

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

## **Abbotsford Early Childhood**

Why do kids struggle? This second session is all about Understanding Anxiety. Presented by Mike McKay, Director of Canadian Self-Regulation Initiative.

Thursday, October 19, 6:30pm-8:30pm  
Abbotsford Arts Centre, Abby Arts Addition  
This is a free event. You must register to attend:  
<https://parentevening2.eventbrite.ca>

For more information visit [www.abbyearlyyears.com](http://www.abbyearlyyears.com) or call 778-880-8554.

## **Family Centre—The Parenting Place**

Visit [www.abbotsfordcommunityservices.com](http://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

\*NEW\* Tuesdays, 6:00pm-7:30pm – Evening Drop-in (birth to 6 years) at Family Centre starting October 10

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



## **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.



## **StrongStart**

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

Go to [www.abbyearlyyears.com](http://www.abbyearlyyears.com) for the schedule, or call 778-880-8554.



## **Central Abbotsford Community School**

Call 604-853-2221 or visit [www.abbycommunity.com](http://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

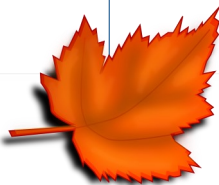
- Wednesdays, 6:00pm-7:00pm, Abbotsford Middle Gym



## **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.



Early Years  
Centre

Abbotsford



Located at the Sweeney Neighbourhood Centre

33355 Bevan Ave.  
Abbotsford, BC



## SLOW-COOKED CHILI

Yield: 6 (1 ¼ cup) servings

- 1 lb. lean ground beef
- ½ lb bulk Italian sausage (or just take a few sausages and remove the meat from the casing)
- ½ cup chopped onion
- 1 (796 mL) can whole tomatoes, undrained, cut up
- 1 (540 mL) can tomato sauce
- 1 tsp sugar
- 1 to 1 ½ tsp cumin
- 2 tsp chili powder
- 1 tsp dried oregano leaves
- 1 (540 mL) can red kidney beans, drained
- 1 (540 mL) can garbanzo beans, drained, rinsed

In large skillet, cook ground beef, sausage and onion until beef is browned and thoroughly cooked. Drain.

In 3 ½ to 4-quart slow cooker, combine browned meat and onion with all remaining ingredients. Mix well.

Cover. Cook on low setting for 7 to 8 hours or until thoroughly heated.

Serving suggestions: Serve on top of rice. Garnish with sour cream and cheese.



## PARENT TRAPS & HOW TO AVOID THEM!

With the pressures that come with being a parent it's easy to fall into one of the common parenting traps. Here are some of them:

**The "criticism" trap** is when you often battle with your child. You start to criticize them and soon you are threatening and yelling. Arguments like this leave both parent and child feeling angry. If you have these battles a lot, it's time to try a new way of handling the situation.

**The "leave them alone" trap** is when parents don't praise their child when they are behaving well. Kids might start misbehaving for attention. Try to praise behaviours you would like to see more often.

**The "for the sake of the children" trap** occurs when parents in unhappy marriages don't address their problems, for the sake of their children.

**The "perfect parent" trap.** There is no such thing as a perfect parent. Trying to be one will only lead to disappointment, anger and guilt.

**The "martyr" trap** is one where parents neglect their own needs. You don't have to devote all your time to your child. Good parenting only happens when adults look after their own needs, too.

Source: *Triple P – Positive Parenting Program*®



## PAPER PLATE LEAVES

### Supplies:

- Large Paper Plates
- Brown Cardstock
- Tissue Paper in Fall colours
- Scissors
- School Glue
- Stapler



First cut your paper plates down to look like leaves. Try a football shape or a shape with some curved triangles taken out. Cut/tear your tissue paper into small squares.

Take your paper plate cut-outs and put a good amount of glue all over them. Have children place the tissue paper on top of the glue in a mosaic design, until they are completely covered. Cut out a simple stem out of some brown cardstock. To finish off the leaves, staple the stems to the finished paper plates.

Then add other embellishments you may see fit before setting aside to let it all dry completely. Then display proudly! You can also use these as place cards – just write the names in felt on the stems.

