

We welcome you all to join us in our sessions at the children centre, a warm and friendly team is here to meet you.
We can offer support in all areas of parenting life so please ask if you would like more information.

Brasserie All ages welcome.
Every Tuesday 1.30 – 3.00

A friendly, café style drop in for breastfeeding or mixed feeding parents. Come along for a cuppa and meet other parents, carers & babies. Support available if needed.

Feeding support is also available 1 to 1 at your home or at any of our sessions.



Breakfast Club

Monday, Wednesday and Fridays 8.30-9.30

Term time only

Starts back 4th September

Start your day the right way!

An ideal place for your little or big ones to play before the day starts. Come along for a cuppa, play activities for babies, pre-schoolers and school age children.

Join us for breakfast too, it's free!

All ages welcome.



Pop-in

3rd Wednesday of each month 1.00-3.00

Pop in for support and information covering all aspects about your baby or child. A member of the 0-19 team will be available. Self-weighing scales available.

All ages welcome

Wednesday 18th Sept

Wednesday 16th Oct

Wednesday 20th Nov

Wednesday 18th Dec



Messy play

Ideal for children 12 months plus

A fun play session. Messy and sensory activities for your child to explore.

Bookable session. Spaces limited.

Friday 11th October 10.30-11.30

Friday 1st November 10.30-11.30



Little Explorers

First Wednesday of the month 10.00-11.00

Play experiences for non-walking babies. Each session will include sensory play and singing.

Wednesday 2nd October

Wednesday 6th November

Wednesday 4th December



Bump and Baby Group

Every Wednesday 1.30- 3.00



3rd Wednesday runs alongside Pop in

Self-weighing scales available every week.

A nurturing place to meet other families with antenatal bumps, newborns and babies.

Different aspects of your baby's development covered each session.

Starts back 11th September

Additional Needs Coffee Morning with Central Beds SENDIASS



Do you have a child with additional needs? Come along for a cuppa, support or information.

Central Bedfordshire SENDIASS offer a free and confidential support service for parents and carers of children with Special Educational Needs. Your child does not need to have a diagnosis for you to attend. **All ages welcome.**

'A chance for children to play with peer support for parents and carers'

Wednesday 25th September 9.30-11.00
Wednesday 16th October 9.30-11.00
Wednesday 27th November 9.30-11.00

Introducing Solids

Introducing food to your baby? Join our information session to find out the what, why and how to your baby starting solid foods.

Ideal for babies 3-6 months.

Friday 18th October 10.30-11.30
Friday 13th December 10.30-11.30
Call to book your place



Speech and Language Therapy Drop ins



Do you have concerns about your child's speech? Worried about their listening, talking or interactions? Drop in to the centre to see Sue our speech therapist.

Monday 9th Sept 8.30 – 10.00
Tuesday 8th Oct 9.00 – 11.00
Wednesday 6th Nov 8.30 – 10.00
Wednesday 4th Dec 8.30 – 10.00

Baby Sign

Learn about communicating with your baby before they can speak. How to teach your baby sign language using everyday baby signs and the benefits of early communication.



A 3 week bookable course starting 13th September or 15th November.
Please call or message to book a place

One to One Support

Family and relationship challenges can happen to anyone, male or female. If you have experienced or you are living with challenges we offer free and confidential support.

Pop into the centre, text, FB message or call us.

One Stop Parenting Pop up

Information and advice covering all aspects of child development for your baby or child. Including top tips on behaviour, toileting, sleep and fussy eating.

Join us at one of the local toddler groups.

HENLOW TINY TOTS Henlow Pavilion
Thursday 12th September 9.30-11.00

SHEFFORD TODDLER GROUP Methodist Church, Amptill Road
Tuesday 24th September 9.30-11.00

Self-weighing scales available

Entry fees to the toddler group may still apply.



Bump Birth and Baby Stuff

Antenatal classes for expectant mums 30+ weeks that live in Central Bedfordshire.

A one day course to prepare for your new arrival, find out about family life, feeding, caring for your baby and getting ready for labour and birth.

Call us for more information and details
Book onto a local course
www.bumpbirthandbaby-cbc-eventbrite.com

