



Early Childhood Partnership

BEDFORD

our children, our future

Prospectus of Services



**Information for Professionals and
Parents/Carers of children under five years of age**



Welcome to the Early Childhood Partnership Prospectus of Services

Information for Professionals and Parents/ Carers

Inside this prospectus you will discover the range of courses, classes and support the ECP team provides across Bedford Borough. Some services are delivered weekly within our Children's Centre locations and others are available upon request.

Should you want to access or refer families to a particular service our website is kept up-to-date with our activity timetable and you can also contact us should you want further information about a particular service.

How to Refer

To refer a family to one of our services, please follow the instructions given in this prospectus in the text about your chosen service. You can refer in one of the following ways:

Telephone:

0300 323 0245

Email:

admin@ecpbedford.org

Web:

ecpbedford.org

Baby Massage

Suitable for: Babies aged six weeks to six months.

Overview: Baby massage promotes bonding and attachment and is a great way to develop a strong relationship between you and your baby.

Benefits: Great opportunity to learn a new skill, spend time with your baby and other parents/carers and their babies.

Course length & location: Four week course at various Children's Centres. There is a cost of £25 (non-refundable) which includes oil, handouts and light refreshments. Payment must be received before your place can be confirmed (correct money please).

Delivered by: Children's Centre Staff.

Birth Bump and Baby

Suitable for: Pregnant women and their partners. For first time parents, or those who have had a five year gap or more between children.

Specific criteria: Around 30–32 weeks pregnant at the start of the course and living in Bedford Borough.

Overview: BBB is a universal three week (or one full day) antenatal programme that provides researched and evidence based information for parents to be, helping them understand their babies' development before birth and how to prepare and care for their baby once he or she is born.

Benefits: The programme aims to improve the confidence of expectant parents regarding the birth of their baby, caring for a new born and the impact of having a new baby in the family.

Course length & location: Three week course of two hours per session or one full day. Held at Pine Cones Children's Centre.

Delivered by: Midwives, Health Visitors and the Children's Centre Perinatal Team.

Brasseries

Suitable for: Breast feeding mothers.

Specific criteria: Breast feeding mothers or pregnant women who are interested in breastfeeding.

Overview: Baby Brasseries are social support groups where you can access support from each other, the breastfeeding buddies and our experienced perinatal staff. We encourage pregnant mums to join us to seek breast feeding support, talk about breastfeeding, meet our team and become familiar with the group.

Benefits: Brasseries help to support breastfeeding mums gain confidence and knowledge to be able to sustain breastfeeding their baby for as long as they would like.

Course length & location: Brasseries are held in our Children's Centres across Bedford Borough. We hold sessions on every day Monday to Friday.

Delivered by: The Perinatal Team, Health Visitors and Breastfeeding buddies.



Bookstart

Suitable for: Bookstart is suitable for any child living in Bedford Borough. Parents will be given a Bookstart pack of age appropriate books and other materials which they can take home to be supportive play partners. Parents are also spoken to about the benefits of reading with their child and tips are given for engagement and interaction.

Specific criteria: Universal service, run alongside play and learn sessions. Families to attend play sessions to be given resources and information.

Overview: Bookstart is a programme set out to outline the importance of sharing stories with children. Parents are given resources from the Bookstart pack to support their child in reading. We discuss the benefits of sharing books and how parents can be supportive play partners. Parents are asked for feedback the week after.

Benefits: Parents learn about the importance of early reading with their children. They are given free packs which can be taken home to continue the learning there. Families are given tips and strategies on how to be supportive play partners when engaged with books.

Length: Alongside Toddler+ sessions.

Delivered by: Family Support/Children's Centre practitioners.

Developmental Workshops:

Behaviour, Toileting training, Oral health and Sleeping

Suitable for: Families with children zero to five years old.

Specific Criteria: Open to all families in the Bedford area.

Overview: If you feel a parent needs support in one of these areas there may be a workshop available for you to refer them on to. Please call the Children's Centre to discuss how the parent can be supported by staff trained to deliver these workshops.

Benefits: Provides useful information and strategies on a variety of relevant topics.

Delivered by: Family Support Practitioners.

Early Years Link Worker

Suitable for: All Early year's settings.

Specific Criteria: All settings

Overview: All the settings in Bedford Borough have a dedicated link worker to each setting.

The support includes:

- Identifying children eligible for 2-year funding and engaging them with your setting Transition workshops
- Development workshops for parents and carers in:
 - Toilet training
 - Behaviour
 - Sleep
 - Oral health
- Support in completing Early Help Assessments (EHAs)
- Home/Setting visit to complete EHA
- Joint working between settings and the Children's Centre
- Co-Lead Professional

Incredible Years

Suitable for: Any family living in Bedford Borough with a child between one and three years old which has concerns regarding their toddler's behaviour.

Overview: The Incredible Years Parent - Toddler Programme supports parents to deal with their toddler's challenging behaviour.

You will learn how to:

- Help your toddlers feel loved and secure
- Encourage your toddler's language, social and emotional development
- Establish clear and predictable routines
- Handle separations and reunions
- Use positive discipline to manage misbehaviour

Benefits: Learning to deal with challenging behaviour

Course length & location: Children's Centres across Bedford, 12 week (group intervention) or six week (one-to-one work).

Delivered by: Children's Centre Staff

#Followmybump

Suitable for: Pregnant women aged 19 or under and their partners.

Specific criteria: Young mums-to-be can attend on their own or with their partner or a supportive family member or friend.

Overview: #Followmybump is a bespoke ante natal programme that provides researched and evidence based information for young parents to be. It is a friendly relaxed group where you can meet other young parents. It helps young parents to understand their bump and how to prepare and care for their baby.

Benefits: The programme aims to improve the confidence of expectant young parents regarding the birth of their baby, caring for a new born and the impact of having a new baby in the family.

Course length & location: #Followmybump is a rolling seven week programme so young expectant parents can join at any time. .

Delivered by: The Perinatal Team and Midwives.

Mind the Bump & Mind the Baby

Suitable for: Any women living in Bedford Borough with low mood, or who may have experienced depression and/or anxiety in the past.

Overview: Mind the Bump/Baby are therapeutic social groups to offer emotional support in a safe environment to address low mood, anxiety and/or depression. Mind the Bump is for women who are pregnant and Mind the Baby is for new mothers with a child aged up to six months.

Course length & location: Mind the Bump runs monthly and Mind the Baby runs weekly.

Delivered by: Psychological Therapies Practitioners. For more information, please contact them on 01234 341 977

One-to-one Family Support

Suitable for: Families who would benefit from learning new strategies for parenting. This also includes, safety with in the home, nutrition and role modelling new activities which can be delivered in the home.

Specific Criteria: Families can refer themselves directly onto this service via the children's centre, or they can ask for a referral to be made by their health visitor, or any other agency they may be working with, such as Social Care or Midwifery.

Overview: The family support team works across all the Children's Centres offering support by meeting families in the Children's Centres or out in the community. They work in partnership with local agencies to ensure that the correct support is being offered. Our family support team are highly trained and can offer a range of additional support including:

- Introducing solid foods
- Toileting
- Routine and Boundaries
- Finding childcare
- Isolation
- Parenting
- Support in finding a pre-school
- Accessing two-year-old funding
- Support completing paperwork (this can be for housing/benefits, for example)
- Support within a play session at the Children's Centre or out in the community.
- Accessing support from other professionals
- Support in speech and language development, for example through delivering book start corner sessions, or through targeted small groups.

Benefits: Parents grow in confidence about their parenting skills and understand more about their child's well being. The families' self esteem improves and they find they have the confidence to try new activities with their children. By attending the Children's Centre groups they develop a network of friends in the community where they live.

Course length & location: Can be suited to the need of the family.

Delivered by: Family Support Practitioners.



PAFT Connections (Cruisers to Toddlers)

Suitable for: Children who are walking and their parents/carers.

Specific Criteria: Open to all families living in Bedford.

Overview: The Parent as First Teachers (PAFT) connections programme is a series of five sessions for children under three years old that bring together a small group of parents and their children to build happy and healthy families. The programme is aimed at parents with children from birth to cruisers. There will be a range of playful activities to promote knowledge related to parenting and child development.

Benefits: This small group will give parents opportunities to meet new families who may be facing similar concerns. It enables parents to learn new activities to do in the home, improve parent/child relationships. If families require further support they will be offered one to one PAFT.

Course length & location: Five week course. The sessions run at various locations across Bedford. This course is a bookable course.

Delivered by: Family Support Workers who are PAFT Trained.

PAFT Connections 0-Cruisers

Suitable for: Children who are not yet walking and their parents/carers.

Specific Criteria: Open to all families living in Bedford.

Overview: The Parent as First Teachers (PAFT) Connections Programme is a series of five sessions for under three year olds that bring together a small group of parents and their children to build happy and healthy families. There will be a range of playful activities to promote knowledge related to parenting and child development.

Benefits: The small group will give parents opportunities to meet new families who may be facing similar concerns. It enables parents to learn new activities to do in the home, improve parent/child relationships. If families require further support they will be offered one to one PAFT

Course length & location: Five week course. The sessions run at various locations across Bedford. This course is a bookable course.

Delivered by: Family Support Workers who are PAFT trained.

PAFT One-to-One

Suitable for: Families who would benefit from learning some new strategies for parenting. This includes safety within the home, nutrition and role modelling new activities which can be delivered in the home.

Specific Criteria: The family need to refer in for the service by themselves contacting the Children's Centre or through an agency - this can be from Health or Social Services.

Overview: The frequency and duration of PAFT visits is determined by each family's needs. During the visits practitioners encourage parents to enhance their role as their child's first teacher. Practitioners partner with families to share age-appropriate child development and brain development information, helping parents to observe their child's developmental milestones.

Practitioners also facilitate parent-child interaction through age-appropriate talk, play and reading activities. They help parents reflect on their parenting and jointly develop strategies for addressing developmental and behavioural concerns. Family well-being is also addressed during the visits.

Benefits: For parents to feel more confident about parenting their children whilst also considering their well-being, families self-esteem to improve so they can try new activities with the children and start to attend the Children's Centre groups and develop a network of friends in the community where they live.

Course length & location: The PAFT sessions can run in the family home or at a Children's Centre across the various locations.

Delivered by: PAFT trained Family Support Workers.

Play and Learn (0-Cruiser)

Suitable for: Children who are not yet walking and their parents/carers.

Specific Criteria: Open to all families living in Bedford.

Overview: These are drop-in style play sessions for parents/carers and their children to support brain development and early learning. Our 0-Cruiser session follows a nationally recognised programme 'Five to Thrive' enabling practitioners to observe and reinforce positive interactions between parents and their children.

Benefits: The sessions aim to provide parents with the tools to support their children's early learning and brain development through a range of activities including: messy play, singing, book sharing, heuristic play.

It provides children with a good basis for future learning, many activities can be transferred into the home learning environment, which we actively promote throughout the sessions. Parents can meet other parent/carers with children of a similar age, building a local peer support network.

Course length & location: The sessions run at various locations across Bedford (term time only) and last 90mins. See our website for latest details.

Delivered by: Children's Centre Practitioner Team.

Play and Learn Toddler+

Suitable for: Parents/carers with children who are walking.

Specific Criteria: Open to all families living in Bedford.

Overview: These are drop-in style play sessions for parents/carers and their children, giving the child the opportunity to stretch their imagination with activities to develop the skills they will need as they leave the toddler age and become a preschooler. Many activities are taken from the PEEP Learning Together Programme and Parent As First Teachers and are designed to improve children's personal, social and emotional development, their communication and language, early literacy and maths and physical development.

Benefits: The sessions aim to support parents/carers to aid their children on their learning journey, preparing them to start pre-school or nursery. It enables parents to make the most of everyday learning opportunities and to transfer activities into the home learning environment, which we actively promote throughout the sessions. Parents can meet other parent/carers with children of a similar age, building a local peer support network.

Course length & location: The sessions run at various locations across Bedford (term time only) and last 90mins. Please check our website for latest details.

Delivered by: Children's Centre Practitioner Team

Pop ins

Suitable for: All parents and carers and their babies/children.

Overview: Our pop in sessions are delivered with a variety of partners. The ethos is around stay and play and there is opportunity to chat to Children's Centre staff and seek information and support in relation to feeding and caring for your baby. The session have scales out so you can be supported to weigh your baby if required.

Benefits: A place to seek information and support in relation to feeding and caring for your baby.

Course length & location: Please see our website.

Delivered by: Children's Centre staff and partners.

Starting Solids

Suitable for: Families with a baby three to six months old who has not started on solid foods.

Specific Criteria: Open to all families in Bedford area.

Overview: To support parents with introducing their baby to solid foods.

Benefits: Provides useful information on when, what and

how to start baby on family foods.

Delivered by: Nursery Nurses from the Health team and Family Support Workers.

Small Talk/Chatter Tots

Suitable for: Our Small Talk and Chatter Tots groups are suitable for children that are 18+ months old where there are speech and language concerns. Parents will learn tips and strategies to support their children's communication and language through play in safe, nurtured environment.

Specific criteria: Open to families living in Bedford Borough where there is a concern with speech and language. The families need to be added to the **Small Talk** waiting list via Children's Centres contact number.

Overview: Small Talk is three sessions where parents/carers come along with their children to learn tips and strategies to support their children's communication and language. Parents can be supportive play partners in an educational environment for their children to learn. Each week there is a different theme and strategy which practitioner's role model and support parents where necessary.

Chatter tots is three sessions of speech and language support. This is run alongside a Speech and Language therapist where family can access more intense support. Each week there are different strategies to help parents support their children's speech and language. We also look at other elements of the child's communication and language such as listening and attention and their understanding.

Benefits: Parents/carers to learn tips and strategies to support their child's communication and language. It is a safe place to play and for families to also socialise with one another.

Course length: Three weeks.

Delivered by: Speech and Language trained Practitioners and Speech and Language Therapist.

My Choice Domestic Abuse Programme

Suitable for: Women who have experienced an abusive relationship.

Specific criteria: Women living in Bedford Borough who have a child under 5. Access via self-referral or professionals can refer women via the Service Request form on the Families First Bedfordshire's website.

Overview: 'My Choice' helps women to think about the impact and effect of domestic abuse. It enables women to think about their own 'choices' and helps them understand the complexities of domestic abuse and why they may have stayed in an unhealthy relationship as long as they did.

Aims of My Choice

- For women to recognise the signs of domestic abuse in a relationship.
- For women to begin to understand the effect of domestic abuse on themselves and their children.
- For women to increase their self-esteem and confidence.

Outcomes of My Choice:

- Women have increased knowledge and understanding of the signs of domestic abuse in a relationship.

- Women can describe the effects of domestic abuse on themselves and their children.
- Women report increased self-worth and confidence.
- Women are enabled to make healthy relationship choices.
- Women are empowered to make positive changes and choices for themselves and their children.

Length: 10 week programme.

Delivered by: Children's Centre Family Support Practitioners and Domestic Abuse Specialists.

VIPP-SD

(Video-intervention to promote positive parenting and sensitive discipline)

Suitable for: Families with children from six months to five years old struggling with behaviour difficulties and relationship building.

Overview: VIPP is a preventative intervention aimed at increasing parental sensitivity and has an excellent evidence base for preventing or reducing behavioural problems in young children. VIPP has been shown via randomized control-led trials to be extremely effective with a variety of groups (e.g. under 5s, adoptive parents, childcare) and its successes have been extensively reported in many peer reviewed journals. VIPP is based on attachment theory but also uses some behavioural principles to aid sensitive discipline.

Benefits: Preventing or reducing behavioural problems in young children.

Course length & location: Seven x 90 minute sessions at the family home spread over four to six months.

Delivered by: Children's Centre Family Support Practitioners

For more information, please get in touch via:

 **0300 323 0245**  **admin@ecpbedford.org**

To see all about us online, visit:

 **www.ecpbedford.org**  **/bedfordcc**



Bluebells Children's Centre

Village Road, Bromham, Lower School Site,
Bromham, Bedford MK43 8JP

Cherry Trees Children's Centre

Hawkins Road, Bedford MK42 9LS

Clapham Children's Centre

c/o Ursula Taylor School, High Street,
Clapham, Bedford MK41 6EG

Daisy Hill Children's Centre

c/o Bedford Road Lower School,
Hillgrounds Road, Kempston, MK42 8QH

Eastcotts Children's Centre

Shorts Building, 65 Beauvais Square,
Shortstown, Bedford MK42 0GG

Goldington Family Centre

28–30 Meadway, Bedford MK41 9HU

Kingsbrook Children's Centre

Carvin Way (off Oak Road),
Bedford MK42 0HL

Pear Tree Children's Centre

c/o Balliol Lower School, Balliol Road,
Kempston, Bedford MK42 7ER

Peter Pan Children's Centre

Edward Road, Bedford MK42 9DR

Pine Cones Children's Centre

Slade Walk, off Clapham Road,
Bedford MK41 7SA

Putnoe Children's Centre

Putnoe Heights Church & Community Centre,
Putnoe Heights, Bedford MK41 8EB

Queens Park Neighbourhood Centre

Marlborough Road, Queens Park,
Bedford MK40 4LE

Lakeview Village Hall

Brooklands Avenue Wixams,
Bedford MK42 6AB

Sharnbrook Methodist Church

Park Lane, Sharnbrook, Bedford MK44 1LT

