

## Breastfeeding

Breastfeeding support is offered in our Baby Brasseries which are a welcoming informal café style support group, meet other mums and receive support from trained staff. We offer a Baby Brasserie everyday, so come along and join us!  
**To book your appointment please call 0300 323 0245**

### Monday

**Cherry Trees Childrens Centre**  
 MK42 9LS  
 9:30 - 11:30am

### Tuesday

**Queens Park Neighbourhood Centre**  
 MK40 4LE  
 12:00 - 2:00pm

### Wednesday

**Daisy Hill Children Centre**  
 MK42 8QH  
 9:30 - 11:30am

### Thursday

**Goldington Family Centre**  
 MK41 9HU  
 9:30 - 11:30am

### Friday

**Pine Cones Children Centre**  
 MK41 7SA  
 9:30 - 11:30am

## Self-Weighing Sessions

These will be 1-1 appointments where you are encouraged to weigh your own baby with support from Children Centre Staff.  
**To book your appointment please call 0300 323 0245**

### Monday

**Daisy Hill Children Centre**  
 MK42 8QH  
 9:30 - 11:30am

### Tuesday

**Queens Park Neighbourhood Centre**  
 MK40 4LE  
 9:30 - 11:30am

### Wednesday

**Cherry Trees Children Centre**  
 MK42 9LS  
 1:30 - 3:00pm

### Thursday

**Goldington Family Centre**  
 MK41 9HU  
 9:30 - 11:30am  
  
**Wixams Village Hall**  
 MK42 6AB  
 1:30 - 3:00pm  
 \*1st Thursday of every month\*

### Friday

**Pine Cones Children Centre**  
 MK41 7SA  
 9:30 - 11:30am

## Parenting Workshops



We offer a range of free parenting workshops online to support you with your child/rens development. Book your place via eventbrite. These are virtual sessions via zoom.

### Home Safety

10:00 - 11:00am  
  
 08.02.22  
 29.03.22

### Potty Training

10:00 - 11:00am  
  
 11.01.22  
 01.03.21

### Behaviour

10:00 - 11:00am  
  
 19.01.22  
 09.03.22

### Sleep

10:00 - 11:00am  
  
 26.01.22  
 09.03.22

### Introducing Solids

2:00 - 3:00pm  
  
 11.01.22  
 27.02.22  
 08.02.22  
 24.02.22  
 08.03.22  
 24.03.22

### Antenatal-BBB

9:30am - 4:00pm  
  
 05.01.22  
 19.01.22  
 02.03.22  
 16.02.22  
 02.03.22  
 16.03.22

## School Readiness

This is a free four week workshop to support and prepare your child for school.  
 Book your place via eventbrite.

### Cherry Trees Children Centre MK42 9LS

10:00 - 11:00am

11.01.22  
 17.01.22  
 25.01.22  
 01.02.22



### Kingsbrook Children Centre MK42 0HH

10:00 - 11:00am

01.03.22  
 08.03.22  
 15.03.22  
 22.03.22



## ChatterTots

ChatterTots is a four week course to support your child's talking and listening skills. Week 1- face-to-face at one of our Children Centres, where you can meet our speech and language champions and other parents on the course. This is followed by emailed resources on week 2 and 3, before another face-to-face session to end on week 4.

**This service moves around different Children Centres across Bedford. For further details please call us on 0300 323 0245**

## 0-Cruisers

Our 0-Cruiser groups are for those babies who are not yet walking and follows a nationally recognised programme called 'Five to Thrive' which provides ideas to support baby brain development. **You no longer need to book via Eventbrite, you can just turn up to the session but please be aware when room capacity is reached, we will have to stop entry due to health and safety.**

### Monday

**Daisy Hill Children Centre**  
 MK42 8QH  
 9:30 - 11:00am

### Tuesday

**Queens Park Neighbourhood Centre**  
 MK40 4LE  
 9:30 - 11:00am

### Wednesday

**Cherry Trees Children Centre**  
 MK42 9LS  
 1:30 - 3:00pm

### Thursday

**Goldington Family Centre**  
 MK41 9HU  
 9:30 - 11:00am

### Friday

**Pine Cones Children Centre**  
 MK41 7SA  
 9:30 - 11:00am

## Toddler +

Toddler+ sessions for mobile toddlers gives your child the opportunity to stretch their imagination with activities to develop the skills they will need as they leave the toddler age and become a pre schooler. **You no longer need to book via Eventbrite, you can just turn up to the session but please be aware when room capacity is reached, we will have to stop entry due to health and safety.**

### Monday

**Queens Park Neighbourhood Centre**  
 MK40 4LE  
 1:30 - 3:00pm

### Tuesday

**Daisy Hill Children Centre**  
 MK42 8QH  
 1.30 - 3:00pm

### Wednesday

**Goldington Family Centre**  
 MK41 9HU  
 9:30 - 11:00am

### Thursday

**Peter Pan Children Centre**  
 MK42 9DR  
 9:30 - 11:00am  
  
**Eastcotts Children Centre**  
 MK42 OGG  
 1:30 - 3:00pm  
  
**Bluebells Children Centre**  
 MK43 8NR  
 1:30 - 3:00pm