservices.com](mailto:fe@abbotsfordcommunityservices.com).

Abbotsford Community Services offers a wide range of FREE parenting courses for all types of families, including:

- Triple P—Power of Positive Parenting
- Raising Securely Attached Children
- Maximizing the Early Years
- Raising up a Family (for families with Aboriginal / Metis Heritage)
- And more!



## 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
- And many more!



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



## CLASSIC CHRISTMAS SUGAR COOKIES

Makes 24 cookies

- 1 cup butter
- 1 cup sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 2 teaspoons baking powder
- 2 3/4 cups flour



### Directions:

Cream butter and sugar.

Add egg and vanilla.

Mix all dry ingredients and add slowly to the butter cream mixture until incorporated.

Roll out on lightly floured board to desired thickness.

Use Christmas cookie cutters to cut out shapes.

Bake at 400 degrees for 7–10 minutes.

(The cookies should be light in color and slightly gold-  
en at the edges).

Allow cookies to cool, and then decorate as desired!

Source: [www.geniuskitchen.com](http://www.geniuskitchen.com)

## TALKING AND LISTENING - WHAT TO EXPECT AT DIFFERENT AGES

**Under 12 months:** By 3 months: your baby startles to loud noises; seems to know your voice; seems comforted by your voice when upset / crying; and makes coos, grunt, and gurgles.

By 6 months: your baby turns toward a sound; is interested in sounds, voices, and music; smiles when you smile; and can make sounds like 'mama' and 'gaga'.

**Your 1 year old:** Turns and looks in the direction of sounds; copies sounds and actions that you make; recognises words for everyday objects like 'cup', 'shoe', and 'car'; says their first words; and can point to people and body parts when prompted.

**Your 2 year old:** Can use two words together like "More milk" and 'Mommy eat'; says at least 50 words; understands 2-part sentences like "Get your ball and put it in the box"; Starts using plurals ('boats'), 'ing' ('eating'), and possessives ('baby's bottle').

**Your 3 year old:** Says 3–4 words together, like "I want more milk"; and "Mommy is at work"; Uses more of the little words like 'a', 'is', 'the'; Follows 3 part directions, like "Go to your room, get your socks, and bring them to me"; and can describe feelings and problems, activities, and tell simple stories.

**Your 4 year old** - Understands more concept words like colours, shapes, locations, texture, and time; uses sentences that are longer and more complete ("I want to go outside and play on the swing").

Adapted from [www.parentlinkalberta.ca](http://www.parentlinkalberta.ca)

## COOKIE CUTTER GLITTER ORNAMENTS

### Supplies:

- White glue
- Sealable sandwich bag
- Metal cookie cutters
- Glitter
- Small paintbrush
- Ribbon or string



### Directions:

- Have your preschooler paint the cookie cutter with glue.
- Pour some glitter into a sandwich bag, drop the cookie cutter in, and seal the bag. Have your child shake the bag until the cookie cutter is well covered.
- Remove the cookie cutter and set it on wax paper to dry (for about a day).
- Shake off excess glitter, and tie a ribbon or string at the top to hang it on the tree.

Adapted from [www.parentlinkalberta.ca](http://www.parentlinkalberta.ca)

