

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



Central Abbotsford Community School

Call 604-853-2221 or visit www.abbycommunity.com for more information and to register. Subsidy is available for families in need. All sessions below take place at the Sweeney Neighborhood Centre:

Baby Massage - ages 0-1, Tuesdays beginning January 16th, 9:00 am - 10:30 am, cost: \$10 (8 sessions)

Story and Music - ages 2-3 years, Mondays beginning January 15th, 5:00 pm - 5:45 pm, cost: \$40 (8 sessions)

LEGO Storytime - ages 2-5 years, Wednesdays beginning January 10th, 12:30 pm - 1:30 pm, cost: \$10 (8 sessions)

Dinosaurs Galore - ages 3-5 years, Fridays beginning January 12, 9:00 am - 10:00 am, cost: \$10 (8 sessions)

Little Picasso - ages 4-5 years, Mondays beginning January 15th, 6:00 pm - 6:45 pm, cost: \$30 (8 sessions)



Fraser Valley Regional Library

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

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

Babytime—December 4th and 11th, 11:30 am - 12:00 pm at Clearbrook Library

Family Christmas Celebration - December 6th, 3:00 pm - 5:00 pm at Clearbrook Library

It's Beginning to Look a Lot Like Christmas—Dec 12, 6:30 pm—8:00 pm at Clearbrook Library

Visit www.fvrl.ca for more information.



Community Breakfast With Santa

Join us for a free pancake breakfast, crafts, storytime, and visit with Santa on December 9th! Spaces are limited and registration is required. Please visit www.abbycommunity.com to register, or call 604-853-2221 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.

Sweeney StrongStart is at Mill Lake every Thursday - rain or shine! 'Like' the Abby Early Years Facebook page for info on schedule changes or closures.



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-11:45 am

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, 9:00 am—10:30 am

Single Mothers Support Group (free childcare available) - Thursdays 6:00 pm—8:00 pm (registration required)



Located at the Sweeney Neighbourhood Centre

33355 Bevan Ave.
Abbotsford, BC



CLASSIC CHRISTMAS SUGAR COOKIE RECIPE

Makes 24 cookies

- 1 cup butter
- 1 cup sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 2 teaspoons baking powder
- 2 3/4 cups flour



Directions:

Cream butter and sugar.

Add egg and vanilla.

Mix all dry ingredients and add slowly to the butter cream mixture until incorporated.

Roll out on lightly floured board to desired thickness.

Use Christmas cookie cutters to cut out shapes.

Bake at 400 degrees for 7–10 minutes.

(The cookies should be light in color and slightly golden at the edges).

Allow cookies to cool, and then decorate as desired!

Recipe courtesy of www.geniuskitchen.com

TIPS FOR HELPING FAMILIES WITH YOUNG CHILDREN ENJOY THE HOLIDAYS

The holidays can be a fun, exciting time filled with catching up with family and friends, sharing delicious meals, and making memories. It can also be a busy and sometimes stressful time. Here are a few ideas to help children and families have a fun, safe, and happy holiday season:

- 1) Arrange visits and outings around children's nap times and early bedtimes. Adequate sleep will help your little ones be at their best.
- 2) Tell children the plan for the day, including where you will be going and who you will be seeing. Children respond well to predictability.
- 3) Pack some nutritious snacks and encourage your children to enjoy those in addition to holiday treats. It's an easy time of year to overload on sugar.
- 4) If possible, try not to plan too many things for a single day, and space out visiting over a few days. This can help prevent children from getting overwhelmed and overstimulated.
- 5) Ask your children for input on what they would like to do, and give them small jobs to do (such as helping to set the table). When kids feel more involved in holiday activities, they are more likely to participate and to enjoy themselves.
- 6) Most of all, HAVE FUN!

Merry Christmas

Sources: Ngala Parenting with Confidence; Psychology Today

REINDEER FOOTPRINT CARDS

Supplies:

- Coloured cardstock
- White paper
- Paint
- Glue
- Marker
- Googly eyes
- Pom pom



What to do:

- 1) Paint your child's foot and have them step down in the middle of the white paper. Allow it to dry (or use a blowdryer on a cool setting).
 - 2) Glue on the googly eyes and pom pom nose. Then draw the antlers.
 - 3) Stick the white paper to the coloured cardstock.
 - 4) Proudly display, or send to family and friends to wish them a Merry Christmas!
- Craft idea courtesy of Pinterest*



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