

MONDAY	Potty Training Talk	9.30 – 10.30am	Sandy Children's Centre	16 th January, 20 th February, 20 th March	Hints and tips on potty training from 0-19 team Nursery Nurse.	Booking
	Starting Solids Talk	10.30 - 11.30am	Sandy Children's Centre	16 th January, 20 th February, 20 th March	Advice and support around starting solids from 0 – 19 Team Nursery Nurse	Booking
	Starting Solids Picnic	11.30 - 12.15pm	Sandy Children's Centre	16th January, 20th March	Picnic for babies over 6 months starting solid food. Babies under 6 months welcome to observe. Food provided by Children's Centre	Booking
	Bumps to Babes	1.00-2.30pm	Sandy Children's Centre	Weekly	Play, fun and socialise. For Mums and Dads to be, parents, grandparents, babies up to 12 months.	Drop-in
	Bumps, Birth and Baby Stuff	5.00pm – 7.00pm Wk 2 :5.00 – 7.30	Sandy Children's Centre	Weekly from 9 th January – 6 th February	Prepare for your new arrival. Come and find out more about birth, feeding and caring for you and your baby. To book, visit www.bumpbirthandbaby-cbc.eventbrite.com	Booking
TUESDAY	Job Centre Plus	9.00 – 11.30am	Sandy Children's Centre	Weekly	Employment and benefit advice. Call 01767 275723 to book.	Booking
	Come and Play	10:00-11:30am	Sandy Children's Centre	Weekly (Term Time only)	Weekly Stay and play group 0 – 5 years with monthly pop in from Health Visitor on 1st Tuesday in each month	Drop-in
	Health Visitor Pop In and Baby Brasserie	2.00-3.15pm	Sandy Children's Centre	Weekly	Weekly Pop In for children 0 – 5 and parents. Health Team available for advice and support with Child Health issues alongside group for breastfeeding mums.	Drop-in
WEDS	Midwife Clinic	9.30-11.30am	Sandy Children's Centre	Weekly	Post Natal Clinic from birth to 28 days, for post-natal checks, weight and breastfeeding advice. To book appointment call 01767 224173	Booking
THURSDAY	HENRY course for parents Crèche included	9.30 – 12 Noon	Sandy Baptist Church	19 th Jan – 16 th March (excl. 16 th February)	New 8 week healthy lifestyle course for parents of children 0 – 5 years Including supporting fussy eaters. Crèche included	Booking
	CBC SEND Partnership	9:30 - 11.00am	Sandy Children's Centre Laburnum Dining Room	1 st Thursday of Month (Term Time Only)	Advice and support for parents/carers of children with Special Educational Needs.	Drop-in
	Baby Massage with Lucy	9.30-10.30am	Sandy Children's Centre	23 rd Feb, 2 nd , 9 th , 16 th March	A 4 week course for babies 6 weeks to pre-mobile to support bonding, attachment and promote sleep. Also supports babies with colic.	Booking
	Bumps, Birth and Baby Stuff	9.45 – 12.00am Wk 2 : 9.45 - 12.30	Sandy Children's Centre	23 rd March – 20 th April	Prepare for your new arrival. Come and find out more about birth, feeding and caring for you and your baby. To book, visit www.bumpbirthandbaby-cbc.eventbrite.com	Booking
	Chattertots	11.00 – 12.00am	Sandy Children's Centre	23rd Feb, 2nd March and 9th March	A fun group to develop your child's listening and talking with Lisa, Speech And Language Therapist	Booking
	Young Parents Group	1.30pm – 2.45pm	Sandy Children's Centre	1 st & 3 rd Thursday every month	A focussed stay and play group for parents/carers under 23 and their children	Drop In
FRIDAY	Baby Daze	10.00 – 12.00am	Sandy Children's Centre	6 th Jan – 10 th Feb 24 th Feb – 31 st March	A 6 week course for new parents and babies 0 – 3 months covering sleep, feeding, baby brain development and childhood illnesses.	Booking
	Baby Massage with Leah	1.00 – 2.00pm	Sandy Children's Centre	20th, 27th Jan, 3rd, 10th Feb 3rd, 10th, 17 th , 24th March	A 4 week course for babies 6 weeks to pre-mobile to support bonding, attachment and promote sleep. Also supports babies with colic.	Booking
	Baby Yoga with Lizzie	2.15-3.15pm	Sandy Children's Centre	20 th , 27 th Jan, 3 rd , 10 th Feb	A 4 week course for babies 6 - 8 weeks + to support physical development of core strength, rolling and sitting.	Booking
	Baby Yoga with Lizzie	2.15-3.15pm	Sandy Children's Centre	3 rd , 10 th , 17 th , 24 th March	A 4 week course for babies 20 weeks + to support core strength, sitting and crawling	Booking
SAT	Dad's Club	10.00-11.30am	Sandy Children's Centre	7 th Jan, 4 th Feb, 4 th Mar	Stay and play session for Dads and male Carers and their children 0-5 years (older siblings up to 8 years welcome).	Drop-in

Concerned about your child's speech and language development then pop in to Come and Play to see Lisa Mitchell, Speech and Language Therapist on:

Tuesday 10th January 10-11.30am

Tuesday 21st February 10-11.30am

Tuesday 21st March 10-11.30am

Save a Baby's Life

**First Aid courses for parents/grandparents/carers
Saturday 25th February 2017**

10-12 Noon

Spaces are limited so please ring to book your place.

A contribution of £5.00 per family on the day would be greatly appreciated. All money is given to the Save a Baby's life charity. You are welcome to bring very young babies but there is limited space for play.

Health Visitor Pop Ins

Sandy Children's Centre

Weekly Tuesdays 2.00pm-3.15pm

Biggleswade and District Children's Centre, Biggleswade

Weekly Thursdays 1.00pm-3.30pm

Potton Pavilion, Mill Lane

1st Wednesday of each month 12-1.30pm

Please note: Babies only need to be weighed monthly up to 6 months unless you have a concern about their weight

We are looking forward to seeing you all at the Children's Centre.

Please note, there is no parking on the road outside the Children's Centre, however parking is available on Robert Hunt Gardens and the public part of Laburnum Road. As we are promoting healthy lifestyles initiatives, we see the lack of parking as positive. We hope that you will too!

Enjoy the walk!

Laburnum



Sandy Community Children's Centre

Managed by Laburnum Lower School Governors

3rd January – 31st March 2017



For further information and to book on to any of our courses/activities

Call the Centre on 01767 699019

**See our Facebook page
Sandy Community Children's Centre**

**Visit our website
www.sandychildrenscentre.co.uk**

email: sandychildrenscentre@laburnumlower.co.uk



Support & Advice

The Centre staff can also offer support and advice on **breast feeding, parenting, choosing childcare, FREE 2 year funded pre-school places, weaning, toilet training, stop smoking, oral health, training/education, budgeting/finance** and lots more. Please ask a member of the team or contact us by phone or email.