

Programs Last Day

StrongStart

June 25th

Learn Laugh and Play

June 25th

Mother Goose

Session 1- June 8th

Session 2- June 9th

Family Fun & Story Time

June 19th



Father's Day Ideas

With Father's Day fast approaching, we wanted to share some fun ideas to show him how much he is appreciated:

- Write him a handwritten letter.
- Bake him a cake.
- Take your dad on a Father's day picnic.
- Do It Yourself- Go all creative and make DIY Father's Day Cards & Gifts.
- Write a special note that has a memory attached to it.
- Watch a movie or play a board game together, after all, it's about spending time together.

Spoil your dad with chocolates, and all the food he loves.



Coming July 12th, 2021!!!

Sweeney StrongStart

Tuesday/Wednesday/Thursday

9am-11am



Storytime in the Park

Tuesday/Wednesday/Thursday

1pm-2pm

Tuesday-Mountain Elementary

Wednesday-Margaret Sten. Elementary

Thursday-Mill Lake Bevan



Abbotsford Early Years Centre



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Sweeney Neighbourhood Centre
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Tasty Treats

Banana Split Bites

Ingredients:

3 Bananas, 1/4 cup Peanuts, 1/4 lb Pineapple, 6 Strawberries, 1 cup Dipping chocolate, skewer sticks



Instructions:

- Cut the strawberries in half. For each strawberry-half, cut an equal size piece of banana and pineapple.
- Place the pineapple on the skewer first, then the banana, and lastly the strawberry, and place in the freezer for 10 minutes. (Adult assistance needed)
- Line a tray with wax paper or parchment paper.
- Pour chopped nuts on a small plate to use for dipping.
- Melt the chocolate in a bowl by heating it in the microwave for 30 seconds, stirring, and repeating until melted and smooth.
- Remove the skewers from the freezer and dip the cold fruit in chocolate, then into nuts, then place on the wax paper.

Adult/Child Development

Fraser Valley Child Development Centre



My son is 3.5 years old and when going up and down the stairs, he goes one foot at a time then uses the same foot to go down again. Is this typical? If not, what are some fun ways to help him learn to alternate feet?

<https://youtu.be/WSUZmsw29Rg>

FVCDC receives provincial funding to provide these services, therefore, services are 'free' and also accessible through designated interpreters. You can make a referral for your child by completing an online referral form or contacting FVCDC.



My child is four, should they be able to print letters of the alphabet?

<https://youtu.be/BDV0FIRhjM0>

Crafty Corner

Mail A Hug

Supplies:

Cardstock, Ribbon, Tape/Glue, Paint or Markers for decorating, Scissors



<https://myhomebasedlife.com/mail-hug-handprint-craft/>

- Begin by tracing each of your child's hands on the paper. Next, cut each hand out of the paper.
- Now let your kid have fun decorating their hands. You can use paint, markers, glitter, or whatever your heart desires.
- Take the ribbon and measure your child's wingspan.
- Using tape or glue secure the ribbon to each hand.
- You can write a special message on each hand or just write,

"A hug from (child's name)."