

# Abbotsford Early Years

# September 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](http://www.abbyearlyyears.com) for updates and news



## StrongStart

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.

## Central Abbotsford Community School - in partnership with Abbotsford Early Years



To register for *Baby Massage* or *Toddler Artist*, visit [www.abbycommunity.com](http://www.abbycommunity.com), or call 604-853-2221. (Parent participation required).

**Baby Massage** - Learn how to give your baby a full body massage utilizing massage, reflexology, and yoga techniques. Tuesdays from October 2 - November 20, 9:30 am - 11:00 am at the Sweeney Centre. Ages 0 - 12 months. Cost: FREE!

**Toddler Artist Program** - A creative art program for toddlers using paints, clay, and more! Wednesdays from October 3 - November 21, 9:15 am - 10:45 am at the Sweeney Centre. Ages 2 - 4 years. 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 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!



## Central Abbotsford Community School

To register, visit [www.abbycommunity.com](http://www.abbycommunity.com) or call 604-853-2221.

**Ballet & Creative Movement** - A fun and exciting introduction to ballet. Thursdays from October 11 - December 6, 5:00 pm - 5:45 pm at Abbotsford Senior School Dance Studio. Ages 3 - 5 years. Cost: \$45.00.



## Fraser Valley Regional Library

All these great drop-in programs are FREE! For more information, visit [www.fvrl.bc.ca](http://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.

**Toddler Time** - Build social skills through literacy and play! Mondays, 10:30 am - 11:00 am at the Clearbrook Library.

**Babytime** - Help your baby develop speech and language skills while bouncing, singling, and rhyming with stories. Tuesdays, 11:30 am - 12:00 pm at the Abbotsford Community Library.

**Exploring Science with the Three Little Pigs - An Interactive Storytime with Hands-On Fun** - Wednesday, September 19 from 10:30 am - 11:00 am at the Abbotsford Community Library.

**Who Let the Dogs In? Read Aloud to Therapy Dogs** - Spend 20 minutes reading aloud to a trained St. Johns Ambulance Therapy Dog! (Registration required). Thursday, September 27 from 3:00 pm - 4:00 pm at the Abbotsford Community Library.



## Abbotsford Community Services

All these drop-in programs are FREE! For more information, visit [www.abbotsfordcommunityservices.com](http://www.abbotsfordcommunityservices.com).

**My Daddy and Me** - A weekly breakfast and play program for Dads and their children ages 0 - 6. Saturdays from 9:00 am - 10:30 am at the Sweeney Centre.

**Family Drop-in** - Join other parents, caregivers, and kids for playtime, crafts, and social interaction and support at the Family Centre.

- Ages 0 - 6 years - Mondays and Wednesdays from 9:00 am - 11:15 am
- Precious Baby (0 - 12 months) - Tuesdays from 9:30 am - 10:30 am
- Toddler Time (0 - 3 years) - Tuesdays from 10:45 - 11:45 am
- Temple Drop-in (birth to 6 years) at Khalsa Diwan Society Sikh Temple, Tuesdays, 10:00am - 11:30am (in Punjabi)

Located at the Sweeney Neighbourhood Centre

33355 Bevan Ave.  
Abbotsford, BC



## ITALIAN CHICKEN MEATBALLS

*Kids will love this tasty finger food! These freeze well, so make a double batch for a quick and easy snack, or serve with rice and a side of vegetables for a complete dinner! Makes 4 servings (16-20 meatballs).*

### Ingredients:

- 500 g boneless, skinless chicken thighs, diced
- 1 egg
- 1/2 cup parmesan cheese
- 1/2 cup breadcrumbs
- 2 cloves of garlic, minced
- 2 teaspoons fresh oregano
- 1/2 teaspoon salt
- olive oil, for frying
- marinara sauce, for dipping (optional)



### Directions:

- Combine all ingredients (except oil and marinara sauce) into a bowl. Knead mixture together until well combined. Form into 1-inch balls.
- Heat oil in a large, non-stick skillet on medium-high heat. Then place meatballs into pan and heat each side until fully browned (approx. 8 minutes). Allow to cool slightly, serve, and enjoy!

*Adapted from [www.geniuskitchen.com](http://www.geniuskitchen.com)*

## 6 WAYS TO EMPOWER YOUR CHILD AGAINST BULLYING

*It's important to talk to your children early about what bullying is, and to help them develop the social skills to stand up to bullying (and to avoid becoming a bully). Here are some tips:*

- Model compassionate, respectful relationships
- Stay connected to your child through thick and thin, so they know they can always turn to you for help and support
- Model confident behaviour with other people
- Teach your child that there is no shame in being frightened by a bully, in walking away, or in telling an adult and asking for help
- Teach your child how to respectfully assert themselves (ex: "Hands off my body" or "I don't like being called that. I want you to call me by my name")
- Practice with roleplays so that your child feels comfortable responding to teasing and provocations



*Source: [Aha! Parenting.com](http://Aha! Parenting.com)*

## MASON JAR LANTERNS

### Supplies:

- Mason Jar
- Mod Podge
- Paintbrush
- Fall coloured tissue paper, ripped into pieces
- Brown construction paper
- Battery-operated candle (you can find these at the dollar store)



*Your child can make a fun fall night-light for their room!*

### Directions:

- Paint one section of the jar at a time with mod podge. Stick the tissue paper pieces to the jar.
- Cut out a tree shape using the brown construction paper, and stick it to the jar.
- Allow to dry, and place the battery-operated candle in the bottom of the jar. Turn out the lights, and admire your creation!

*Source: [www.wheremaginationgrows.com](http://www.wheremaginationgrows.com)*

