

Central
Bedfordshire

great
prospects

“ Life is
changing for
us in such a
positive way
now. ”

“ I never
felt
judged. ”



Looking after children can be tough, and we all need a little support at times.

Central Bedfordshire Council is running a FREE course for parents and carers of children aged 2-5 years.

The Parenting Puzzle course will help you understand different types of behaviour and explore different parenting styles, helping to build positive relationships with your children.

We run four-week and ten-week courses from six of our children's centres.

For the full list of courses running in Central Bedfordshire, and more information about the programme, visit: www.centralbedfordshire.gov.uk/parenting-puzzle

Quotes from real parents who have taken the course.

A great place to live and work.

“ The course
helped make
family life a lot
calmer. ”