

# Abbotsford Early Years

# February 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](http://www.abbyearlyyears.com)



## 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



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

**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!



## Fraser Valley Regional Library

For more information, visit [www.fvrl.bc.ca](http://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; Thursdays, 11:30 am - 12:00 pm at Abby Community Library

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



## Food Skills for Families

Learn how to cook tasty and nutritious low cost recipes at home! This FREE six-week program runs Tuesdays beginning March 5th, from 5:00 pm - 8:00 pm at the Community Aboriginal Centre. For more information or to register, call 604-859-1224 or email [sharon@literacymattersabbotsford.com](mailto:sharon@literacymattersabbotsford.com).



## Abbotsford Community Services

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!



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**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



## LIGHT CHICKEN CEASAR SALAD

Serves 4

- 1 large head of romaine lettuce
- 1 tablespoon extra virgin olive oil
- 1/2 cup plain Greek yogurt
- 1 cup shredded parmesan cheese
- 1 clove of garlic
- Juice of 1 lemon
- 1 tsp Dijon mustard
- 1 lb boneless, skinless chicken breasts
- Croutons



### Directions:

- 1) Make the dressing: Puree (or whisk) the yogurt, 2 tablespoons parmesan cheese, the garlic, lemon juice, mustard, and 2 tablespoons water. Set aside.
- 2) Prepare the chicken: Pound the chicken breasts between 2 pieces of plastic wrap with a rolling pin until 1/2 inch thick. Brush baking sheet with oil and place chicken on sheet. Season with salt and pepper. Broil until golden brown and cooked through (about 5 minutes). Set aside.
- 3) Chop romaine and place in a large bowl. Toss with the dressing, croutons, and remaining parmesan. Top with sliced chicken and enjoy!

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

## 'SERVE AND RETURN' INTERACTIONS

Relationships form through everyday interactions. For healthy brain development, your child needs positive relationships with you, and your partner and/or other important people in their lives.

Brain cell connections become healthier and stronger when you and your child have positive serve-and-return interactions. Serve-and-return interactions are like a game of tennis or volleyball, where the goal is to 'keep the ball in the air'.

When your baby is little, they 'serve the ball' when they coo or lock eyes with you. You 'return the serve' when you smile back, talk gently and return their gaze. This game continues until your baby loses interest and turns away for a rest, then starts all over again when they are ready.

Your child's serve-and-return interactions with you and other people are important throughout your child's life. These type of interactions build and strengthen the brain cell connections your child needs to learn new skills in all areas of development. When you take time to:

- cuddle and care for them, they learn to trust
- watch, listen and respond to your child, they learn that they're important
- read, sing and talk to them, they learn language skills
- play with them, they learn social skills and how to relate to others

Reprinted from [www.healthyparentshealthychildren.ca](http://www.healthyparentshealthychildren.ca)

## HANDPRINT VALENTINE

### Supplies:

- Washable red paint
- Removable heart sticker
- Child's hand
- Paintbrush
- Paper (or get the free printable background featured in this photo -> )



### Directions:

- Use plain paper, or you can download and print the background featured in the photo for free by visiting <https://mommysbundle.com/valentinesprintables/>
- Place the heart sticker in the centre of where your child's palm print will be. Then paint your child's hand red, and stick it on the paper.
- Allow to dry fully. Then, peel the sticker off to reveal the heart. Voila!

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

