

## Programs

### StrongStart centres in Abbotsford School District

A free, early learning program for children (ages 0-5 years) accompanied by a parent or caregiver. StrongStart offers preschool aged children, quality early learning experiences and offers play opportunities, while demonstrating to parents and caregivers how they can enhance their child's development. Covid-19 procedures in place. For registration visit: <https://www.eventbrite.ca/d/canada--abbotsford/strongstart/>

### 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 & Thursdays - Sweeney Centre

Friday - Dave Kandal Elementary School

#### Pre-registration is required by email

- [abbyearlyyears@gmail.com](mailto:abbyearlyyears@gmail.com) to register for Wednesday and Thursday
- [davekandal@abbyschools.ca](mailto:davekandal@abbyschools.ca) to register for Friday



## To Do in the Community



**Abbotsford Early Years Centre and The Salvation Army are inviting you to...**

**Share your Blessings!**

**Thank you**

**Food Drive**

*Thank you for your donation*

**When:** December 7th-18th, 2020 8:30AM-3:30PM  
**Where:** Sweeney Neighbourhood Centre 33355 Bevan Ave. Abbotsford, BC  
 Call or email for more info: 778-880-8554/abbyearlyyears@gmail.com

**FOOD ITEMS:**  
 Canned fruit, Canned veggies, Tuna / Salmon / Flakes of ham, Spaghetti sauce, Pasta, Mac&cheese, Mr. Noodles, Lipton sidekicks Uncle Ben's rice bistro, Peanut butter, Jam, Cereal Oatmeal

**OTHER ITEMS:**  
 Gloves, Hand warmers / Toe Warmers, Rain ponchos or other rain items, Sweatpants - men and women - small to large, Hygiene kits for adults and children, Diapers any sizes

**We do NOT NEED any Toques or Socks - we are set with those items.**

### Abbotsford Early Years Centre

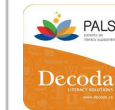
Sweeney Neighbourhood Centre

33355 Bevan Ave.

Ph. 778.880.8554

[www.abbyearlyyears.com](http://www.abbyearlyyears.com)

## What's New



### Immigrant PALS (Parents as Literacy Supporters) Start day January 11th, 2021

Permanent resident Immigrant families with English as a second language with children born in 2016 and 2017 are welcome to join us for 8 sessions of fun and learning. Parents/caregivers will learn how to help their children get ready for school and will have time to work together with them in fun, supportive ways during the sessions. Call or email Abbotsford Early Year Centre for information and registration process



### Mother Goose NB-18 mth. Start day January 12th, 2021

The Mother Goose Program serves to teach parents rhymes and songs and give participants opportunities to build on their strengths and learn new skills. To register please e-mail [abbyearlyyears@gmail.com](mailto:abbyearlyyears@gmail.com)



### Virtual Mother Goose Pre-Natal Start day January 12th, 2021

A new virtual Mother Goose pre-natal experience that allows you and your partner to learn ways in which to communicate and bond when your new family member arrives! To register, e-mail [abbyearlyyears@gmail.com](mailto:abbyearlyyears@gmail.com).



Abbotsford Early Years Centre



@abbyearlyyears1



@abbyearlyyears

## Very Merry Cookies



### Ingredients:

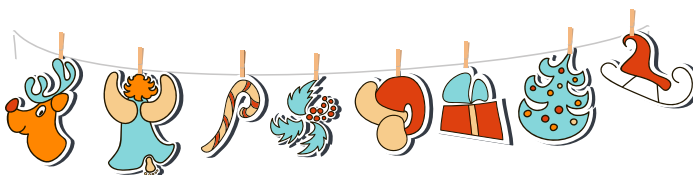
- Your favorite Christmas cookie dough
- 6 ounces translucent hard candies in colors of choice, crushed

### Instructions:

- Using your palms, show your child how to roll each piece on a lightly floured work surface into a rope
- Gently trace the design of your choice onto the prepared cookie sheets (a wooden spoon handle or chopstick works well for tracing on foil). Also you can draw the shape on a piece of cardboard—about 3 inches in diameter is a good size—and cut it out.
- Outline each design with a rope of dough, pressing the ends together to seal securely.
- To make this cookies into a tree ornament, attach a loop made from the dough to the top of each cookie before baking.
- You can use any hard candies you like for the "stained glass".
- Sprinkle the inside of each design with the crushed candies, making sure not layered higher than the dough.
- Bake until cookies are done and the candy has melted.
- Let the cookies cool on the cookie sheets on wire racks until the candy hardens, about 5 minutes. Gently peel the foil away from the cookies and transfer to the racks to cool completely.

## Christmas doesn't have to be Perfect to be Good

As we gear up to be the magic makers again, lets give ourselves a little grace. Everyone has different expectations, every child handles the pressure and pleasure of Christmas differently. Changes are inevitable from the people to the gift expectations. Every year, we and the children get older too and this just changes Christmas day every year a little more.



Enjoy the good things that you do. True happiness and excitement comes from loving YOUR life. The traditions that YOU share from generations or the new ones YOU' have created as a FAMILY. Christmas can be stressful and especially in this very challenging time we are experiencing this year. By trying to take some of the pressure off of YOURSELF to make it a "magical day", the magic will all come on it's own in memories. It's always great when you look back and remember all the cuddles and warm milk with cookies in the morning.



## Found Object Portraits



Build a portrait with various objects you can find around the house!

- Pick a plate and collect an array of objects from your house including small toys, kitchen items, office supplies, and more!
- Identify parts of the face and sort the items into categories such as eyes, noses, mouths, hair, ears, and such.
- Create a portrait using the objects. Move the items around to see what works best! Have fun!
- Return all items where they belong.

## Be Creative and Have Fun

