



**April - July 2018**

We welcome you to join us at our sessions in the Children's Centre. A warm and friendly team is here to greet you. We can offer support in all areas of parenting life so please ask if you would like more information.



**We kindly ask for a 50p contribution per family at all of our sessions.**



ONCE  
UPON A  
TIME...



Join us for lots of fun and play activities with your child to celebrate

## National Play day

Inflatables, recycled play, craft tent and lots more. Fancy dress optional.

**Wednesday 1<sup>st</sup> August 2018**

11.00-2.00

**IT'S FREE TO PLAY**

Venue: Shefford and District  
Children's centre and playing field  
School Lane, Shefford.  
SG17 5XA



Shefford and District Children's Centre, Shefford Lower School,  
School Lane, Shefford, Bedfordshire, SG17 5XA 01462 615115



Worried about your child's listening, talking, stammering, interaction?

## Concerned about your child's speech?

Pop in and see a speech and language Therapist at the Children's centre

**Tuesday 24<sup>th</sup> April, 19<sup>th</sup> June, 17<sup>th</sup> July 1.15-2.45**

**Monday 21<sup>st</sup> May 8.30-10.00**

Chattertots: 3-week course starting 11<sup>th</sup> July. Please ask for details.

### Stepping Stones

1-1 Free support, advice and advocacy for women



Keep yourself safe, remove yourself from harmful situations and understand your legal rights.

If you would like more information, speak to a member of the children's centre team in confidence or give Stepping Stones a call on 01582 457114 or email at: [hello@steppingstonesluton.org.uk](mailto:hello@steppingstonesluton.org.uk)



Your Health • Your Family • You're Welcome

Play experiences & activities to explore for children aged 0-5.

Support and information on all aspects of being a parent.

Including toileting support and information, fussy eaters, introducing solids, sleep, and transitions. Pop in for support and information for your well child and baby.

The session is supported each week with the 0-19 health team.

## Every Wednesday

1.00– 3.00 at the children's centre

## Last Tuesday of the month

9.15-10.15 at Stondon Baptist church Hall

### All ages welcome

We are located between Robert Bloomfield Academy and Shefford Lower School. There is a path leading to us from Bloomfield Drive. PARKING. Unfortunately we do not have parking at the centre. Parking is available on nearby roads and restricted on School lane between 9-3

## **Build, Explore & Play** 1<sup>st</sup> Wednesday of each month 9.30-11.00

BEP is a great session for babies and children to explore and play with recyclable materials. They can choose what to play with, mix it about and build in their own way. Including a sensory area for babies to explore. All ages welcome



## **Parent Puzzle Parenting** 4 Week programme

How to get the best out of Family Life.  
Top tips for challenging behaviour, boundaries, time out, praise and positive parenting.  
Call to book a place.



## **First Aid Saturday 28<sup>th</sup> April or Saturday 16<sup>th</sup> June 10 -12**

### **Save a baby's life course**

2 Hour paediatric First Aid course. Non-moving babies welcome  
Booking required £5 per person  
Refreshments available. Donations welcome

## **BBBs Antenatal Classes** 5-week course Tuesdays 10.00-12.00

Antenatal classes are bookable in advance. To book your place log onto [www.bumpbirthandbaby-cbc-eventbrite.com](http://www.bumpbirthandbaby-cbc-eventbrite.com) you will be able to see a list of course dates and book your place.  
5 week antenatal course with a reunion after your baby's born.



## **Introducing solids** Wednesday 18<sup>th</sup> April or Monday 11<sup>th</sup> June starts at 10.30



Around six months old your baby is ready to start to eat solid foods in addition to breast or formula milk.  
Come along to find out the what, why and how to your baby starting solid foods.

## **SEND** 4<sup>th</sup> Wednesday of the month 9.30-11.00

**Do you have a child with Special Educational Needs in Nursery or School?**  
SEND offer a free and confidential support service for parents and carer's of children with Special Educational Needs. They support children from early years right through to the end of their formal education.  
[www.centralbedfordshire.gov.uk/parentpartnership](http://www.centralbedfordshire.gov.uk/parentpartnership)





## **Breakfast Club** Monday and Friday 8.30-9.15 Wednesday 8.30-9.30



### **Start your day the right way!**

All ages welcome. Join us before or after school drop off too. Come along for a play, cuppa and if you'd like join us for breakfast, It's free!

## **Dads' Time** Every Friday 9.30-11.00

A friendly session welcoming all Dads, Grandads & male carers. Join us for a cuppa, toast and a play. Lots to explore including constructing recycled materials, soft play, baby toys and an outdoor area. All ages welcome to play.



## **Baby Group** Tuesday 1.00-2.30 Term time only

A place to meet other parents & carers with bumps, newborn & babies, sitters to cruisers. Different aspects of your baby's development covered each week.

VENUE: Shefford Methodist Church Hall, Amphill Rd, Shefford. SG17 5DJ

## **Brasserie** Tuesday 1.30-3.00

A friendly, café style drop in for Breastfeeding or mixed feeding parents. Come along for a cuppa, meet other parents, carers and babies. Our trained staff from the Children's Centre and 0 -19 team are available to support with feeding. All ages welcome.

VENUE: Shefford Methodist Church Hall, Amphill Rd, Shefford. SG17 5DJ



## **Stay and play** Tuesday 1.15 – 2.45 Term time only

For families with babies & children aged 0 –5 years

A place to play with your little ones, join in story time and rhymes during each session. Activities, crafts and outdoor play.

You can also borrow books each week to take home and read.



**Website** Check out our Website [www.shefforddistrictcc.org.uk](http://www.shefforddistrictcc.org.uk) or our **Facebook** Page for up to date information and for a list the local Toddler Groups.

There's also lots to do at your local library, pop in and see what they have to offer.

**Childcare settings** We have a list of all the local settings.

If you receive certain benefits you may be entitled to 2 year funding or 30 hours free childcare. Please ask for details.

