

# Abbotsford Early Years

# February 2018

For further information on any programs listed here, call Abbotsford Early Years at 778-880-8554, visit our office Mon-Fri 9am-1pm, 'Like' our Facebook page (search 'Abbotsford Early Years') or visit [www.abbyearlyyears.com](http://www.abbyearlyyears.com) for updates and news



## Ready for Kindergarten?

Preparing your child for Kindergarten—What should they be able to do? What will teachers expect of you and your child? Is your child socially and emotionally ready to start school?

Join Mike McKay, Director of the Canadian Self-Regulation Initiative, and Donna Wright, District Principle, Early Learning, for the answers to these questions and more.

Thursday, February 15, 6:30 PM—8:30 PM at the Abby Arts Addition (2329 Crescent Way). This event is free! Register at [https://ready\\_for\\_k.eventbrite.ca](https://ready_for_k.eventbrite.ca). A limited number of free childminding spaces are available by calling 778-880-8554.



## Abbotsford School District

'Social-Emotional Health: Perspectives for Parents as we Support our Children's Development'. Presented by Mike McKay, Director of the Canadian Self-Regulation Initiative.

This parent session will provide an opportunity for participants to rethink and reshape many of the routines that have long defined the adult-child relationship and the child's place in the world.

Thursday, February 22, 6:00pm - 7:00pm at the Abbotsford Arts Centre (Abby Arts Addition). This is a free event, but registration is required:  
<https://sharedlearningparentnight.eventbrite.ca>



## Central Abbotsford Community School & Abby Early Years



Early Years  
Centre

Food, Family, Fun! - join us for a FREE family-style dinner, games and activities, and a chance for you and you little one(s) to make friends and have fun! Drop-in every Thursday from 5:30—7:30, beginning February 1.

**Please advise us each week no later than Tuesday at 1:00 PM if you plan to attend that Thursday** (simply email [abbyearlyyears@gmail.com](mailto:abbyearlyyears@gmail.com), call 778-880-8554, or message us on Facebook).



## 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.

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

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

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



## Aboriginal Family Place—Mobile Outreach Program

Join in every Thursday from 9:30 am—12:30 pm for a different community outing! Activities include skating, swimming, and more. A light snack is provided and transportation is available. The program is free, but registration is required each week. Call 604-997-5984 for more info or to register.



Early Years  
Centre | Abbotsford



Located at the Sweeney Neighbourhood Centre  
33355 Bevan Ave.  
Abbotsford, BC



## HEART-SHAPED CALZONES

### Ingredients:

- 2 tubes of premade dough (like Pillsbury)
- 750 mL can of pizza sauce
- Shredded cheese
- Your favorite pizza toppings (ex: pepperoni, mushrooms, tomatoes, ham, pineapple, etc.)
- Large heart shaped cookie-cutter



### Directions:

- Roll out the dough. Use the cookie cutter to cut out an even number of hearts.
- Spread a small amount of pizza sauce onto the center of each heart.
- Add a few toppings to half of the hearts.
- Take the remaining hearts and place them on top of the ones with fillings.
- Crimp the edges of the calzones together with a fork.
- Bake at 400 degrees until lightly browned (approx. 10—15 mins).
- Serve with pizza sauce for dipping!

Source: Parenting Magazine

## CELEBRATING LOVE AS A FAMILY ON VALENTINE'S DAY

*Valentine's Day can be a great opportunity for families to let each other know how much they are loved.*

- Make homemade Valentine's Day cards for each other, and open and read them aloud together.
- Enjoy a love-themed breakfast, dinner, or desert together as a family. (Some ideas are heart-shaped French toast or toast with jam, heart shaped meatloaf, or try our heart-shaped calzone recipe!). Or, send a heart-shaped sandwich with your child for lunch, along with a note telling them why you love them so much.
- After dinner, go around the table and each person can say what they love most about the person to their right.
- Have a family movie night. Get everyone cuddled up on the coach with pillows and blankets and enjoy a Valentine's Day themed movie like Lady and the Tramp, Beauty and the Beast, or A Charlie Brown Valentine.
- Have a love-themed scavenger hunt! Hide paper hearts around the house or yard, and have a small prize for whoever finds the most (and some consolation prizes for the runners up of course ;)

Sources: Aha! Parenting, Urban Sitter, Parenting Magazine

## 'LOVE' FOOTPRINT ART

### Supplies:

- Cardstock or canvas (you can find these at the dollar store)
- Paint
- Your little one's feet



*This craft makes a wonderful gift idea or card for a parent, grandparent, or any other special person in your child's life.*

- Start by sketching out in pencil where the letters L, O, and E will go, as well as approximately how much space your child's feet will take up to make the V.
- Generously paint your child's left foot first (this is the fun part!) and help them to step down onto the right spot on the canvas (or cardstock). Allow the canvas to dry (you can also use a blow-dryer on a cool setting).
- Repeat the process with the right foot, and allow to dry.
- Add the other letters, as well as any additional details like hearts, glitter, the date, and your child's name / age.

Source: Pinterest

