

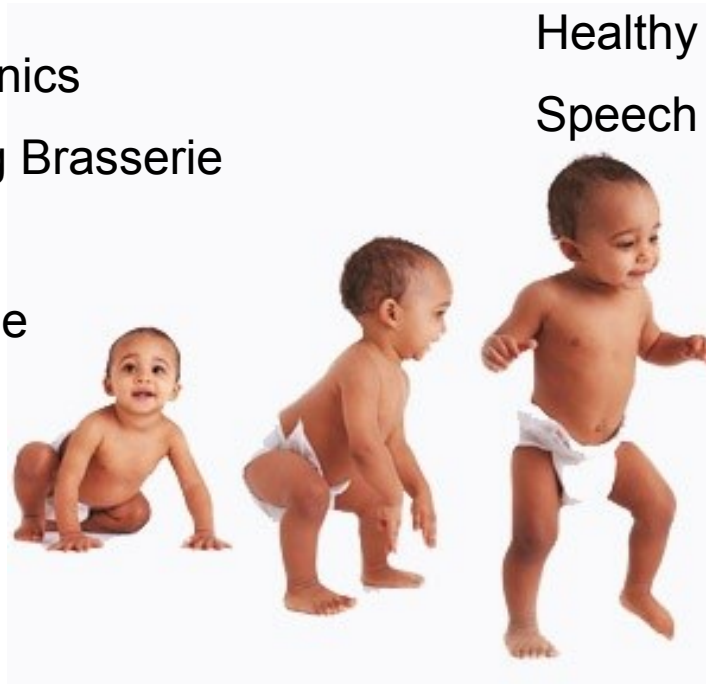
A family journey through a Central Bedfordshire Children's Centre

Bump to 12 months...



Beezee Bumps
Midwife Clinics
Bumps, Birth and Baby Stuff
Stop Smoking services

Well Baby Clinics
Breastfeeding Brasserie
Baby Daze
Baby Massage



Parents as First Teachers
(PAFT)
Parent Puzzle
One year old Health Checks

Nutrition
Oral Health
First Aid

Post Natal Depression support
Healthy Eating and Lifestyles
Speech and Language Support

Dad's groups
One to one support

For further information please contact Family Information Service 0300 300 8119
www.centralbedfordshire.gov.uk/childrenscentres



Additional Children's Centre services on offer after your child's 1st birthday...

- ★ 2 year old reviews
- ★ Bookstart
- ★ Job Centre Plus
- ★ Adult learning
- ★ Stay and Plays
- ★ Housing Support
- ★ Benefit support
- ★ Freedom Programme
- ★ Parenting programmes
- ★ Heuristic Play
- ★ Transition groups
- ★ HENRY programme
- ★ Fluoride Varnishing
- ★ Messy Play
- ★ Small Talk
- ★ Chattertots
- ★ Volunteering
- ★ Citizens' Advice
- ★ PAFT
- ★ Healthy Start
- ★ Change 4 Life
- ★ Holiday activities
- ★ Forest School
- ★ 2 year old funding
- ★ Dietician
- ★ Support for children with additional needs
- ★ Speech and Language drop-in clinics
- ★ Parents' Voice / Forum
- ★ One to One Support
- ★ Immunisation advice
- ★ Safety in the Home
- ★ Managing your money
- ★ Cooking on a budget
- ★ Food Bank Vouchers
- ★ Home Visits

...until they are 5 and ready for school.

