

April 2025

## Monthly Parenting Tip: Early Years Development Stages



### Early Years Development Stages-Physical Health

#### 2 months

- Can hold head up and begins to push up when lying on tummy
- Moves arms and legs
- Hands open more frequently

#### 6 months

- Reach and grasp toys
- Hold up their head without help when sitting. Sit with support
- On their tummy, they can push up on their arms and roll to either side

#### 9 months

- Can sit without using their hands or other support to hold themselves up
- Pull themselves up until they are standing
- Can creep on their hands and knees.

#### 12 months

- Crawl on hands and knees and pull themselves up until they are standing
- Use fingers and thumbs to grasp toys.

Will cruise around furniture, walk with one hand held and may walk on own

## Snack

### Easter Dessert



<http://www.pennywisecook.com/rice-krispie-treat-speckled-eggs/>

#### Ingredients

4 tablespoons salted butter, One package mini marshmallows  
6 cups rice cereal, Nonstick cooking spray, Assorted sprinkles  
Special equipment: Plastic Easter egg molds and a clean egg crate

#### Directions:

1. In a large saucepan, melt the butter over low heat.
2. Add the marshmallows and stir until melted.
3. Remove from the heat, add the rice cereal and stir until well coated.
4. Take small amounts of the mixture and fill both sides of a plastic egg, slightly over-filling one side. Close the plastic egg to shape it. If the mixture is too sticky, you can spray your hands with a light cooking spray.
5. Gently release the rice cereal egg from the mold.
6. Decorate with sprinkles and set aside in an egg crate until set. Repeat with the remaining rice cereal mixture.

## Event of the Month Movie day and Info fair - April 12, 2025

### MOVIE DAY & INFORMATION FAIR

This event is for families/caregivers of children 0-8. Come learn about programs and services that focus on early childhood and stay for a movie!

FREE EVENT! Registration required!

April 12, 2025

Fair: 9:30am - 10:30am

Movie: 10:30am - 12:30pm



## Partner of the Month

### Fraser Health's Public Health Dental Program

Fraser Health's Public Health Dental Program is committed to enhancing community dental health through free screenings and services. Our initiatives include the Fluoride Varnish Program for young children and partnerships with local organizations to support adults with dental needs.

Fluoride Varnish Program:

This no-cost program provides fluoride varnish applications for children under 36 months who do not have regular dental care.

## Abbotsford Early Years Centre at The Sweeney Neighbourhood Centre

33355 Beven Ave. Abbotsford, BC

<https://earlyyears.abbschools.ca>      778.880.8554      [earlylearning@abbschools.ca](mailto:earlylearning@abbschools.ca)

Abbotsford School District is located on the traditional and unceded territory of the Semá:th First Nation and Mathxwí First Nation. With this, we respect the longstanding relationships that Indigenous Nations have to this land, as they are the original caretakers.

## Program of the Month - Mother Goose

The Parent-Child Mother Goose Program® is a 10 weeks group experience for parents and their babies up to 18 months old which focuses on the pleasure and power of using rhymes, songs, and stories together. Parents gain skills and confidence which can enable them to create positive family patterns during their children's crucial early years and give their children healthy early experiences with language and communication.



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

### Emmaline Holt - Mother Goose Facilitator

Being a Mother Goose Facilitator is incredibly rewarding as it allows me to support parents in building strong connections with their children. My background in teaching English as a Second Language, combined with my passion for culture and languages, fuels my enthusiasm for sharing insights on language development with families. It's truly a joy to witness the deepening bond between parents and their children. In addition to being a Mother Goose Facilitator, I also act as a Community Navigator and I enjoy connecting families with programs and resources within our community.

### Leanna Gill - Early Childhood Educator at Sweeney StrongStart Centre

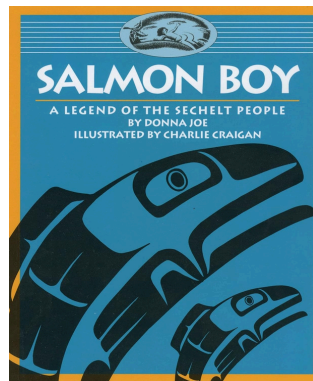
It is a meaningful thing to be a part of a child's story and something I feel grateful to take part in. I thoroughly enjoy children and feel passionate about aiding in the development of their confidence and skills, as well as inspiring a love of learning that they will carry forward with them in their lives. When children feel safe and secure in their environment, their development and growth is visible, and witnessing this is just so rewarding. It is especially gratifying when parents personally tell us that they credit this development to our classroom. We are so very lucky as early childhood educators that we get to provide opportunities for learning and it is fulfilling to share in the joy with the children and families along the way.

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

### Seasons of the Moon

**Temkwikwexel April 21 - May 19**  
**- Time for baby sockeye salmon**

Temkwikwexel - time for baby sockeye salmon, by some people, kwikwexel is baby sockeye salmon. Some call the month Lhem't'oles, which means spring showers in the eyes.



### Salmon Boy: A Legend of the Sechelt People by Donna Joe Simple and Charlie Craigan

A young boy is captured by a Chum salmon and taken to the country of the salmon people, a dry land beneath water where "the salmon people walked about much like people do above the sea." The boy lived with them for one year, and his captivity becomes a source of learning that will ensure the survival of his people.

A dynamic story that teaches respect for the environment and describes the life cycle of the salmon.

More info: <https://indigenous.abbyschools.ca/node/54612>