

# Parenting Puzzle



Parenting is easy... said no parent ever!

We all need a little support at times when it comes to looking after children, and across Central Bedfordshire, there are **FREE** courses for parents and carers of children aged 2-5yrs to help.

The Parenting Puzzle programme helps to build strategies to reduce the stress of parenting and prepare your children for school. It's also a great place to meet other parents and carers in your area.

Parenting Puzzle is being run throughout the year at your local children's centre with two courses available to residents of Central Bedfordshire:

## Four-week Parenting Puzzle Workshops:

### Shefford and Stotfold

Starting 2<sup>nd</sup> March 2023, running on Thursday afternoons from 12.45pm-2.45pm at Arlesey Youth Centre  
Email [shefford.childrencentre@centralbedfordshire.gov.uk](mailto:shefford.childrencentre@centralbedfordshire.gov.uk) or call 0300 300 8112 for details and bookings

## Ten-week Parenting Puzzle Nurturing Programme:

### Flitwick

Starting 18<sup>th</sup> January 2023, running on Wednesday mornings from 9.30am-11.30am at Cranfield St Peter Site.  
Email [flitwick.childrencentre@centralbedfordshire.gov.uk](mailto:flitwick.childrencentre@centralbedfordshire.gov.uk) or call 0300 300 8111 for details and bookings

### Sandy and Biggleswade

Starting 11<sup>th</sup> January 2023, running on Wednesday mornings from 10.30am – 12.30pm at Biggleswade Youth Centre  
Email [sandy.childrenscentre@centralbedfordshire.gov.uk](mailto:sandy.childrenscentre@centralbedfordshire.gov.uk) or call 0300 300 8114 / 0300 300 8134 for details and bookings

Creche facilities are available to support parents and carers attending so please let your children's centre know if you wish to use this facility when booking.

