

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

National Indigenous Peoples Day - Abbotsford

Thursday, June 21 from 2:00 pm—7:00 pm at Thunderbird Memorial Square (in front of Clearbrook Library). Everyone is welcome at this free community event featuring entertainment, activities, and refreshments.

Come on out and enjoy Sto:lo and Powwow dancing and jigging, storytelling, Salish weaving, and more!



Central Abbotsford Community School - in partnership with Abbotsford Early Years



Food, Family, Fun!: Join us for a free hands-on light dinner, games and activities, and a chance for you and your 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

Toddler Time: Mondays from 10:30 am - 11:00 am at Clearbrook 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, June 21 from 3:00 pm - 4:00 pm at Abby Community Library (registration required).

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



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



StrongStart

StrongStart is a free drop-in early learning program for preschool-aged children accompanied by a parent or caregiver. Closed on all statutory holidays and school holidays.

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



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



HEALTHY BANANA CHOCOLATE CHIP MUFFINS

These muffins prove that healthy can still be delicious! They make great on-the-run snacks for busy summer days.

Ingredients:

- 1.5 cups whole wheat flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1/4 teaspoon salt
- 3 ripe bananas, mashed
- 1/4 cup honey
- 1 tbs vanilla
- 1 egg, beaten
- 1/2 cup plain Greek yogurt
- 1/2 cup mini dark chocolate chips



Directions:

- Preheat oven to 350 degrees. In a medium bowl, stir together flour, baking soda, baking powder, and salt.
- In a separate bowl, whisk together mashed bananas, honey, vanilla, egg, and yogurt.
- Slowly mix wet ingredients into dry just until combined. Stir in chocolate chips. Spoon batter into muffin tin.
- Bake for 20—25 minutes, or until inserted toothpick comes out clean. Cool and enjoy!

Source: www.ambitiouskitchen.com

HOW TO BUILD RESILIENCY IN CHILDREN

Resiliency is the ability to bounce back from setbacks and cope with life's ups and downs. This foundation is built early in life through a child's experiences and relationships with parents, family, caregivers, teachers, and other children.

- Give lots of encouragement and support
- Play with them
- Focus on their strengths
- Be a good role model
- Apologize when you're wrong
- Give them choices and respect their wishes
- Ask questions and really listen to the answers
- Encourage sharing and helping
- Read together



Source: *The Alberta Family Wellness Initiative*

SIDEWALK CHALK PAINT

Supplies:

- 1/2 cup cornstarch
- 2/3 cup water
- food coloring
- small containers (or use a muffin tin to easily hold multiple colours)
- paintbrushes



This fun, inexpensive twist on sidewalk chalk will get your little ones outside and entertained for hours!

Directions:

- Mix together cornstarch and water until dissolved.
- Add drops of food coloring until desired shade is reached. (Note that the colours will appear lighter on the sidewalk than they will in the container).
- You're ready to paint! (When you're finished having fun, the paint will wash away with rain or a hose).

Source: www.happinessishomemade.net

