

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:

Dunstable

Starting 23rd February 2023, running on Thursday morning from 10am-12pm at Dunstable South Children's Centre
Email dunstablechildrenscentres@centralbedfordshire.gov.uk or call 0300 300 8104 / 0300 300 8106 for details and bookings

Leighton Buzzard

Starting 22nd February 2023, running on Wednesday afternoons from 1pm-3pm at Greenleas Primary School
Email lbcc@centralbedfordshire.gov.uk or call 01525 384368 for details and bookings

Ten-week Parenting Puzzle Nurturing Programme:

Houghton Regis

Starting 12th January 2023, running on Thursday afternoons from 12.45pm – 2.45pm at Tithe Farm Site
Email houghtonregis.childrencentre@centralbedfordshire.gov.uk or call 0300 300 8115 / 0300 300 8129 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.

