



Membership form



Shefford and Stotfold Children's Centre

April to July 2024

Request for support



Feedback on services



All sessions delivered by the Children's Centre are free to attend.

We can offer support in all areas of parenting and your child's life, please ask if you would like more information.

Tinies Bump & Baby Group



Tuesday 1-3pm

@ Shefford Children's Centre SG17 5XA

A nurturing place to meet other families with antenatal bumps and newborn babies under 5months. Different aspects of your baby's development covered each week.

Build, Explore & Play 0-5 years

Tuesday 9.30-11am

@ Arlesey Youth Centre SG15 6SN

Explore and play with natural and recyclable materials. Your child can choose what to play with, mix it about and create play experiences in their own way.

**Messy play will be on the
1st Tuesday of each month
Bring a change of clothes**



SEND Cafe

2nd & 4th Tuesday of each month 1-2.30pm

Arlesey Youth Centre High Street SG15 6SN

Do you have a child with an additional need, disability or concerns with no diagnosis? Come along for a cuppa at our informal cafe for families with children aged 0-21years, you can attend with or without your child.

'Peer support for parents/carers'

Drop-ins All ages welcome

Support and information offered by a CC family worker, covering all aspects about your baby or child. Feeding support available. Meet other local families. A place to play.

@ Shefford Children's Centre SG17 5XA

Friday's 9am -11am

@ Stotfold Library SG5 4HP

Mondays 1-3pm

@ Stondon Baptist Church Hall SG16 6JQ

Tuesdays 9.30-11am

Self-weighing scales available



Breakfast Club

Monday, Wednesday and Friday 8.15-9.15am

@ Shefford Children's Centre SG17 5XA

Start your day the right way!

All ages welcome. Come along for a cuppa, play activities for your child and if you like join us for breakfast too, **It's free!**

Ideal for Families with children 2-12yrs

Join us before or after school drop off too.



Healthy Start

You can buy your vitamins at the children's centre or exchange your vouchers. £2 each

Doidy cups for sale £2 each. Various colours

SEND Stay and Play in your own way 1st and 3rd Monday 10-11.30
@ Shefford Children's Centre SG17 5XA

A SEND stay and play session for children under 5 with their parents. Parents welcome without children to attend for support and advice from our Early Years SEND team.

Time for Two's

Thursday 9th to 23rd May 11-12:15

Thursday 27th June to 11th July 11-12:15

@ Shefford Children's Centre SG17 5XA

Is your child 2 or almost 2? Join us on our 3 week course. A play session with snack covering behaviour, toileting, fussy eating and oral health.

Places are bookable call or text 07585 888983

Bump Birth and Baby Stuff

4th Thursday of each month 9am -4pm

@ Arlesey Youth Centre SG16 6SN

Antenatal classes for expectant parents who are 30 weeks plus pregnant.

Places are bookable **CBC Children's Centres**
Bump, Birth & Baby Stuff - Eventbrite

Brasserie All ages welcome.

Friday's 11-12.30pm @ Shefford
Children's Centre SG17 5XA

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

Support on offer with feeding.

Older siblings welcome.

121 feeding support is available.



Introducing Solids Information

3rd Friday of the month 1.30-2.30pm

@ Shefford Children's Centre

Ideal for babies 3-8 months. Find out the what, why's and how's to your baby starting solid foods.

No need to book - Babies welcome too.

Childminder Rhyme Time

Thursday's 9am -10.30am

Childminders can meet up at the children's centre to play, sing and share ideas.

Parent Puzzle

A 10-week nurturing programme encouraging parents and carers to get the best out of Family Life. **Please call or message to book a place.**



Baby Days Monday 1-3pm 3rd June to
8th July @ Shefford CC SG17 5XA

Topics covering all aspects of your baby and being a new parent

Baby sleep, ICON and feeding

Baby brain



Childhood development; treasure baskets

Childhood illness, Early communication

Looking after yourself

Managing Healthy Relationships



Baby Sign

A three-week programme for babies aged under 12months Early communication with your baby.

Places bookable **Tuesday 21st May 2024**

Chattertots



3-week course to support parents with strategies that encourage your child's early language skills to grow. Aimed at children between 18 months and 3 years of age. **Bookable call 0300 300 8112**

Family Information Service

Central Bedfordshire's Family Information Directory contains information about:-

- Childcare and Early years settings
- Local and national organizations that offer support and advice
- Children's Centre information
- Local activities in Central Beds

For more information
See QR Code

