



family  
HUBS



# Children's Centre Summer Timetable

15th of April - 19th of July



For more information, please get in touch via:

☎ 0300 323 0245

✉ [admin@ecpbedford.org](mailto:admin@ecpbedford.org)

📍 Bedford Borough Children's Centres

# Drop in Sessions



## Baby Brasserie

Our Baby Brasseries are a place for our breastfeeding parents to meet others and receive support in a friendly, relaxing environment. We also welcome pregnant women who want to find out more about breastfeeding before embarking on their feeding journey. These are drop-in services, so no need to book.



## Play and Learn Cruiser

Our 0-Cruiser groups are for those babies who are not yet walking and follows a nationally recognized programme called 'Five to Thrive' which provides ideas to support baby brain development.

Each session will have a set of scales available for parents to self-weigh their baby, with staff on hand to support if required.



## Play and Learn Toddler

Toddler+ sessions are for mobile toddlers, giving them the opportunity to stretch their imagination and develop the skills they will need as they leave the toddler age and become pre-schoolers. There will be a baby area for younger siblings at this session.



## Coffee Mornings

An opportunity to drop-in and find out about our services and meet other local parents and carers. Coffee mornings are run jointly with schools and nurseries within the area for local families. Term time only.

# Drop in Sessions



## Young Parents Group

This is a group is suitable for parents from 22 weeks pregnant up to the age of 21. Come and meet the friendly staff to ask advice and guidance alongside a play session for the children.



## Story Time Fun

This group is for children with English as an additional language. Come and enjoy your favourite stories each week as well as lots of fun activities to enhance your child's learning and development. Term Time Only.



## Dad's Group

Calling all Dads, Grandads and Uncles, come and join our under 5s Saturday play sessions.

There will be lots of fun activities for you and your children to enjoy, as well as snack and bacon sandwiches (veggie option available).



## Stay & Play

Come along with the family to enjoy a play and learn session at Queens Park family hub. Snack included.

# Bookable Sessions



## Mini Movers

Let your mobile toddler explore body awareness and physical development at Peter Pan. Younger siblings welcome.



## Baby Massage

Baby massage is a 4 week course for babies ages 8 weeks - 6 months. Learn massage strokes to support relaxation and relief from colic and constipation.



## Triple P Workshops

We have a range of workshops online and in-person to support you on your parenting journey. The workshops are designed for parents with children aged 18 months plus to 5 years of age.

Book Triple P Workshops Here!



## Mind the Baby

Mind the Baby is a weekly wellbeing group offering emotional support in a safe environment to address low mood, anxiety and/or depression from the birth of your baby to 1 year old. To book your place please use the enquiry form on the website or call us on 0300 323 0245.

# Bookable Sessions



## Mind the Bump

Mind the Bump is a weekly, women only well-being group offering emotional support in a safe environment to address low mood, anxiety and/or depression during pregnancy.

To book your place please use the enquiry form on the website or call us on 0300 323 0245.



## JOP Toddler

This is four week programme aimed at parents/carers of children ages walking to 3 years.

This course will equip parents/carers with a greater understanding of: age appropriate milestones; becoming an important play partner; child development; healthy brains; parental wellbeing; mental health; strong relationships; effective routines; sleep; appropriate discipline; behaviour management & more!



## Tiny Explorers

Let your mobile toddler explore body awareness and physical development at Peter Pan. Younger siblings welcome.



## Chatter Tots

ChatterTots is a universal course offering parents essential advice and strategies to support their child's early communication skills. This course is beneficial for children with emerging language aged between 18 months - 3years who need support for listening, understanding and spoken language.

To book this service please complete the Booking Form using the QR code below:

Book Chatter Tots Here!



# Bookable Sessions



## Introducing Solid Foods

Are you ready to start introducing solid foods to your little one? Come and join us for an interactive, online session by trained Children Centre staff. We can help you with first foods, milk and much more....

This session is open to all parents and carers with babies no younger than 20 weeks.



## Bumps, Birth and Baby Stuff

Bedford Borough's Bumps, Birth and Baby Stuff is a collaborative approach to providing seamless antenatal care to first time expectant parents. We offer a full-day in-person course or an online version to suit all needs. Ideally, expectant parents should be at least 32 weeks gestation or more to attend this session and they MUST be resident of Bedford Borough. Partners are encouraged to attend so please ensure you provide their information when booking.



## Triple P Baby - In Person

This course aims to prepare parents for a positive transition to parenthood and the first year with baby. The 4 week in person course allows parents to participate in a range of exercises to learn strategies to develop a positive relationship with their baby. In addition, you will receive 4 follow up calls, with a trained practitioner to support your family's individual need.

This course is designed for parents with children from birth to 12 months and they are welcome to attend the sessions with you.

Book  
Triple P  
Here!



# Bookable Sessions



## Potty Training

Come and join our online workshop for some tips and advice on how to get potty training started. This course is aimed at parent who have children aged 18 months plus.



## Wiggles and Jiggles

Does your child love singing and dancing? Come and join us at Wiggles and Jiggles for lots of action songs, rhymes, parachute fun and a chance to explore musical instruments.



## ECP Celebration Event

Come along to our annual ECP Celebration Event. We will have a fun packed morning with lots of activities, the farm and hopefully a visit from the fire engine.



## Triple P Baby Online

Triple P Baby Online will: support you to promote your baby's development, give you confidence in your own choices, cope with frequent crying, sleeping, partner conflict and much more. You will be able to access the 7-module course online and complete this in your own time. You will be given 6 months to complete the course and one of our practitioners will regularly check-in with you to see how you are getting on. Once the Booking Form is received a member of our admin team will email you out the details of how to access the course. If you are not registered with the children centres, the team will call you before the code is emailed out, to register you. This course is for parents with babies up to the age of 12 months.

To book this service  
please complete the  
Booking Form using  
the QR code:



# Mondays

Session	Where	When	
Baby Brasserie	Daisy Hill, MK42 8QH	9:30-11:30am	★
Play & Learn Cruiser	Daisy Hill, MK42 8QH	9:30-11am	★
Play & Learn Cruiser	Pine Cones, MK41 7SA	1:30-3pm Term Time	★
Play & Learn Toddler	Lakeview Village Hall, MK42 6AB	9:30-11am 1st&3rd Monday of month, term time	★
Play & Learn Toddler	Queens Park, MK40 4LE	1:30-2:30pm	★
Mini Movers	Peter Pan, MK42 9DR	1:30-2:30pm April 15th, 22nd, 29th May 13th June 3rd, 10th, 17th, 24th July 1st, 8th, 15th	🖱️
Baby Massage	Pine Cones, MK41 7SA	10-11am 22.04.24, 29.04.24, 13.05.24 & 20.05.24	🖱️
Triple P Workshop Dealing with Disobedience	Online	1-3pm 20/5	🖱️
Mind the Baby	Queens Park, MK40 4LE	1-2pm	🖱️☎️
JOP Toddler	Goldington, MK41 9HU	9:30-11am April 15th, 22nd, 29th May 13th (no session 6th)	🖱️

# Tuesdays

Session	Where	When	
Baby Brasserie	Queens Park, MK40 4LE	9:30-11:30am	★
Play & Learn Cruiser	Queens Park, MK40 4LE	9:30-11am	★
Play & Learn Toddler	Peter Pan, MK42 9DR	9:30-10:30am Term Time	★
Play & Learn Toddler	Daisy Hill, MK42 8QH	1:30-2:30pm Teacher available for Successful Transitions	★
Tiny Explorers	Peter Pan, MK42 9DR	1:30-2:30pm 5 week course starting 16/4	🖱️
Tiny Explorers	Queens Park, MK40 4LE	1:30-2:30pm 6 week course starting 11/6	🖱️
Introducing Solid Foods	Online	2-3pm 16/4	🖱️
Introducing Solid Foods	Online	10-11am 7/5, 11/6, 9/7	🖱️
Bumps, Birth and Baby Stuff	Online	9am-12:30pm 23/4, 28/5, 25/6, 23/7	🖱️
Potty Training Workshop	Online	10-11am 14/5 & 16/7	🖱️
Baby Massage	Queens Park, MK40 4LE	2-3pm 4 week course starting 2/7	🖱️
Kingswell Community Cafe	Kingsbrook, MK42 0HL	9am-12noon	★
Triple P Baby	Queens Park, MK40 4LE	10am-12noon 23/4, 30/4, 7/5, 14/5 +4 weekly follow up calls	🖱️
Play and Learn Cruiser	Eastcotts, MK42 0GG	1:30-3pm	★
Coffee Mornings	Cherry Trees, MK42 9LS	8:30-9:30am	★



SCAN FOR MORE INFO,  
DATES AND TO BOOK!



ENQUIRY FORM ON WEBSITE



EVENTBRITE



TELEPHONE



FREE DROP-IN

# Wednesdays

Session	Where	When	
Baby Brasserie	Cherry Trees, MK42 9LS	1:30-3pm	★
Play & Learn Cruiser	Cherry Trees, MK42 9LS	1:30-3pm	★
Play & Learn Toddler	Goldington, MK41 9HU	9:30-10:30am	★
Play & Learn Toddler	Kingsbrook, MK42 0HL	11am-12noon	★
Play & Learn Toddler	Pine Cones, MK41 7SA	1:30-2:30pm Term Time	★
Bumps, Birth and Baby Stuff	Queens Park, MK40 4LE	9am-4pm 17.04.24, 01.05.24, 15.05.24, 29.05.24, 19.06.24, 03.07.24, 17.07.24	👁️
Triple P Workshop Developing Good Bedtime Routines	Online	7-9pm 24/4	👁️
Mind The Bump	Queens Park, MK40 4LE	10-11am	🌐📞
Coffee Mornings	Peter Pan, MK42 9DR	8:30-9:30am	★
Coffee Mornings	Pine Cones, MK41 7SA	8:45-10am 2nd Wednesday of the month	★
Coffee Mornings	Bedford Road Primary Academy, MK42 8QH	9-10am 4th Wednesday of the month	★
CLOSURE DAY	NO SERVICES	26/6/24	

# Thursdays

Session	Where	When	
Baby Brasserie	Goldington, MK41 9HU	9:30-11:30am	★
Play & Learn Cruiser	Goldington, MK41 9HU	9:30-11am	★
Play & Learn Toddler	Eastcotts, MK42 0GG	11am-12noon Teacher available for Successful Transitions	★
Wiggles & Jiggles	Pine Cones, MK41 7SA	9:30-10:30am 5 week course starting 18/4	👁️
Wiggles & Jiggles	Peter Pan, MK42 9DR	9:30-10:30am 6 week course starting 13/6	👁️
Young Parents Group	Cherry Trees, MK42 9LS	1:30-2:30pm	★
Story Time Fun <small>For children with English as an additional language</small>	Cherry Trees, MK42 9LS	9:15-10:15am Term Time	★
Triple P Workshop Hassle Free Shopping	Online	10am-12noon 11/7	👁️
Triple P Workshop Hassle Free Mealtimes	Online	10am-12noon 13/6	👁️
Triple P Baby -In Person	Shackleton Primary School, MK42 9LZ	1-3pm 4 week course starting 25/4 +4 weekly follow up calls	👁️
My Choice	Online	10-11am 10 week course starting 25/4	📞



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DATES AND TO BOOK!



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ENQUIRY FORM ON WEBSITE



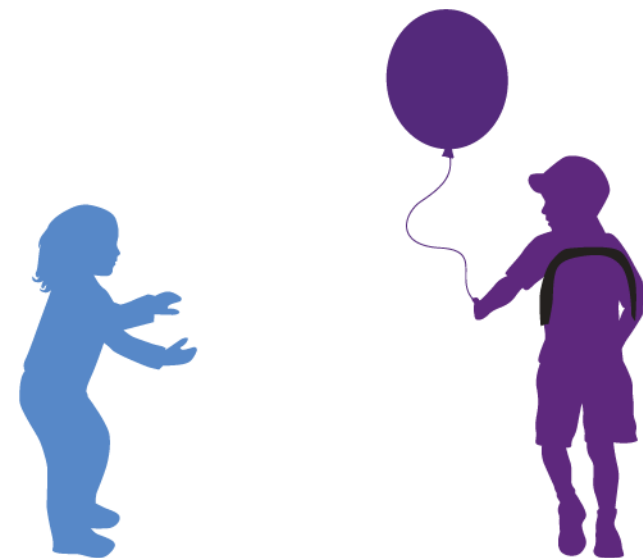
FREE DROP-IN

# Fridays

Session	Where	When	
Baby Brasserie	Pine Cones, MK41 7SA	9:30-11:30am	★
Play & Learn Cruiser	Pine Cones, MK41 7SA	9:30-11am	★
Play & Learn Cruiser	Queens Park, MK40 4LE	1:30-3pm Term Time	★
Play & Learn Toddler	Cherry Trees, MK42 9LS	9:30-10:30am	★
Play & Learn Toddler	Pine Cones, MK41 7SA	1:30-2:30pm	★
Baby Massage	Queens Park, MK40 4LE	10-11am 4 week course starting 17/5	🖱️
Triple P Workshop Managing Fighting and Aggression	Online	1-3pm 21/6	🖱️
<b>CLOSURE DAY</b>	<b>NO SERVICES</b>	<b>19/4/24</b>	

# Saturdays

Session	Where	When	
Dad's Group	Daisy Hill, MK42 8QH	10-11:30am 2nd Saturday of the month	★
Stay & Play	Queens Park, MK40 4LE	10-11:30am 4th Saturday of the month	★
ECP Celebration Event	Daisy Hill, MK42 8QH	9:30-11:30am 8/6	🖱️



SCAN FOR MORE INFO,  
DATES AND TO BOOK!



EVENTBRITE



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FREE DROP-IN

# Important Info

All Children's Centres are closed on  
Friday 19th April and Wednesday 26th June

## Drop In Sessions

Please be aware when room capacity is reached, we will have to stop entry due to health and safety.

### Register with us!

Scan the QR code to register with us:



### Sign up to our Parent Newsletter

Scan the QR code Sign up



## 50 FREE things to do before you're 5

50 Things to Do Before You're Five is a menu of exciting activities for families with young children, giving them great suggestions for how to have fun and learn at the same time.

### Download

THE MOBILE APP

Discover **50 Things To Do Before You're Five**. To get started, simply download the mobile app from Apple App Store or Google Play Store.



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