



# Dunstable Children's Centre: 9<sup>th</sup> January – 31<sup>st</sup> March 2023

## Monday

### Baby Day Next Steps

1:00-2:00 pm

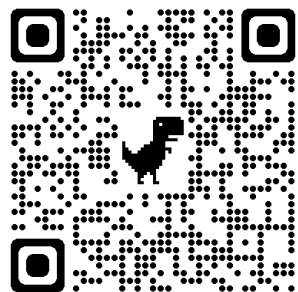
6<sup>th</sup> Mar – 27<sup>th</sup> Mar

A 4-week course

Suitable for babies

from 6-12 months

At Dunstable North



### Family Information

### Directory QR code



## Tuesday

### Starting Solids

#### Workshop

10:30-11:30am

17<sup>th</sup> Jan, 21<sup>st</sup> Feb

OR 21<sup>st</sup> Mar

*Virtual TEAMS*

### Brasserie

1:00-2:30pm

*For breast feeding*

*support and advice*

At Dunstable South

### Chattertots

10:00-11:30am

17<sup>th</sup> Jan – 7<sup>th</sup> Feb

A 4-week course

Suitable for children

18 months – 3 years

### Time for Two's

10:00-11:00am

21<sup>st</sup> Feb – 21<sup>st</sup> Mar

Suitable for 2-3

years old

A 5-week course

At Dunstable South

## Wednesday

### Stay and Play In Our

#### Own Way

10:00-11:00am

Suitable for children

with SEND

At Dunstable South

### Revive

1:00-2:30pm

11<sup>th</sup> Jan – 8<sup>th</sup> Feb

A 5-week course at

Dunstable South

### Baby Massage

18<sup>th</sup> Jan – 8<sup>th</sup> Feb

10:30-11:30am

At Dunstable South

£20 charge

*Call to add your details*

*to the waiting list*

### Self-Weighing

1:15-2:45pm

Booking Required

At Dunstable South

Dunstable North:

Westfield Road, LU6 1DW

0300 300 8106

## Thursday

### Baby Sign

10:00-10:45am

19<sup>th</sup> Jan – 2<sup>nd</sup> Feb

From 6-12 months

At Dunstable South

### Parent Puzzle

*(5-week course)*

10:00am-12:00pm

23<sup>rd</sup> Feb – 23<sup>rd</sup> Mar

*Suitable for 2-5*

*years old*

At Dunstable South

### Toddler group

1:00-2:30pm

At Westfield Nursery

LU6 1DL Term time

No booking required

### Baby and Me

1:00-2:00pm

Suitable for babies

0-prewalking

At Dunstable South

Dunstable South:

Oakwood Ave, LU5 4AS

0300 300 8104

## Friday

### Little Explorers

10:00-11:00am

Suitable for walkers

At Dunstable South

### Baby Days

10:00-11:00am

13<sup>th</sup> Jan – 10<sup>th</sup> Feb

*(not running on 27<sup>th</sup> Jan)*

OR

3<sup>rd</sup> Mar – 31<sup>st</sup> Mar

*(not running on 24<sup>th</sup> Mar)*

A 4-week course

suitable for babies

from 0-4 months

At Dunstable North

### Birth Bump & Baby

#### Antenatal Workshop

9:15-4pm

27<sup>th</sup> Jan, 24<sup>th</sup> Feb

OR 24<sup>th</sup> Mar

At Dunstable North

Booking on Eventbrite

**All sessions require  
BOOKING**

### **Bump, Birth and Baby Stuff – Antenatal class**

Come and find out more about labour, feeding, caring for your baby and preparing for family life.

See the Eventbrite link for more details.

<https://www.eventbrite.co.uk/o/cbc-south-childrens-centre-antenatal-34058962449>

### **Baby Days**

A 4-week course for parents and babies aged 0-4 months, covering sleep, feeding, baby brain development and childhood illness.

### **Baby Days Next Steps**

A 4-week course for parents and babies aged 6-12 months, covering schemas, safety, child development, toileting and more.

### **Self Weighing**

Baby self-weighing sessions. Please note there will not be access to a Health Visitor. For any health or weight concerns, please contact the Children's Community Health Hub on 0300 555 0606.

### **Breastfeeding Brasserie**

A breastfeeding support group, advice available from our trained Family Workers.

### **Baby Massage**

A 4-week course focusing on building the bond with your baby, learning about health benefits and to meet with other parents. Suitable for babies aged 8 weeks old up to pre-crawling.

### **Baby Sign**

Come along to learn everyday signs and find out how to use them in songs and everyday activities. Suitable for babies aged 6-12 months.

### **Speech & Language Drop-in**

Please contact Sue Rogers on [sue.rogers1@nhs.net](mailto:sue.rogers1@nhs.net)

### **Parent Puzzle**

A course for parents with children aged 2-5 years old. This course focuses on strategies for behaviour, positive parenting and emotional wellbeing.

### **Little Explorers**

A group full of exciting activities and play opportunities to support your child's development and learning. Suitable for children who are walking up to 5 years.

### **Time for Two's**

A 5-week school readiness programme focused on key developmental areas: Mark Making, Mathematics, Emotional Wellbeing & Healthy Choices, Literacy and Communication, and Physical Activity. Suitable for 2–3-year-olds.

### **Revive**

A women's mental wellbeing support group. A small friendly group for women experiencing low mood and anxiety. You are welcome to bring children along with you.

### **Chattertots**

A 4-week course for children aged 18months-3 years. If you have concerns about your child's speech and language, this is a fun group to develop your child's listening and talking skills with our 0-19 Team and Family Workers.

### **Stay and Play In Our Own Way**

This is a group for parents and carers of SEND children and their siblings. You do not need to have a formal diagnosis; we just want to create a space where you can chat to other parents in a similar situation.

### **Baby and Me**

Come along to our welcoming group where you make new friends and your baby has opportunities to explore, sing and learn. Drinks available for parents. Suitable for 0-prewalking

Dunstable South:

Oakwood Ave, LU5 4AS

0300 300 8104

**ALL SESSIONS MUST BE BOOKED**

Facebook: Dunstable Locality Children's Centre's

[dunstablechildrenscentres@centralbedfordshire.gov.uk](mailto:dunstablechildrenscentres@centralbedfordshire.gov.uk)

Dunstable North:

Westfield Road, LU6 1DW

0300 300 8106