

## Baby Brasserie

Our Baby Brasseries are a place for our breastfeeding parents, to meet others and receive support. For those parents who have established breastfeeding you no longer have to book a place so come and along and join us!

If you are experiencing a specific issue or need support please book your place on 0300 323 0245

### Monday

Cherry Trees  
Children's Centre  
MK42 9LS  
9:30 - 11:30am

### Tuesday

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

### Wednesday

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

### Thursday

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

### Friday

Pine Cones  
Children's 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

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

### Tuesday

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Neighbourhood  
Centre  
MK40 4LE  
9:30 - 11:30am

### Wednesday

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

### Thursday

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

### Friday

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

Wixams Village Hall  
MK42 6AB  
1:30 - 3:00pm  
\*1st Thursday of every  
month\*

## 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's 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's Centres across Bedford. For further details please call us on 0300 323 0245

## Buggy Walks

Addison Park  
10:00am - 11:00am  
Meet by the entrance near the parade of shops

Priory Park  
10:00am - 11:00am  
Meet by the cafe

Bedford Park  
11:00am - 12:00pm  
Meet by the park at Robinsons Pool

Find out session  
dates here!



## Play and Learn 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

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9:30 - 10:30am

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Centre  
MK40 4LE  
9:30 - 10:30am

### Wednesday

Cherry Trees  
Children's Centre  
MK42 9LS  
1:30 - 2:30pm

### Thursday

Goldington  
Family Centre  
MK41 9HU  
9:30 - 10:30am

### Friday

Pine Cones  
Children's Centre  
MK41 7SA  
9:30 - 10:30am

## Play and Learn 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.

### Queens Park Neighbourhood Centre

MK40 4LE  
1:30 - 2:30pm

### Goldington Family Centre

MK41 9HU  
9:30 - 10:30am

### Pine Cones Children's Centre

MK41 7SA  
1:30 - 2:30pm

### Daisy Hill Children's Centre

MK42 8QH  
1:30 - 2:30pm

### Eastcotts Children's Centre

MK42 OGG  
11:00am - 12:00pm

### Kingsbrook Children's Centre

MK42 OHH  
1:30 - 2:30pm

## 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.



### Antenatal BBB

03.08.22  
17.08.22

### Introducing Solids

10:00 - 11:00 am    2:00 - 3:00pm  
18.08.22                    02.08.22

Find out session  
dates here!





Monday	Tuesday	Wednesday	Thursday	Friday
July 25th	July 26th	July 27th	July 28th	July 29th
August 1st	August 2nd	August 3rd	August 4th	August 5th
August 8th	August 9th	August 10th	August 11th	August 12th
August 15th	August 16th	August 17th	August 18th	August 19th
August 22nd	August 23rd	August 24th	August 25th	August 26th
August 29th	August 30th	August 31st	September 1st	September 2nd



**Eastcotts Children's Centre**  
MK42 0GG

**Kingsbrook Children's Centre**  
MK42 0HH

**Cherry Trees Children's Centre**  
MK42 8QH

**Daisy Hill Children's Centre**  
MK42 8QH

**Queens Park Neighbourhood Centre**  
MK40 4LE

**Wixhams Villiage Hall**  
MK41 7SA

**Pinecones Children's Centre**  
MK41 7SA

**Goldington Family Centre**  
MK41 9HU

**Bedford Park**  
Meet by the park at Robinsons Pool

**Addison Park**  
Meet by the entrance near the parade of shops

**Priory Park**  
Meet by the cafe



Toddler+



Baby Brasserie



0- Cruiser



Self Weighing



Buggy Walks



Parenting Workshop (online)