

For further information on any programs listed here, call Abbotsford Early Years at 778-880-8554 Mon-Fri 9am-1pm.
Check out our Facebook page (look up Abby Early Years) or visit www.abbyearlyyears.com for updates and news.



Abbotsford Early Childhood

Why do kids struggle? Introducing the Self-Regulation Framework. Presented by Mike McKay, Director of Canadian Self-Regulation Initiative.

Thursday, September 28 6:30pm-8:30pm
Abbotsford Arts Centre, Abby Arts Addition
This is a free event. You must register to attend.

For more information visit www.abbyearlyyears.com
or call 778-880-8554.



Family Centre—The Parenting Place

Visit www.abbotsfordcommunityservices.com or
call 604-859-7681 for more information.

Mondays, 9:00am-11:15am – Community Drop-in
(birth to 6 years) at Family Centre

Tuesdays, 9:30am-10:30am – Precious Baby Drop-in
(birth to 12 months) at Family Centre

Tuesdays, 10:45am-11:45 am – Toddler Time Drop-in
(birth to 3 years) at Family Centre

Tuesdays, 10:00am-11:30am – Temple Drop-in
(birth to 6 years) at Khalsa Diwan Society, Sikh Temple

Wednesdays, 9:00am-11:15am – Community Drop-in
(birth to 6 years) at Family Centre

Thursdays, 9:30am-10:30am – I Got You Babe (6-23
month olds) at Family Centre

Saturdays, 9:00am-10:30am – My Daddy and Me (birth to
6 years) at Sweeney



Fraser Valley Child Development Centre

Playworks! Is a free drop-in program for parents and their
children 0-5 years old to play, ask questions and have fun.
Call 604-852-2686 ext 252 for more information.

Mondays from 12:30pm-2:00pm at Sweeney
starting Sept 25.



StrongStart

StrongStart is a free drop-in early learning program for
preschool-aged children accompanied by a parent or
caregiver.

Opens September 25th. Closed on all school vacation and
professional development days.

Go to www.abbyearlyyears.com for the schedule, or call
778-880-8554.



Central Abbotsford Community School

Call 604-853-2221 or visit www.abbycommunity.com
for more information and to register.

Sweeney Neighbourhood Programs starting the week of
Oct 2nd. Register on-line. These are all 8-week programs.

- Story & Music for 2-3 year olds & adult
on Mondays 5:00pm-5:45pm
- Little Picasso for 4-5 year olds & adult
on Mondays 6:00pm-6:45pm
- Lego Storytime for 2-5 year olds & adult
on Tuesdays 1:00pm-2:00pm
- Jitterbug Dance for 2-4 year olds & adult
on Fridays 1:30pm-2:00pm

Parent & Tot Drop-Ins—Starting week of Oct 3 for 8 weeks

- Tuesdays 6:00pm-7:00pm, Abbotsford Middle Gym
- Wednesdays, 6:00pm-7:30pm, Alexander Elem Gym
- Wednesdays, 6:00pm-7:00pm, Blue Jay Elem Gym
- Thursdays, 6:00pm-7:30pm, Jackson Elementary Gym

Daddy & Me Drop-In—Starting Oct 4 for 8 weeks

- Wednesdays, 6:00pm-7:00pm, Abbotsford Middle Gym



Sto:Lo Nation

Family Drop-In at Aboriginal Family Place
3277 Gladwin Road, Abbotsford
Tuesdays & Thursdays 1:00pm-3:00pm
Call 604-824-3276 for more information.



Early Years
Centre

Abbotsford



Located at the Sweeney Neighbourhood Centre

33355 Bevan Ave.
Abbotsford, BC



CORN CHOWDER RECIPE

Credit: www.jamieoliver.com

- 1 stalk celery
- 1 medium onion
- olive oil
- ½ teaspoon dried thyme
- 1 tablespoon all-purpose flour
- 3 ½ cups milk
- 1 medium potato, peeled and cut into little cubes
- 3 spring onions
- 1 cup corn - frozen or fresh*
- Parsley for garnish



1. Pull the leaves from the celery stalks and set them aside. Chop your celery and onion. Heat the olive oil in a medium saucepan over a medium heat. Add the celery (not the leaves), onion, and thyme. Stir until the vegetables start to brown.
 2. Sprinkle the flour over the veggies and stir for a few more minutes. Pour in the milk, add the potato and bring to a boil, stirring the whole time so the soup doesn't stick to the pot. Cook until the potatoes are tender, but not mushy – this will take around 10 minutes.
 3. Meanwhile, chop the celery leaves, trim the ends off the spring onions and slice them thinly. When the potatoes are tender, stir in the corn, spring onion and celery leaves. Bring the soup back to a boil, then serve.
- *To use fresh corn from the cob, boil the corn for 10 minutes, allow it to cool, and cut the corn from the stalk.
- Serves 4.

CHANGING FAMILY ROUTINES



Summer is wonderful as the days are longer and the kids are up later, but how do you have them adjust to a more reasonable bedtime and a new routine required for daycare, preschool or school? BC Council for Families gives these suggestions:

Children do best with routines that are predictable and consistent. Regular bedtime routines, for example, are not only a great time for parents and children to bond, but they can also help children sleep better and longer. Tips for creating routines:

- Tell your children about their new routines in advance
- Provide as much information as you can about new routines
- Think about how much time your family needs to get ready for an activity by working backwards
- Break routines down into steps, if needed (such as everything that needs to be done before your child leaves for school)
- Remind your children when something will happen (bedtime will be in 30 minutes)
- Have your children help you create a schedule (use pictures or drawings for younger children), and post it somewhere they can easily see



HOMEMADE BUBBLES!



Measure 6 cups of water into one container, then pour 1 cup of dish soap into the water and slowly stir it until the soap is mixed in. Try not to let foam or bubbles form while you stir. Measure 1 tablespoon of glycerin or 1/4 cup of corn syrup and add it to the container. Stir the solution until it is mixed together.

Try making bubble wands out of pipe cleaners and pony beads!



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