

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 (search 'Abby Early Years') or visit www.abbyearlyyears.com for updates and news



Abbotsford Early Childhood

'Why do kids struggle? Ready for Kindergarten?' This third session in the Self-Regulation series is all about how to ensure children are ready to be successful in Kindergarten.

Presented by Mike McKay, Director of the Canadian Self-Regulation Initiative, and Donna Wright, District Principle, Early Learning - Abbotsford School District.

Thursday, December 7, 6:30pm-8:30pm

Abbotsford Arts Centre, Abby Arts Addition

This is a free event. You must register to attend:

<https://parentevening3.eventbrite.ca>

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



Central Abbotsford Community School

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

Free 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 Regional Library

Storytime for children - Wednesdays 10:30am-11:00am at Abbotsford Community Library (next to Sweeney),
Thursdays 10:30am-11:00am at Clearbrook Library.

Pajama Storytime - Thursdays 7:00pm-7:30pm at Clearbrook Library.

Visit www.fvrl.ca for more information.



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.



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.

New this fall: Sweeney StrongStart is at Mill Lake every Thursday - rain or shine!

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



Family Centre - The Parenting Place

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

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-11:45am

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

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

Single Mother's Support Group (free childcare available) - Thursdays 6:00pm-8:00pm (registration required)



Sto:Lo Nation

Aboriginal Family Place—Mobile Outreach Program
Free weekly outings, fieldtrips, and playgroups for children aged 0-6 and their caregivers. Light snack and transportation available. Thursdays from 9:30 am - 12:30 pm in November.

You must register to participate - call 604-302-2566.



Early Years
Centre

Abbotsford



Located at the Sweeney Neighbourhood Centre

33355 Bevan Ave.
Abbotsford, BC



SLOW-COOKER VEGETABLE BEEF BARLEY SOUP

Serves 4-5

- 1lb stew beef (round or chuck), diced
- 1 cup chopped carrots
- 3/4 cup diced celery
- 1 yellow onion, chopped
- 1(16 ounce) can diced tomatoes
- 1/4cup frozen corn
- 1/4cup frozen green beans
- 1/3 cup barley
- 2 bay leaves
- 1 teaspoon salt
- 5 cups beef broth

Directions:

Brown beef in frying pan.

Place carrot, celery, onion, corn, and green beans in crock pot.

Put meat on top.

Combine tomatoes (and their juice), barley, and salt. Pour over meat.

Add beef broth. Do not stir.

Cover and cook on low for 6 –8 hours.

Enjoy!



SELF-REGULATION TIPS FOR CHILDREN

In a nutshell, self-regulation is the ability to adapt thoughts, emotions, and behavior to meet the demands of the current situation. This is a skill children develop slowly as they mature.

Self-regulation tips for infants:

Infants can become overstimulated from bright lights, loud noises, and strong smells. Signs that your infant may need to self-regulate include crying, sucking fingers or thumbs, turning away from loud noises or bright lights, or balling their hands into fists.

- speak in a soothing, singsong voice
- hold and cradle them
- swaddle them
- rub their back
- sing to them



For toddlers and up:

If children are lethargic in the morning:

- give them a cold drink to sip through a straw, or a frozen grape to suck on
- have an impromptu dance party
- listen to energizing music

To help children calm down:

- dim the lights and turn on soft music when it is time for nap or bedtime
- give them a warm bath before bed
- do deep breathing exercises (breathe in for 4 seconds, hold for 4 seconds, breathe out for four seconds. Repeat.)
- try a guided audio bedtime meditation for kids (lots of great free ones on YouTube)

Sources: *Helping Infants and Toddlers Learn Self-Regulation*, by Karen Walker; *Today's Parent*

EGG CARTON POPPIES

Supplies:

- An egg carton
- Scissors
- Red paint
- A paintbrush
- Buttons
- Glue



What to do:

First, cut a cup from the egg carton. Then, cut it so it is rounded.

Next, cut little points to make four distinct "petals". Round the petals off.

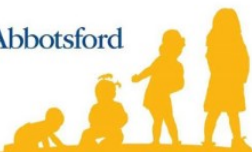
Paint the poppies red. After they dry, glue buttons to the centre. Voila!

Looking for more Remembrance Day resources for young children? Download the free 'Take Time to Remember' activity and coloring book from www.veterans.gc.ca/eng/remembrance/information-for/students/take-time-to-remember



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