

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



## Abbotsford Early Childhood

'Why Do Kids Struggle? Self Regulating through Nature and Play' - this is the third session in our four-part series about Self-Regulation.

Presented by Mike McKay, Director of the Canadian Self-Regulation Institute and Kiran Sidhu, Director of Supported Child Development, Fraser Valley Child Development Centre.

Thursday, January 18, 6:30pm - 8:30pm at the Abbotsford Arts Centre (Abby Arts Addition). This is a free event, but you must register to attend:

<https://parentevening3.eventbrite.ca>

For more information, visit [www.abbyearlyyears.com](http://www.abbyearlyyears.com) 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. 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, 9:00am - 10:30am, cost: free (8 sessions)

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

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

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

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



## Fraser Valley Regional Library

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



## 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.

'Like' the Abby Early Years Facebook page for info on schedule changes or closures.



## Family Centre - The Parenting Place

Visit [www.abbotsfordcommunityservices.com](http://www.abbotsfordcommunityservices.com) or call 604-859-7681 for more information.

### Drop-in:

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, 9:00am - 10:30am

### Courses for parents:

(free, but registration is required. Childcare is available.)

Single Mothers Support Group - Thursdays 6:00pm - 8:00 pm

The Parent Project - Tuesday & Thursday mornings, 9:30am - 11:30am, January 17 - March 23 (20 sessions)

Raising Securely Attached Children - Wednesday mornings 9:30am - 11:30am, January 11 - February 15 (6 sessions)



Early Years  
Centre

Abbotsford



Located at the Sweeney Neighbourhood Centre

33355 Bevan Ave.  
Abbotsford, BC



## ONE POT BEEF AND MUSHROOM STROGANOFF

Makes 4 servings

- 2 tbsp butter
- 2 cloves garlic, minced
- 1/2 lb ground beef
- 8 oz fresh mushrooms, sliced
- 2 tbsp flour
- 2 cups beef broth
- 8 oz broad egg noodles
- 1/3 cup sour cream
- Salt and pepper



### Directions:

- Sauté butter and garlic over medium heat for about one minute. Add the ground beef and continue to cook until it is browned.
- Add the mushrooms to the pot and season with salt and pepper. Continue to sauté until the mushrooms are soft (about 5 minutes). Add the flour and sauté about 2 minutes more.
- Add the beef broth and scrape any flour off the bottom on the pot. Add the uncooked egg noodles. Bring to a boil, then reduce heat to low and simmer for approx. 7–10 minutes, stirring occasionally, until liquid is absorbed and noodles are tender.
- remove from heat, stir in sour cream, and enjoy!

Source: Budget Bytes

## HELPING CHILDREN GET BACK INTO A ROUTINE AFTER THE HOLIDAYS

The holiday break is often a fun, exciting, and busy time for families. With a little extra effort at transitioning your little ones back to their regular routine, you and your family can get off to a smooth start for 2018. Here are a few tips:

- Near the end of the holiday break, start reminding them that preschool / daycare / etc. will begin again soon. You can do a “count down” with them out loud or on a calendar (ex: “3 more days until daycare starts again!”).
- Bedtimes and other routines often get disrupted over holiday breaks. Try getting children back on bedtime / nap time schedules a few days before routines go back to normal to help ease the transition.
- Make a little time for extra snuggles. It can be difficult for young children to have to separate from their parents and loved ones after enjoying extra time together over the holidays. They may feel a little more “clingy” when the regular routine begins again and parent(s) may have to go back to work and/or kids may go back to school or daycare.
- Try to have a little extra patience with yourself and your little ones for the first week or so. Getting back to the regular routine can be a little challenging for everyone, but it soon passes.

Sources: ParentWise Canada, Primrose, The Bub Hub

## SENSORY SNOWSTORM BOTTLE

### Supplies:

- Water bottle (“Voss” bottles work best)
- Corn syrup, mineral oil, or baby oil
- Glitter or coloured glitter glue
- Lightweight sequins, snowflakes, etc.
- Glue gun



Sensory bottles are easy to make and kids love to shake them up and watch the contents slowly settle. Get creative with what you add! This is a great tool for helping children to self-soothe and self-regulate.

- Empty approximately 1/2 of the water bottle, and add oil or corn syrup. Then add the glitter, sequins, etc.
- Experiment a little to find the right mix of water, glitter, sequins, and oil / syrup. Test out shaking the bottle and watching the contents settle.
- Once you’re happy with your bottle, glue on the top and watch your child enjoy!

Source: Pinterest



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