

Abbotsford Early Years

Summer 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 for updates and news



Summer StrongStart

Strong Start is a FREE early learning program for children ages 0—5 and their parent(s) / caregiver(s). Check out all the dates, times, and locations for this summer, including 2 outdoor sessions and an evening session!

Clearbrook Elementary: July 10 - August 24, Tuesday through Friday, 9:00 am - 12:00 pm

Prince Charles Elementary: July 10 - August 22, Tuesday through Friday, 9:00 am - 12:00 pm

Sweeney Centre: July 9 - August 24, Mondays and Wednesdays, 9:00 am - 12:00 pm; Thursday evenings from 5:30 pm - 7:30 pm

Mill Lake (Bevan Ave picnic shelter): July 10 - August 21, Tuesdays, 9:15 am - 11:45 am

Ellwood Park (playground): July 12 - August 23, Thursdays, 9:15 am - 11:45 am



Fraser Valley Regional Library

Abbotsford Community Library (next to Sweeney):

Wacky Wednesdays - Stories, singing, crafts, laughter, and more! For kids of all ages. Wednesdays from 10:30 am - 11:30 am

Norden The Magician - Thursday, July 5th from 11:00 am - 11:45 am

Storyteller Shayna Jones - Saturday, July 21st from 11:00 am - 11:45 am

Clearbrook Library:

Storytime - Thursdays from 10:30 am - 11:00 am

Summer Bash - An outdoor summer celebration with bubbles, games, face painting, watermelon, and more! Saturday, July 7th from 12:30 pm - 2:00 pm. Followed by a show from Norden the Magician from 2:00 pm - 2:45 pm.

Pyjama Picnic - Thursday, July 12th from 7:00 pm - 7:30 pm

Storyteller Shayna Jones - Wednesday, July 18th from 11:00 am - 11:45 am



Storytime in the Park



Join us for FREE storytime at Mill Lake every Wednesday morning this summer! Come out for some stories, and stay to play.

Ages 0 - 6 with parent(s) / caregiver(s), Wednesdays from July 4 - August 22, 10:00 am - 11:00 am (weather permitting) at Mill Lake—Bevan Rd Playground area.



Food Skills for Families

Learn how to cook tasty and nutritious low-cost recipes at home! Attend this FREE 6 week program!

Every Tuesday from July 3—July 31, from 9:30 am—1:30 pm at the Community Aboriginal Centre on Gladwin Rd.

For more information or to register, call Sharon at 604-859-1224 or email sharon@literacymattersabbotsford.com.



Abbotsford Community Services

My Daddy and Me: Saturdays from 9:00 am - 10:30 am at the Sweeney Centre

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



Located at the Sweeney Neighbourhood Centre

33355 Bevan Ave.
Abbotsford, BC



KID-FRIENDLY PASTA SALAD

This recipe makes a great side dish for a summer barbeque, or to enjoy all on its own! Kids will have a great time helping to mix the prepared ingredients together.

Ingredients:

- 12 oz fun-shaped pasta (such as bowtie or corkscrew)
- 1/4 cup cubed ham pieces
- 1/2 cup mayo
- 1/2 cup whole milk
- 4 tbsp vinegar
- 10 oz grape tomatoes, halved
- 1/4 cup sliced celery
- 1/4 cup cubed cheddar pieces
- 3 green onions, thinly sliced
- salt and pepper to taste



Directions:

- Cook pasta according to package directions. Drain, rinse in cold water, and set aside.
- For the dressing, mix the mayo, milk, vinegar, salt and pepper in a small bowl.
- Stir together the pasta, dressing, tomatoes, celery, ham, cheese, and green onion in a large bowl. Enjoy!

Adapted from www.foodnetwork.ca

10 WAYS PARENTS CAN PREPARE PRE-K CHILDREN FOR SCHOOL SUCCESS

Research has demonstrated that certain behaviours by parents can positively predict school-readiness in young children. Some examples are:

- Speak warmly and smile at your child
- Praise them
- Show emotional warmth and support
- Pay attention to what they're doing
- Respond to their emotions
- Help them to do tasks independently
- Verbally encourage their efforts
- Explain the reasons for things
- Offer suggestions to help them
- Do activities in a sequence of steps



Source: Parenting Interactions with Children: Checklist of Observations Linked to Outcomes

NATURE COLLAGE CRAFT

Supplies:

- Canvas or thick cardstock
- Paints (acrylic or watercolor)
- Paintbrushes
- Items collected on a nature walk (like leaves, flowers, small berries, small sticks, etc.)
- Glue (a hot glue gun works best)



This fun craft combines outdoor play with creativity!

Directions:

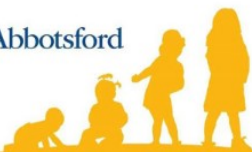
- First step: Nature Walk! Head outside with your littles ones and explore. Collect small items that you will use to decorate your nature collage.
- Prepare your canvas or cardstock by painting the background and allowing it to dry.
- Stick your nature treasures to the canvas with a glue gun (help little ones with this step). Allow to dry, and display your creation!

Source: www.cbc.ca/parents



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