



Programs

Learn, Laugh and Play

Our program looks a little different this year, but still offers all the same fun and learning opportunities for you and your child.

Afternoon hours:

12:15-2:15

Three Locations:

Wednesday - Mill Lake (Bevan entrance)
Thursdays - Sweeney Centre
Friday - Dave Kandal Elementary School

Pre-registration is required by email

- **abbyearlyyears@gmail.com** to register for Wednesday and Thursday
- **davekandal@abbyschools.ca** to register for Friday
- Registration cut off time is 8am on the day of the session.
- You may register only for the next session coming up. No multiple booking dates.
- Only one adult may attend with their child(ren)
- Health checks will be given upon entry.
- Please arrive on time. Any registered latecomers arriving past 12:30 will unfortunately not be able to join us.
- Any food /snacks are not permitted during the program. Acceptable beverages are baby bottles (milk or formula) and water bottles.



To Do in the Community

StrongStart centres in Abbotsford School District

Alexander Elementary,

2250 Lobban Rd.

Blue Jay Elementary,

30995 Southern Dr.

Clearbrook Elementary,

3614 Clearbrook Rd.

Dormick Park Elementary,

32161 Dormick Ave.

Dr. T.A. Swift Elementary,

34800 Mierau Ave.

Godson Elementary,

33130 Bevan Rd.

Harry Sayers Elementary,

31321 Blueridge Dr.

Jackson Elementary,

33165 King Rd.

John MacLure Elementary,

2990 Oriole Cres.

Margaret Stenersen Elementary,

3060 Old Clayburn Rd.

Sweeney Neighbourhood Centre,

33355 Bevan Ave (behind Abby. Senior).

Ten-Broeck Elementary,

2580 Stanley St.

Terry Fox Elementary,

3071 Babich St.

Abbotsford Early Years Centre

Sweeney Neighbourhood Centre

33355 Bevan Ave.

Ph. 778.880.8554

www.abbyearlyyears.com



What's New

StrongStart is in the park every Thursday!

Using open space to fulfill basic childhood needs—jumping, running, climbing, swinging, racing, yelling, rolling, hiding, and making a big mess—is what childhood is all about! Outdoor environments fulfill children's basic needs for freedom, adventure, experimentation, risk-taking, and just being children!



Alexander Elementary
Berry Park

Harry Sayers Elementary
Townline Park

Blue Jay Elementary
Rock Hill Garden – Upper MacLure

Jackson Elementary
Lower Jackson Park

Clearbrook Elementary
Clearbrook Park

John MacLure Elementary
Oriole Park

Dormick Park Elementary
Spud Murphy Park

Margaret Stenersen Elem.
Saddle Park

Dr. T. A. Swift Elementary
Bateman Park

Sweeney Centre
Mill Lake

Godson Elementary
Hoon Park

Ten-Broeck Elementary
Elwood Park

Terry Fox Elementary
Babich Par



Abbotsford Early Years Centre



@abbyearlyyears1



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Tasty Treats

Eat the rainbow wrap



Ingredients

- 1 (8-inch) tortilla
- 1 tablespoon Ranch dressing
- 6 slices no-salt-added canned beets
- 1 Red Mini Sweet Pepper, sliced lengthwise
- 1 Yellow Mini Sweet Pepper, sliced lengthwise
- 1/2 cup spinach
- 1/2 cup matchstick carrots
- 1 mandarin, peeled, segmented
- 1/2 cup cherry tomatoes

Instructions

1. Lay the tortilla on a flat surface. Spread with Ranch dressing and layer with beets, peppers, spinach and carrots.
2. Fold in the sides of the tortilla and roll tightly. Cut in half.
3. Serve with mandarin segments and cherry tomatoes.



Adult/Child Development

Big feelings to calm

Emotional situation: Amy and Jack are playing together. Suddenly comes Max and grabs from Jack's hand the toy he is playing with. Jack starts crying.

If I express sympathy to Jack I would say "Oh Jack I am so sorry for you that Max took your toy. At least you have the blue car left."

But if I am empathetic to him, I would say "Oh Jack I see you feel very sad because Max took your toy away. I would be upset too if that happens to me. Let's go talk to Max and see if he would like to take the blue car instead, and return your toy back."



To be empathetic is to have the ability to put yourself in the shoes of someone else and understand what they are feeling or experiencing. In the early years of life, young children are naturally ego-centric and are very much inclined to think mostly about themselves and their immediate needs. They're not yet ready to consider the needs and feelings of each other. But developing a sense of empathy is an important developmental process for young children, and one that can benefit them not only in childhood but well into adult life as well. Building and understanding what others are feeling, how their own actions can impact others, and why someone might be experiencing feelings at a particular time is a valuable life skill for children to possess.

Crafty Corner

Rain clouds in a cup

When children experience rain, they usually don't learn about where rain comes from until they are much older. With toddlers, you can start with pointing to the sky and say, "cloud." Then when it rains, you can say, "Rain comes out of the cloud."

Read a story about clouds or look outside at clouds and point them out. See if the toddlers can say "cloud."

For some sensory play, put a little shaving cream on the table top and allow your children to create clouds or draw designs in the "clouds."



- Shaving Cream
- Clear Container (vase, jar, etc)
- Small Cup of Water
- Food Coloring (preferably blue and other colors)
- Eye Dropper or Syringe
- Optional: Copy of Little Cloud (or any cloud book)

- Pour water into a larger clear container about half way.
- Squeeze a generous amount of shaving cream on top of the water. Say, "This is like a CLOUD" as you are squeezing it out.
- Add water to a small cup and add drops of blue food coloring to make the water blue. Use an eye dropper or syringe and fill it with the blue water.
- Ask your children to slowly add the blue water to the top of the cloud until it is emptied to see the cloud get full and then "rain".
- If you have additional food coloring colors on hand, create different colors of water to add to your clouds! As you add additional colors, you can talk about colors in the rainbow.