

Abbotsford Early Years

January 2019

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



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 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.



Healthy Eating on a Budget

This free workshop features a Registered Dietician from Fraser Health who will discuss how to shop for healthy food on a budget! Thursday, January 17th from 10:30 am - 12:00 pm at the Clearbrook Library. To register, call 604-859-7814 or drop by the library.



Abbotsford Community Services

For more information, or to register, call 604-859-7681 ext. 220, or email 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



SHEET PAN TERIYAKI CHICKEN AND VEGETABLES

Serves 4

- 4 medium boneless, skinless, chicken breasts; sliced into 1-inch strips
- 1 red bell pepper, sliced into strips
- 1 head of broccoli, cut into florets
- 2 medium carrots, peeled and sliced
- 1 cup sugar snap peas
- 1/2 cup teriyaki sauce
- Olive oil
- Sesame seeds
- Rice or noodles (optional)



Directions:

Preheat oven to 400 degrees. Line baking sheet with foil, and grease with oil or cooking spray.

Place chicken strips into a bowl, and add teriyaki sauce. Season with salt and pepper.

Place vegetables into a separate bowl, and drizzle with olive oil and salt and pepper. Toss to combine.

Arrange chicken and veggies on baking sheet. Bake for 20–25 minutes (or until chicken is cooked through and veggies are tender). Top with sesame seeds and serve over rice or noodles if desired.

Source: www.justataste.com

LEARNING WITH GAMES

Playing games teaches children to ask and answer questions, give and follow directions, tell stories, take turns and play fair, remember things, learn new words, describe things, and have fun!

You can play and learn together with a board game. Or, here are a few other games you can play:

I Spy: Take turns guessing things that you see. Pick something that you can both see, but don't say what it is. Give clues until your child guesses what you are describing. For example, if you spy a knife, you might say, "I spy something sharp", "I spy something long", or "I spy something that I eat with".

Twenty Questions: Take turns thinking of a person, place, or thing. Don't say what you're thinking of. The other person asks questions to guess what you're thinking of. You can only say "yes" or "no" when you answer. You're only allowed to ask 20 questions to guess what the object is.

What am I?: Take turns giving clues to guess objects that you think of. Your descriptions will sound like a riddle! For example, if you are describing a goldfish, you could say, "I'm orange, I swim, and I have fins. What am I?"



Adapted from www.parentlinkalberta.ca

CLOTHESPIN DRAGONFLIES

Supplies:

- Pipe cleaners
- Clothespins
- Googly eyes
- Paint
- Paintbrush
- Glue



Directions:

- Start by having your little one paint stripes on the clothespin. Allow to dry.
- Put dots of glue on the top of the pin and stick on the eyes.
- Take a pipe cleaner and bend both ends to the middle, and twist. Repeat with a second pipe cleaner.
- Put the "wings" inside the clothespin (you can glue them to secure if you like).
- Display and enjoy!

Adapted from www.craftymorning.com

