

For further information on any programs listed here, call Abbotsford Early Years at 778-880-8554, visit our office Mon-Fri 8:30am-12:30pm, 'Like' our Facebook page (search 'Abbotsford Early Years') or visit www.abbyearlyyears.com for updates



Storytime in the Park

Storytime in the Park is a FREE early learning program for children ages 0 - 6 and their parent(s) / caregiver(s). It is a summer program running from July-August.

Wednesdays at Mill Lake (Bevan Entrance and shelter)

10:00 am-11:30 am

Thursdays at Dave Kandel Elementary

10:00 am-11:30 am

Parent and Tot Drop-in

Parent(s) / Caregiver(s) and their children ages 0 - 5 are invited to come join this free weekly drop-in featuring circle time, physical activities, fine arts, music, literacy, numeracy, science, exploration, and talk—all through play and fun! No registration required!

Mon-Fri at Terry Fox Elementary, 12:15 pm - 2:15 pm

Mon & Wed at Alexander Elementary, 12:15 pm - 2:15 pm

Mon & Wed at Jackson Elementary, 12:30 pm - 2:30 pm

Thursdays at the Sweeney Centre, 5:30 pm-7:30 pm

Saturday at the Sweeney Centre, 1:30 pm-3:30 pm

Wednesday at Blue Jay Elementary, 5:30 pm-7:30 pm

Saturday at Blue Jay Elementary, 9:30 am-11:30 am

Tuesday at Prince Charles Elementary, 5:30 pm-7:30 pm



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Abbotsford Early Years Centre



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Chai Time-Drop-in for Punjabi Dads

This is a FREE drop-in program for Punjabi dads who are expecting a child or who have children to chat about dad life. Every Tuesday from 6:00 pm - 7:00pm at the Old Courthouse Building.

Dad Chat

FREE Drop in group for all fathers in abby or the surrounding area expecting a child or who has a child/ren ages 0-6. The group is a place to discuss parenting, sports, relationships, etc. Runs every Wednesday from 6pm-7pm at the Old Court House.

My Daddy and Me Drop-in

FREE Fun play time for expecting fathers or fathers with children ages 0-6. Meets every Saturday from 9:00am-10:30am at the Sweeney Centre.

Punjabi My Daddy

FREE drop-in play time for Punjabi dads and their children ages 0-6 or expecting Punjabi dads. Meets every Saturday 10:30am-12:00pm at the Sweeney Centre.

For more information, visit www.abbydads.ca



Fraser Valley Regional Library

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

Storytime - 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 - Thursdays, 7:00 pm—7:30 pm at the Clearbrook Library

Babytime - Fridays, 11:30 am - 12:00 pm at the Clearbrook Library; Thursday, 11:30 am— 12:00 pm at Abby Community Library

Toddler Time - Mondays, 10:30 - 11:00 am at the Clearbrook Library

Located at the Sweeney Neighbourhood Centre

33355 Bevan Ave.
Abbotsford, BC



EASY NO BAKE SNACK RECIPE

Serves 4

Ingredients:

1/2 cup Cereal of your choice

20 large round green grapes

1/4 cup 2% plain Greek yogurt

1 tbsp honey

Lollypop sticks or toothpicks



Directions:

- 1) Put cereal in a re-sealable plastic bag. Crush with a rolling pin, transfer to bowl.
- 2) Insert a lollypop stick or toothpick into each grape.
- 3) In small bowl, stir together Greek yogurt and honey.
- 4) Dip each grape into yogurt, then dip bottom half into crushed cereal.
- 5) Stand on wax paper lined baking sheet, refrigerate for 10 minutes.

Source: www.getgreenbewell.com

TIPS & SUPPORT FOR DADS

Communication

Communication is the most essential tool for the success of a marriage and a family. Yet it's a tool that men are not traditionally very good at. Communication can occur in the form of words, body language, emotions, and action. Communication shows respect for all of your family members, ensures that everyone's needs are being met, and reduces and resolves conflict. Talk to your partner and children, but, more importantly, listen to their messages, both obvious and subtle, and communicate back to them that you heard them and understand what they are saying.

Be Emotional

We live in a culture in which expressing emotions by men is considered a weakness. Yet healthy emotional expression, whether positive emotions such as joy and excitement, or less positive ones, such as anger, frustration, or sadness, are essential for personal happiness, healthy relationships, and success in life. Being able to express all emotions is an important part of being balanced and open. A healthy emotional life is a lifelong gift you can give your children. And, contrary to what our culture says, it actually takes strength to be emotionally expressive because it goes against the typical definition of manliness (and going against the tide is about as manly as you can get!).

Source: <https://www.psychologytoday.com/ca/blog/the-power-prime/201012/parenting-8-tips-dads>

Father's Day Craft

Supplies:

- foam paper
- ribbon
- Markers
- Foam letters/Shapes
- Scissors



Looking for a fun interactive Father's Day card! Check out this idea that dad can wear too!

- Start by cutting the foam sheets into the shape of a tie.
- Depending on the age of your child, allow them to colour in the tie using markers or use felt letters and shapes/stickers.
- Cut lengths of ribbon and two holes at the top of the tie.
- String the ribbon through the holes in the felt and tie a knot.
- Give it to dad on father's day and he can wear the tie around his neck!

Source: Pinterest