

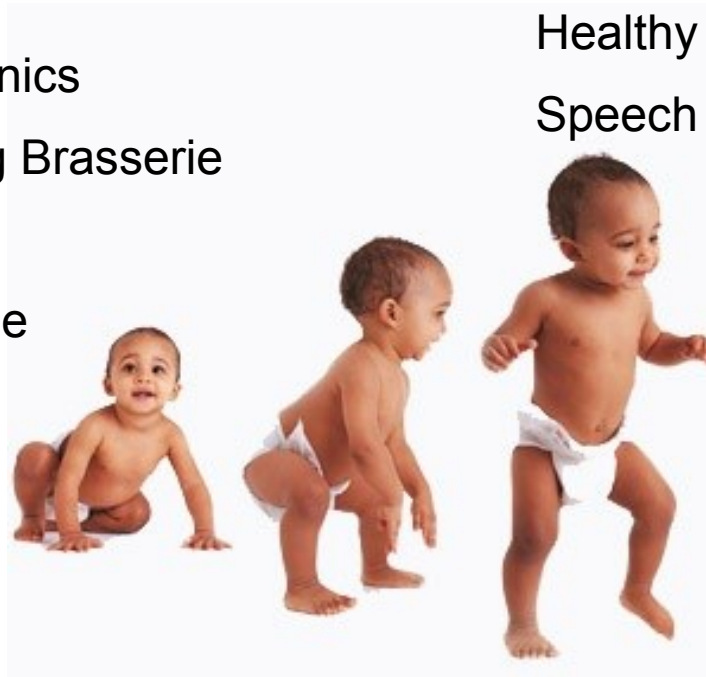
# A family journey through a Central Bedfordshire Children's Centre

## Bump to 12 months...



Beezee Bumps  
Midwife Clinics  
Bumps, Birth and Baby Stuff  
Stop Smoking services

Well Baby Clinics  
Breastfeeding Brasserie  
Baby Daze  
Baby Massage



Parents as First Teachers  
(PAFT)  
Parent Puzzle  
One year old Health Checks

Nutrition  
Oral Health  
First Aid

Post Natal Depression support  
Healthy Eating and Lifestyles  
Speech and Language Support

Dad's groups  
One to one support

For further information please contact Family Information Service 0300 300 8119  
[www.centralbedfordshire.gov.uk/childrenscentres](http://www.centralbedfordshire.gov.uk/childrenscentres)



# Additional Children's Centre services on offer after your child's 1st birthday...

- ★ 2 year old reviews
- ★ Bookstart
- ★ Job Centre Plus
- ★ Adult learning
- ★ Stay and Plays
- ★ Housing Support
- ★ Benefit support
- ★ Freedom Programme
- ★ Parenting programmes
- ★ Heuristic Play
- ★ Transition groups
- ★ HENRY programme
- ★ Fluoride Varnishing
- ★ Messy Play
- ★ Small Talk
- ★ Chattertots
- ★ Volunteering
- ★ Citizens' Advice
- ★ PAFT
- ★ Healthy Start
- ★ Change 4 Life
- ★ Holiday activities
- ★ Forest School
- ★ 2 year old funding
- ★ Dietician
- ★ Support for children with additional needs
- ★ Speech and Language drop-in clinics
- ★ Parents' Voice / Forum
- ★ One to One Support
- ★ Immunisation advice
- ★ Safety in the Home
- ★ Managing your money
- ★ Cooking on a budget
- ★ Food Bank Vouchers
- ★ Home Visits

**...until they are 5 and ready for school.**

