

Leighton Buzzard Children's Centre: September 6th – December 17th 2021

ALL ACTIVITIES must be BOOKED- 01525 384368

	AM	PM
MON	10:00-11:00 STARTING SOLIDS WORKSHOP -VIRTUAL 20 th September 25 th October 8 th November 13 th December	13:30-15:00 BABY DAYS 4 WEEK COURSE 0-4 months 27 th September
		13:30-15:00 BABY DAYS – NEXT STEPS 4 WEEK COURSE 8-12 months 15 th November
TUES	9:30-11:30 PARENT PUZZLE 5 WEEK COURSE Parenting strategies and advice 2 nd November	13:15-14:45 REVIVE Women's mental wellbeing support group 14 th September – 19 th October OR 2 nd November – 30 th November
WEDS	PLEASE USE THE LINK FOR BOOKINGS BBB ANTENATAL COURSE 1 day virtual course 3 week virtual course or virtual refresher workshop https://www.eventbrite.co.uk/o/cbc-south-childrens-centre-antenatal-34058962449	13:30-14:30 CHATTERTOTS – VIRTUAL 15 th September
	10:00 – 11:00 CHATTERTOTS 4 WEEK COURSE 10 th November	13:30-14:30 HOW CAN I..... ? –VIRTUAL Better bedtime routine: 13 th October Manage my child's behaviour: 20 th October Make mealtimes less stressful: 10 th November Communicate better with my family: 24 th November Keep my child safe: 8 th December
THUR	10:00-11:30 SPECIAL EDUCATIONAL NEEDS & DISABILITIES Opportunity Play Group Term Time Only	13:30-14:30 STORY MAKERS 5 WEEK COURSE 18 months-5 years 11 th November
	09:00-12:00 SPEECH & LANGUAGE Advice with a Speech & Language Therapist 9/9, 21/10, 2/12 and 13:00-16:00 Wednesday 17/11 Sue.rogers1@nhs.net PLEASE EMAIL FOR BOOKINGS	
FRI	10:30-11:30 BABY BRASSERIE Support for breastfeeding mums	13:30-14:30 BABY SIGN COURSE 3 WEEK COURSE For babies aged 6 – 12mths 3 rd September 12 th November 3 rd December
	10:00-11:30 TIME FOR TWO'S 5 WEEK COURSE (aged 2 – 3 years) 1 st October	

Breastfeeding Support:
We can book you a 1:1 appointment to support with breastfeeding issues or concerns.

We can support and advise women that are experiencing **domestic abuse** currently or have experienced it in the past.

Vitamins:
We sell the healthy start vitamins here which are recommended for children under 5.

Children's Drops £2
Adult Tablets £1

Two Year Funding:
If you have been told you are not eligible but believe that you are, then we can help you look into this.

We work with Leighton Linslade Community Food Bank to provide **food parcels** for families that may be struggling financially.

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Leighton Buzzard Children's Centre, Rushmere Park Academy, East Street, Leighton Buzzard, LU7 1EW Facebook: Leighton Buzzard Children's Centre