

Programs

Locations for Thursdays Strong Start in the Park



Alexander Elem. - Jubilee Park
Blue Jay Elem. - Rock Hill Garden
Clearbrook Elem. - Clearbrook Park
Dormick Park Elem. - Grand Park
Dr. T.A. Swift Elem. - Bateman Park
Godson Elem. - Hoon Park
Harry Sayers Elem. - Townline Park
Jackson Elem. - Lower Jackson Park
John Maclure Elem. - Oriole Park
Margaret Stenerson Elem. - Saddle Park
Sweeney Centre - Mill Lake Park
Ten Broek Elem. - Elwood Park
Terry Fox Elem. - Babich Park



To Do in the Community

**Supporting Children with Anxiety:
Building Your Toolkit - Online**

This presentation will provide an overview of anxiety and how it presents across childhood. Attendees will learn the basics of Cognitive Behavioural Therapy (CBT) and will be offered evidence-based, practical strategies to help children manage anxiety.

Date Apr 10, 2021 | Time 10:30am - 12:30pm



Relationship Based Positive Guidance - Online

In this workshop participants will be presented with information on the qualities of empathy and positive relationship-based guidance while also being asked to critically reflect on their personal guidance philosophy.

Date Apr 13, 2021 | Time 6:30pm - 8:00pm

Date Apr 20, 2021 | Time 6:30pm - 8:00pm



Abbotsford Early Years Centre



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@abbyearyyears



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What's New



Mother Goose

Tuesday and Wednesday

Age group: NB-18 months.

Start day: April 6th 2021

Time: 12:15 - 1:15

Location: Sweeney Neighbourhood Centre



Abbotsford Early Years Centre

Sweeney Neighbourhood Centre

33355 Beven Ave. Abbotsford, BC

Ph. 778.880.8554

Tasty Treats

Ham Pizza Snacks

Ingredients:

- 7.5 ounces refrigerated biscuit dough
- Nonstick cooking spray
- 1/4 cup pizza sauce
- 2/3 cup ham (diced)
- 2/3 cup mozzarella cheese (shredded)



Preparation:

Spray cookie sheet with non-stick spray. Separate biscuits and flatten on a cookie sheet, leaving space between so edges do not touch. Spread 1 teaspoon pizza sauce on each biscuit. Top each biscuit with 1 tablespoon of diced ham and 1 tablespoon shredded cheese. Bake in a 400 degrees F. oven for 8-10 minutes or until biscuits are light brown and cheese is melted.

Adult/Child Development

Do's and Don'ts of Raising Bilingual kids

As parents raising bilingual kids, we have one of the toughest but most rewarding jobs in the world. Yes, it can be stressful at times, making sure our children get enough exposure to all of their languages. But, the benefits of bilingualism outweigh any of the difficulties we may face along the way.



<https://bilingualkidspot.com/2017/11/15/bilingual-kids-dos-donts/>

DO speak your native language with your kids. **DON'T** be afraid to teach your kids your second language, even if you don't speak it perfectly.

DO set realistic goals for your bilingual kids. **DON'T** compare your bilingual child to children who only speak one language.

DO correct your child if they say something incorrectly, or in the "wrong language". **DON'T** feel like you have to stop them every sentence, stopping the flow of conversation.

DO read to your kids every day, especially in the minority language.

DON'T stop reading to them once they can read themselves.

DO seek outside support if you need it. **DON'T** think you are a failure if your child refuses to speak your language

Crafty Corner

Spring Catcher



Materials: template, card stock, scissors, various colored tissue paper, transparent wide scotch tape, Print Spring/Easter shapes on card stock and cut the inside out as you leave a 1/2 inch frame. Take a wide transparent scotch tape and stick the shapes on it, so you have one sticky side.

Let your child cut tissue paper in various sizes shapes and colors and stick them to the shape. At the end apply one more layer of shape with sticky tape on top so you have covered the cut-outs

Using a hole punch, make a hole at the top center of each suncatcher. Thread baker's twine through the holes then put them on a sunny window to catch those sunshine rays.

