

## Program of the Month - Pj's and Storytime and Saturday Family Fun

Looking for fun and educational activities for your family? Join us at The Sweeney Neighbourhood Centre! These programs are perfect for families with children aged 0-6. Enjoy PJ's and Story Time in the evenings with snacks, crafts, and engaging story time. Or kickstart your weekend with Saturday Family Fun, featuring interactive storytime, creative activities, and a chance to bond with your little ones. It's the perfect way to spend quality time together with lots of learning and laughter!

More info: <https://earlyyears.abbschools.ca/>



### Neda Alexandrova - Early Childhood Educator at Pj's and Storytime and Saturday family Fun

When I moved to Abbotsford, I didn't have friends nearby and commuted two hours to work in Surrey. After my daughter was born, I felt isolated and began searching for resources. I found Best for Babies and StrongStart Alexander, where two amazing role models, Mrs. Hilda Epp and Mrs. Roxi Lint, greatly influenced me and this is where it all began. Starting as a parent attending early learning drop-ins and then choosing ECE as a career, I understood families' challenges and committed to helping them. My holistic approach supports both parents and children through education and empowerment.

As an ECE professional, I see the world through children's eyes. How they appreciate every day's beauty and by sharing this perspective with families my goal is to foster a sense of belonging and community.

### Linda Nguyen - Early Childhood Educator at Pj's and Storytime and Saturday family Fun

I am passionate about early childhood education because I believe in the power of early experiences and nurturing children with love and kindness. I love inspiring young learners, fostering their curiosity, and helping them develop holistically and emotionally. Witnessing children master new skills and gain confidence brings me joy. I enjoy creating a warm, inclusive environment where each child feels valued. Being part of their growth is deeply fulfilling and rewarding.

I have been an Early Childhood Educator for 11 years, working in preschools, daycares, and free drop-in programs like Strong Start and Parent and Tot. My family includes my husband, four children, and two dogs. I enjoy reading, walking, and discovering new things about myself and the world.

## Télexw (to find something out, to learn) with the Sweeney Centre



### Seasons of the Moon

#### Welék'es March 23 - April 20 - Little Frog Season

The welék' - little frog begins to croak about this time. The same month is also called Qweloythi:lem - making music, because the birds start singing then.

The sound that you hear from the frogs is a reminder to us that the earth is preparing to feed us again. When the frogs sing, the nettle begins to pop through the ground, the berries will soon start to ripen, and the salmon will run.

For more info: <https://indigenous.abbschools.ca/node/54612>

### Parenting Tip of the Month Managing Screen Time for Young Children

Managing screen time for young children is crucial for their development. Here are some concise guidelines and tips:

**Guidelines:**

- Under 18 months: Avoid screen time, except for video chatting.
- Aged 2-5 years: Limit screen time and co-view to help them understand content.

**Tips:**

- Screen-Free Zones: Designate areas like bedrooms and dining rooms as screen-free.
- Model Healthy Use: Demonstrate balanced screen habits.
- Outdoor Play: Encourage activities like biking or walking.
- Reading: Spend time reading together.
- Arts and Crafts: Engage in creative activities.
- Family Time: Play games, cook, or have a dance party.

Balancing screen time with other activities supports healthy development.

### Snack

#### St. Patrick's Day Dessert



**Ingredients:** 1 box vanilla pudding mix, 2 cups cold milk, Green food colouring, 1 cup Lucky Charms cereal, Whipped cream for topping, Green sprinkles, Clear cups.

**Instructions:** In a large bowl mix pudding, food colouring and milk. Whisk for 2 minutes, then let it sit in the refrigerator for 10 minutes to set. Meanwhile, add a layer of lucky charms to the bottom of your plastic cups. Once the pudding is set, add 2-3 spoonfuls to each cup. Add another layer of lucky charms. Top with whipped cream and sprinkles. Serve immediately.

## CELEBRATE SPRING WITH US

### Week 1 - Mar 17-21

**Spring Family Fun Drop-in**

Monday to Friday - 8:30-11:30

**Spring Baking Extravaganza**

registration by Eventbrite

Monday to Friday - 12:30-2:30

**on Eventbrite.ca Search - Spring Baking Extravaganza**



### Week 2 Mar 24-28

**Spring Family Fun Drop-in**

Monday to Friday - 8:30-11:30

**Mother Goose on the Loose - Mill Lake**

Monday to Friday - 10:00-12:00

**Spring Baking Extravaganza**

registration by Eventbrite


Monday to Friday - 12:30-2:30



### Abbotsford Early Years Centre at The Sweeney Neighbourhood Centre

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