



**Centre closure
for staff
training:**

5th February
15th February
Sorry for any
inconvenience

Health Visitor

If you would like to talk to Lucy about any health problems or concerns that you may have about your child; please see dates on the last page of our newsletter. Lucy is happy to give advice on weaning, breastfeeding, development assessments and any other queries that you may have.

Bedford Central Children's Centre

JANUARY 2010 ISSUE 20



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Young Parents Group

We are starting a new group for young parents here at the centre on Wednesday afternoons starting from 10th February 1.00 - 2:30pm. This group will give you the chance to meet other new parents and parents-to-be in a relaxed and informal atmosphere with fun activities for you and your child.

Trekking Tots

We have booked two Trekking Tots walks to Bedford Central Library for Story Time. The dates are Friday 26th February leaving the centre at 9.30am and returning by 11.00am (in place of Early Explorers) and Monday 8th March leaving the centre at 1.00pm and returning by 3.00pm at the latest (in place of Tiddlywinks). No booking is necessary, but could you let us know if you are interested.

Christmas Parties

Our Christmas parties were a huge success and we would like to thank all the families who attended. We have photographs of all the activities that have taken place over the past year. If you would like to see any of these, then please speak to a member of the admin team.



bedfordcentralcc@spurgeons.org



Your local authority Children's Centre
Supporting and improving



Break/Street Dancing session!

On Wednesday 17th February (during half term), 10.00-11.30, the Children's Centre is joining up with Priory Lower School to offer your child the opportunity to come and have a go at Break/Street dancing! They will be taught by experienced dancers from 'Eastern West Productions and Dynamix Crew' Open to all families with children up to 9 years old.

Tiddlywinks

Our new group, Tiddlywinks, is now up and running! It is for children **just walking and up to 2 years**. This group offers a chance for exploring, singing, messy and creative play, and story time.

Monday afternoons 1.00pm - 2:30pm.

Please note: Early Explorers is now for ages 2 - 5 years.



Parents Forum

Our parents forum is on the 29th January 11:30 - 1.00pm. This is a chance for you to have your say about what is offered here at the centre, as well as what you would like to see more (or less!) of. This is a very informal session and lunch is provided. Please let a member of staff know if you would be interested in joining the parents forum in the future.

Baby Massage

We are offering a baby massage course starting 22nd February until 15th March. This is for babies aged between 6 weeks and 6 months. Baby massage can help to relax and soothe your baby and has many benefits including help with digestion and sleep. **Booking is essential.**



Singing Group

This is to be held at Castle Lower School from Wednesday 24th February - Wednesday 31st March 10:00 - 11:00am. If your child loves singing and dancing then this is the group for you! Come along to our singing group and see how much fun you can have. Pop in to the centre or ring us for any extra information.



Speech and Language therapist

Need advice about your child's speech and language? Then come in and arrange a meeting with Clare. She is due to attend our centre on the dates below:

Tuesday 2nd
February
1 - 3pm

Tuesday 9th
February
1 - 3pm

Tuesday 16th
February
1 - 3pm

Tuesday 23rd
February
1 - 3pm

Tuesday 2nd
March 1 - 3pm

National Childminding Association

Alison Mooney will be running a drop-in group for parents who are interested in either becoming a childminder or finding one. She will visit the centre on the 8th February during the Tiddlywinks group and on 23rd February during the baby group.

Nursery Placements

We would like to remind parents that if your child is 3 years old before 31st August, you need to register with Priory Lower School Nursery for a place. All registration forms can be collected from the nursery and must be handed in by May for your child to attend nursery this September.

Weaning Group

This 1 hour session, to be held every 8 weeks, is open to all parents of babies aged 4 ½ months to 6 months who are interested in finding out information about weaning their baby. The first session is on 10th March at 10.00-11.30 here at the centre. The session will be run by Taz from the Queens Park health visiting team. **Booking is essential.**

Tips on Brushing Your Child's Teeth

Let your child pick their own toothbrush and toothpaste. This will make them feel more in control and a part of the process.

- Read age appropriate books together which demonstrate the importance of brushing and then move on to the tooth brushing routine afterwards.
- Sit your child on your lap with their back to your chest. This makes it easier to brush their teeth. If possible have a mirror in front of you so you can see where to brush and to ensure all teeth are covered.
- Make silly faces with each other to ensure they open their mouth wide.
- Brushing charts/ reward systems are a great way of encouraging and rewarding good behaviour. Perhaps be extra creative and make your own!
- Parents, guardians, and/or siblings can also help to make it a fun experience.

Be patient, be stress-free and remember it will happen eventually!

EVENTS

Our centre is open to children who are aged 0-5 years. Some groups have age restrictions for safety reasons.

All our sessions are FREE!

Day/Date	Event	Time	Venue
Monday Afternoons	Tiddly Winks Walking - 2 years	1.00 - 3.00	Bedford Central
Tuesday Mornings	Baby Group 0 - just walking. Health visitor drop in with baby weighing	10.00 - 11.30	Bedford Central
Wednesday Afternoons	Young Parents Group	1.00 - 2.30	Bedford Central
Thursday Mornings	On the Go 0 - 5 years	9.45 - 11.15	Bedford Central
Friday Mornings	Early Explorers 2 - 5 years	9.30 - 11.30	Bedford Central
Tuesday Afternoons	Once Upon A Time 18months - 5 years old Booking Essential	1.00 - 2.30	Bedford Central
Monday Mornings 22nd February - 15th March	Baby Massage 4 week session 6 weeks—6 months Booking Essential	10.00 - 11.30	Bedford Central
Wednesday Mornings 24th February - 31st March	Singing Group Castle Lower School 0 - 5 years	10.00 - 11.00	Castle Lower School

Health Visitor Drop In Tuesdays 10am - 11am	Job Centre Plus Drop In Thursday 9 - 12pm
19th January	
2nd February	
16th February	7th January
2nd March	21st January
16th March	4th February
6th April	4th March
20th April	18th March

For health visitor drop ins there is no need to book. Please see admin staff to ensure your name is put down to see her. We have a baby group running at the same time where one of our parent workers will be happy to weigh your baby. You are more than welcome to join in with this session while you wait for Lucy to see you.