



All our sessions are **FREE**. All parents, grandparents & carers with children under 5 are welcome.
Unless stated, all sessions are at the children's centre at Shefford Lower School, School Lane, SG17 5XA.

A Sure Start Children's Centre

Monday

Baby Brasserie 2.00 - 3.30pm bump-5 years Drop in
Cafe style group with info and support for pregnant women and breastfeeding mothers. Older siblings welcome. Joint group with NHS

Breastfeeding Baby Shower at Baby Brasserie every 8 weeks bump-5 years Drop in
Baby shower games with a breastfeeding twist. Prepare for your new arrival. Meet breastfeeding mums and babies.

Toddle time 1.30-3.00pm Gravenhurst Hall 18-30 months Booking required
Five week course on sleep, mealtimes, behaviour, starting school & toilet training. Play & snacktime for your child; info & ideas for you.

Tuesday

Best Start course 10.00 - 11.30 am newborn Booking required
For new parents covering sleep, routines, safety, feeding and development. Book with children's centre. Joint with NHS 0-19 team.

Activ Tots 9.45 - 10.30 am Broom Village Hall 1-5 years Drop in
A world of lively fun activities & action rhymes to encourage your little one to keep active and healthy.

Bee Zee Tots 10.00am - 12.00pm 3-5 years Booking required
Six week healthy lifestyles course. Cook & eat sessions; practical parent workshops delivered by NHS dieticians; activities & games.

Me Too 1.30 - 3.00 pm 0-5 years Drop in
Chill out and chat. For all parents, including those with twins or a child with special needs. Toys and tea.

Wednesday

Breakfast Cafe 9.00 - 10.30 am term time only 0-5 years Drop in
Join us for breakfast. Enjoy toast and a cuppa while the children play. Meet the children's centre team.

Messy Play Roadshow 1.30 - 2.30 pm various locations 0-5 years Drop in
Play and explore with paint, water, shaving foam, custard, spaghetti ... Come prepared to get messy! Baby corner. Suitable for children 0-5 years. Older siblings welcome in holidays.

Thursday

Little Explorers 10.00 - 11.30 am 5 mths-walking Drop in
For rolling, crawling and pre-walking babies. Play and chat. Activity or information focus each week.

Bumps & Babies 1.00 - 2.30 pm bump-6mth Drop in
For pregnant women and new parents with non moving babies. Tea & chat. Activity or focus each week.

Antenatal course 3.00 - 5.00 pm Bump Booking required
Three week courses for expectant women and their partners. Book through the midwives.

Friday

Rhyme Time 10.00 - 11.00 am alt weeks Gravenhurst Hall 0-5 years Drop in
Songs and rhymes, snack and refreshments.

Childminders drop in 9.30-11.30 am Every week Drop in
Run by childminders for childminders in Shefford and surrounding villages.

Job Centre Plus afternoon appointments Booking required
Call Biggleswade JobCentre to book

Baby Massage 1.30 - 2.30 pm 2-7 months Booking required
Five week course for mum &/or dad and babies 8 weeks - 5 months. Helps with colic & settling. Oils provided.

Saturday

Action Dads 10.00 - 12.00 am last Sat each month 0-8 years Drop in
Active play for children 0-8 and their dads, granddads, or male carers. Snack, games, construction, coffee.

Also: baby massage on other days; parenting courses; 1-1 support; info on childcare & schools; info & support for adult education; referral to smoking cessation; access to financial advice; and activities on Chicksands base.



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