

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 for updates and news

Springtime Family Fun Day!



Join us for this free family event at the HighStreet Mall Community Room, April 17th from 10:30 am - 3:30 pm. Featuring balloon twisters, face-painters, crafts, Storytime by StrongStart, and more!



Central Abbotsford Community School - in Partnership with Abbotsford Early Years



Registered Programs:

Baby Massage: Ages birth - 1 year, Tuesdays beginning April 10th, 9:00 am - 10:30 am, cost: FREE (8 sessions)

Jitterbug Dance: Ages 2 - 4 years, Wednesdays beginning April 11th, 1:30 pm - 2:00 pm, cost: FREE (8 sessions)

Cooking for Babies to Toddlers: Ages: parents / guardians, Wednesdays beginning April 11th, 6:45 pm - 8:00 pm, cost: FREE (8 sessions)

Weekly Drop-in Program:

Food, Family, Fun!: join us for a free hands-on light 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.

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, call 778-880-8554, or message us on Facebook).

APALS Aboriginal Parents as Literacy Supports

For more information or to register, call 604-859-1843 or email office@handinhand.ca

Storytime and activities for children ages 0 - 6 and their parent(s) / caregiver(s). Dinner included. April 19th from 5:00 pm—6:45 pm. Cost: Free.

Learn, Laugh, and Play Parent and Tot Drop In



Tuesdays at Prince Charles Elementary, 12:30 pm - 2:30 pm
Thursdays at Bradner Elementary, 12:15 pm - 3:15 pm
Fridays at Blue Jay Elementary, 12:15 pm - 2:15 pm



West Abbotsford Community School (WACS)

For more information or to register, visit www.westabby.org or call 604-853-2221 ext. 6

Reading Rascals: Free crafts, stories, and fun for Kindergarten students and their parents, Tuesdays beginning April 24th, 3:00 pm - 4:00 pm at Clearbrook Elementary School library; Wednesdays from 2:30 pm - 3:30 pm at John Maclure Community School Library.



Abbotsford Community Services - Courses for Parents

For more information or to register, visit www.abbotsfordcommunityservices.com or call 604-859-7681

The Parent Project: Tuesday and Thursday mornings beginning April 10th, 9:30 am - 12:15 pm

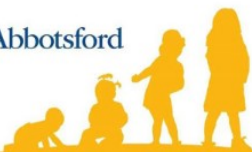


StrongStart

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.

Starting April 12th, Sweeney StrongStart will be at Mill Lake every Thursday from 9:00 am—12:00 pm!

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



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



PORK CHOP SKILLET DINNER

Ingredients:

- 4 pork loin chops
- 1/2 cup beef broth
- 4 medium potatoes, cut into fourths
- 4 carrots, cut into 1-inch pieces
- 2 medium onions, chopped
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- chopped fresh parsley, for garnish.

Directions:

- Spray nonstick skillet with cooking spray and heat skillet to medium-high. Add pork chops and cook each side until browned (about 5 minutes).
- Add the rest of the ingredients to the pan. Heat to boiling, then reduce heat, cover, and simmer for about 30 mins (or until veggies are tender).
- Sprinkle with parsley and serve.



Source: Betty Crocker

SPRING SAFETY TIPS

Spring is the time for getting outside and enjoying the sunshine after a long winter of rain, snow, and overcast skies. Make sure your family has fun and stays safe with these tips:

- **Sunscreen** - It's wonderful to see the sun again, but the sun's rays can be harmful even before the weather gets really hot. Remember to lather yourself and your little ones in sunscreen before you head outside.
- **Helmets** - When your child uses their bike, scooter, skateboard, or rollerblades, ensure they have a well-fitting helmet on to protect them from injury.
- **Have a Safety Talk** - This is a good time to refresh kids on road safety rules like looking both ways before crossing the street, keeping an eye out for cars, and staying on the sidewalk.
- **Stay Hydrated** - Children are more prone to dehydration than adults. Ensure they are drinking enough fluids throughout the day, especially in warm weather.



Source: www.parents.com

FRUITY RAINBOW CRAFT

Supplies:

- Construction paper or cardstock
- Glue
- Scissors
- Rainbow-coloured cereal (like Fruit Loops)
- Cotton Balls



This sunny craft will help your child practice their fine motor skills while creating something beautiful!

- Start by tracing where each 'ray' of the rainbow will go (an adult might need to help with this part).
- Apply glue to the 'ray', one small section at a time, and stick the cereal on.
- Repeat this process for each ray.
- Glue cotton ball 'clouds' at the bottom of the rainbow.
- Cut out the completed rainbow and display!

Source: [Pinterest](https://www.pinterest.com)



Early Years
Centre

Abbotsford



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