

## Programs

### Swimming Lessons-MRC

Ages 4 months+

<https://abbotsford.perfectmind.com/23852/Clients/BookMe4BookingPages/Classes>



Check out MRC's booking page for dates and times for public swims and lessons!!

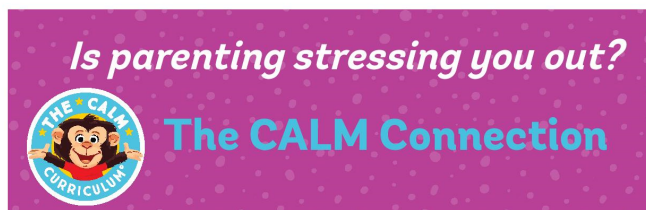
### Abby Community School's Yoga with Gurleen

<https://youtu.be/7o0hCpdlc9M>

Follow along at home with these free yoga videos the whole family can participate in together!



## To Do in the Community



The CALM Connection is a six week parenting group that provides opportunities for parents-caregivers and children to strengthen their relationship, reduce stress and increase their awareness and understanding of social emotional learning

The information and strategies provided in the CALM Connection group will help support parents in laying the foundations in developing critical skills that their children will need for lifelong learning and opportunities.

### Group Sessions via Zoom

Saturdays April 10 to May 15, 2021  
from 9:30 to 11:30

Please register: by April 2, 2021

Class size is limited

Ph:604-852-2686 ext 2251

Email: [meustace@fvcdc.org](mailto:meustace@fvcdc.org)



## What's New

March 15th until March 28th  
All Stongstarts, Learn, Laugh and Play  
and Saturday Family Fun and Story  
Time programs will be closed for  
Spring Break.



### Abbotsford Early Years Centre

Sweeney Neighbourhood Centre

33355 Beven Ave.

Ph. 778.880.8554

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

## Tasty Treats

### Leprechaun Hats

**Ingredients:**  
Cucumber, cheese  
orange pepper



#### Steps:

1. Cut the cheese into small squares
2. Cut your cucumber into rectangles for the base of the hat and into longer half-circles for the top of the hat.
3. Cut your pepper into small squares as shown. (slap chop works well for this)
4. Place pieces together like the picture and serve!

## Adult/Child Development

### Why are gross motor skills important?

Gross motor skills are important to enable children to perform everyday functions, such as walking and running, playground skills (e.g. climbing), and sporting skills (e.g. catching, throwing, and hitting a ball with a bat). However, these are crucial for everyday self-care skills like dressing (where you need to be able to stand on one leg to put your leg into a pant leg without falling over) and climbing into and out of a car, or even getting into and out of bed.

<https://childdevelopment.com.au/areas-of-concern/gross-motor-skills/>

### YOUR CHILD'S TIMELINE OF GROSS MOTOR DEVELOPMENT

Approx Age of Onset (months)	Gross Motor Skill
1-2	Holds head up and steady
2-3	Holds up head and chest with arms during tummy time
2-3	Sits with support
3-4	Rolls from tummy to back
6-7	Rolls from back to tummy
6-8	Sits without support
8-9	Pulls toward standing position
9	Crawls
9-10	Walks with support (holding hands)
11-12	Stands without support
12-13	Walks without support



www.gooseybrains.com

Adapted from "What's Going On in There?" - Lise Eliot 2000

## Crafty Corner

### Rainbow with a Pot of Gold

#### You will need:

- Black Construction paper
- Gold glitter or glitter pen
- Glue
- Blue, Green, Yellow, Orange, and Red kid-friendly paint
- White paper



#### Steps:

1. Paint your child's thumb blue, and each other finger a separate colour.
2. Have your child place their hand in the middle of the white paper to transfer the paint.
3. Cut out a black cauldron
4. Glue it on the white paper so the rainbow is showing
5. Put glue on the top of the cauldron and sprinkle gold glitter