

Lockdown Activity Guide

toddle about
Loving life with little ones

Your Printable Lockdown Guide for families with under 5s

Let Toddle About help you to spice up your day with some new
online pregnancy, baby and toddler classes and activities.

18TH JAN-28TH FEB 2021

Click Day
to see what's on



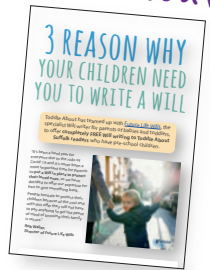
Colouring Sheet



Activity Sheets



3 Reasons Why
You should write a Will



Win a Spa Treatment



Lockdown Lunches



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

ALWAYS ONLINE



IPSWICH HIGH SCHOOL

WOOLVERSTONE HALL
SUFFOLK, ENGLAND



BROADENING EXPERIENCES, BROADENING MINDS

Ipswich High School is a prominent day and boarding school, for boys and girls from Reception through to Sixth Form, situated in an idyllic 87-acre campus at Woolverstone Hall.

We believe the role of a school is to help each of our pupils achieve more. This means using our school community to help them enjoy and excel in their current strengths, as well as providing them with the widest possible range of experiences to broaden their minds and create new opportunities for every pupil to thrive.

Our Prep School pupils enjoy all the benefits of an outstanding Primary education plus specialist teaching from Reception in French, Spanish, PE, Dance and Music, weekly swimming lessons in our 25m heated pool, wraparound care and a seamless transition into our thriving Senior School.



Book your visit today to see for yourself how we can help your child thrive in a community that focuses on broadening horizons not limiting them.

01473 201058 | admissions@ipswichhighschool.co.uk

WWW.IPSWICHHIGHSCHOOL.CO.UK

3 REASON WHY YOUR CHILDREN NEED YOU TO WRITE A WILL

Toddle About has teamed up with [Future Life Wills](#), the specialist Will writer for parents of babies and toddlers, to offer **completely FREE Will writing to Toddle About Suffolk readers** who have pre-school children.

"It's been a hard year for everyone due to the risks of Covid-19 and it's never been a more important time for parents to **put a Will in place to protect their loved ones**, so we have decided to offer our expertise for free to give something back.

People hesitate to protect their children because of the cost and with this offer they will not have to pay anything to get the peace of mind of knowing their family is secure."

Rob Waller,
Director of Future Life Wills



It is easy to keep finding excuses to put off writing your Will but there are some especially important reasons why parents of young children should have a Will in place.

You can appoint legal Guardians for your children

A Guardian appointed by you in a Will assumes the same parental rights and responsibilities that the parent had – so they will, for instance, be responsible for the **child's health, welfare and wellbeing** and will also have the right to make decisions for the child, such as living and schooling arrangements.

Most parents would want to choose who these people are. Without a Guardian appointed in a Will, a court will have a say in who looks after your children and children could be placed in care while this is sorted.

You can put assets in a trust for your children

If you are leaving assets to your children in terms of your Will, you can put them into a trust for the children until they reach a particular age.

If no age is specified, then the children would inherit at 18, which most people think is incredibly young to inherit money.

Within the trust, you can specify an inheritance age, up to 25. The trust fund can be used for the **maintenance, education and benefit of the child** until they reach the specified age and, when they reach that age, the balance remaining in the trust fund will be handed over to them directly.

Your voice is still heard

Writing a Will **puts you in control**. You can decide who acts as Executor and if you want reserve back up Executors.

You choose your funeral arrangements; any gifts you wish to give to people; who would care for your children and when the children would inherit.

About Future Life Wills

Future Life have written over 3000 Wills for families across the UK and are based in East Anglia.

To qualify for the free Will writing go to www.future-life-wills.co.uk and leave your contact details using the voucher code '**Toddle About**'.

Use your time in lockdown to do something important to protect your family.

All appointments will be conducted over the phone and email to keep you safe in these challenging times.





Birthday

SHOUTOUT

BIRTHDAY COMPETITION

Thank you to everyone who entered our Birthday Shoutout competition!

We would like to wish a very **HAPPY BIRTHDAY** to all the children here, who will be celebrating their birthday in January & February. We hope you all have a fabulous, fun-filled day.



Jessica Priestley from Warwick,
turning 2 years old



Evelyn and Owen Atkins from Ipswich,
turning 4 years old



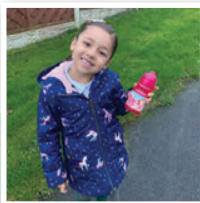
Hudson Ward-Keane from Bury St
Edmunds, turning 5 years old



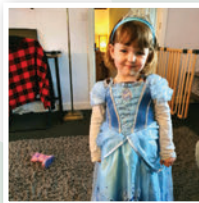
Poppy Boardman from
Northampton, turning 3 years old



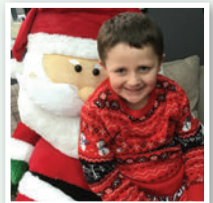
Benjamin from Banbury,
turning 2 years old



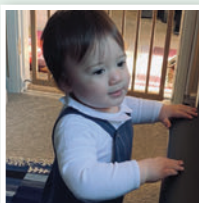
Sophia Thomas from Leeds,
turning 5 years old



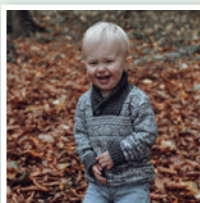
Arya Smart from Northampton,
turning 4 years old



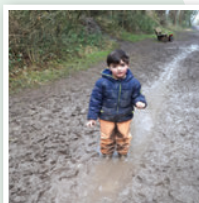
Max Wesson from Hull,
turning 5 years old



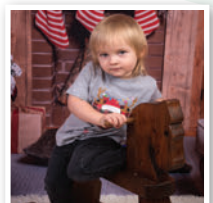
Eduardo Ketchen from
Wallingford, turning 1 years old



Beckett Ren Puchtler from
Northampton, turning 2 years old



Danny White from Moulton,
turning 5 years old



Zachary Camden from Bury St
Edmunds, turning 2 years old

HAPPY BIRTHDAY TO YOU!



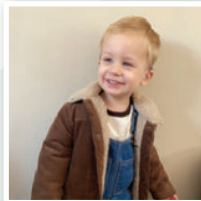
Birthday Shoutout Entries continued...



Iris Taylor-Staines from Maldon, turning 2 years old



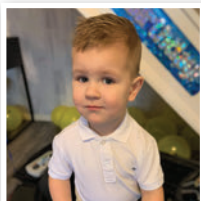
Kaylee Everitt from Sudbury, turning 1 years old



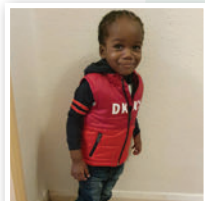
Freddie Mark Rupert Elliott from Daventry, turning 3 years old



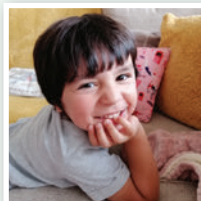
Matteson Paine from Northamptonshire, turning 5 years old



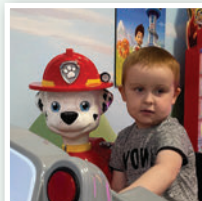
Oskars Skalbe from Northampton, turning 4 years old



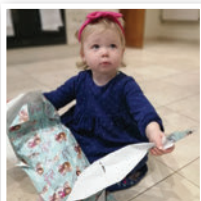
Khamari Douglas from Bromley, turning 2 years old



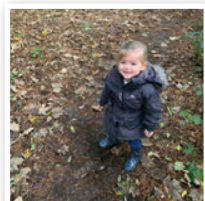
George Clark-Mulitalo from High Wycombe, turning 4 years old



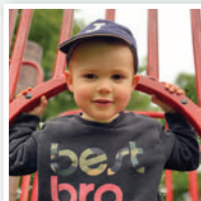
Jacob Fisher from Milton Keynes, turning 4 years old



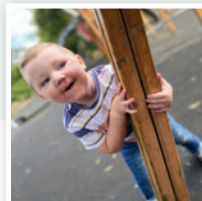
Sophie John from Warrington, turning 2 years old



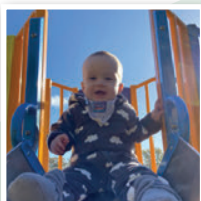
Temperance Hope Bethell from Northampton, turning 3 years old



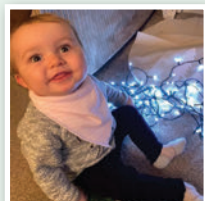
Jamie Barker-Adams from Northampton, turning 3 years old



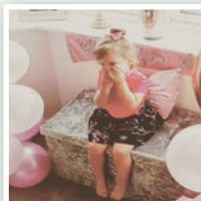
Noah O'Brien from Milton Keynes, turning 3 years old



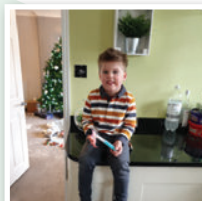
Robin Elliott from Daventry, turning 1 years old



Matilda May Smith from Aylesbury, turning 1 years old



Mia Frost from Milton Keynes, turning 2 years old



Myles Gibbard from Banbury, turning 4 years old

Birthday

SHOUTOUT

WIN A

BALANCE BIKE

WORTH
£125

Enter your name into our **BIRTHDAY SHOUT OUT** competition to win a Bikloon Vintage Metal Balance Bike & let us wish your little one a Happy Birthday!

THE PRIZE: A BIKLOON VINTAGE METAL BALANCE BIKE

For little explorers who just can't wait to see the big, wide world, this vintage-themed balance bike is the perfect way to begin their journey of adventure.

Developing balance skills and coordination, the bike can be used as your little one grows and will build their confidence without stabilisers – making the shift to a pedal bike really easy.

Fitted with **inflatable tyres** that absorb any harsh bumps along the way, the **adjustable seat** can be adjusted in line with their growth spurts, from 40 to 46cm.



ENTER NOW: www.toddle.club/birthday



HOW TO ENTER:

Simply send us a picture of your child with the date of their birthday, and we will pop their picture in the relevant magazine to wish them a happy birthday!

We will also put every birthday boy or girl's name in a hat to **win a Vintage Metal Balance Bike**, worth £125.

Submit your photo by Sunday 28th February.

*T&C's apply - all online at www.toddleabout.co.uk/birthday.
The winner will be decided by Toddle About.*

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Click the Name
to find out more

MONDAY

MONDAY

PARENTS & TOTS

EPIC Dad Community Interest Company

07717 744608. www.epicdad.co.uk

- **EPIC Dad Survival Course (Fatherhood Preparation Group):** 18:00 - 19:30.

Ages: 0 - 99 yrs.

Cost: Free (booking essential).

Dates: 25 Jan - 8 Feb.

Little Fish High Wycombe

07940 953 909.

Times: 14:00 - 15:00.

Ages: 0 - 5 yrs.

Cost: Free (drop in).

Dates: 18 Jan - 22 Feb.

Southwold Library

01502 722519. www.facebook.com/southwoldlibrary

- **Baby Bounce & Tot Rock Online:** 10:30 - 11:00.

Ages: 0 - 5 yrs.

Cost: Free (drop in).

Dates: 18 Jan - 22 Feb.

MUSIC & SINGING

Abingdon Music Centre

07934 364940. www.abingdonmusic.org.uk

- **Mini Music Makers, Mondays (3+ years):** 9:30 - 10:00. Making music fun! £4.40/session (£3.90 babies). Pay termly.

Ages: 3 - 5 yrs. **Cost:** £4.40 per session (booking essential).

Dates: 18 Jan - 8 Feb & 22 Feb.

Jo Jingles Ipswich

07732 544548. www.jojingles.com/ipswich/timetable

- **Jo Jingles Live Walkers +:** 10:00 - 10:30.

Ages: 1 - 4 yrs.

- **Jo Jingles Live 3 mths - walking:** 10:30 - 11:00.

Ages: 3 mths - 1 yrs.

Cost: £4 per session (booking essential).

Dates: 18 Jan - 8 Feb.

June Chatterbox Tunes

07851 353396.

www.facebook.com/JUNESCHATTERBOXTUNES/

- **Music Movement Sensory classes:** 14:00 - 14:30.

Music Movement Sensory Zoom online class

Ages: 3 mths - 4 yrs.

Cost: £4 per session

(booking essential).

Dates: 18 Jan - 15 Feb.

BOOK NOW

Are you running online classes or events?

Add them to the Lockdown Guide for FREE at toddle.fun/lockdownlisting

Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at toddle.fun/lockdownguide

Little Signers Club Suffolk

07720 349424. www.littlesignersclub.co.uk

• **6 weeks Sing, Sign & Rhyme MONDAYS:** 9:45 - 10:15.

Ages: 5 mths - 2 yrs 5 mths.

Cost: £6.60 per session (booking essential).

Dates: 18 Jan - 8 Feb & 22 Feb.

Musical Minis @home

020 8868 0001; athome@musicalminis.co.uk.

www.athome.musicalminis.co.uk

Times: 9:30 - 9:55 & 14:00 - 14:25.

Ages: 0 - 4 yrs.

Cost: £3 per session

(booking essential).

Dates: 18 Jan - 22 Feb.

BOOK NOW

Rhythm Time Cheshire

01270 884583. www.rhythmtime.net

• **Online Music Classes:** 9:30 - 14:30.

Fun, quality 30-min music and multi-sensory classes.

Ages: 0 - 4 yrs.

Cost: £6.59 per session (booking essential).

Dates: 18 Jan - 22 Feb.

Rhythm Time Leamington Spa, Warwick,

Kenilworth, Stratford upon-Avon

07469 186042. www.rhythmtime.net

• **Online Toddler Class:** 9:30 - 10:00 & 10:30 - 11:00.

Ages: 1 - 4 yrs.

• **Online Baby Class:** 11:30 - 12:00 & 12:30 - 13:00.

Ages: 1 mths - 1 yrs.

Cost: £5 per session (booking essential).

Dates: 18 Jan - 22 Feb.

Sing and Sign - Towcester & Daventry

www.singandsign.co.uk

• **Stage 1 @Home:** 0:00 - 0:30.

10 Weekly recorded sessions that you can watch any time

Ages: 6 mths - 1 yrs 6 mths.

Cost: £5 per session (booking essential).

Dates: 25 Jan - 22 Feb.

Sing and Sign Beaconsfield, High

Wycombe, Thame & South

Buckinghamshire

07709 803633. www.singandsign.co.uk

• **Sing and Sign Stage 1:** 9:00 - 9:35.

10-week baby signing course.

Ages: 6 mths - 1 yrs 2 mths.

• **Sing and Sign Stage 2:** 9:00 - 9:30.

Ages: 1 yrs 2 mths - 2 yrs 6 mths.

Cost: £5 per session (booking essential).

Dates: 18 Jan - 22 Feb.

Sing and Sign East Northants

07585 557664. www.singandsign.co.uk

• **Sing and Sign @ Home Stage 1 and Stage 2:** 6:00 - 6:30.

The original baby signing class.

Ages: 5 mths - 2 yrs 6 mths.

Cost: £5 per session (booking essential).

Dates: 18 Jan - 8 Feb & 22 Feb.

Sing and Sign Ipswich

07922 946493. www.singandsign.co.uk

• **Sing and Sign @Home:** 10:00 - 10:30.

A full term of Sing and Sign online, to enjoy at home!

Ages: 6 mths - 4 yrs.

Cost: £5 per session (booking essential).

Dates: 18 Jan - 8 Feb & 22 Feb.

The Maple Tree Centre

01865236700. www.mapletree.org.uk

• **1:1 Support:** 10:30 - 11:30.

1:1 Support for parents in lockdown

Ages: Pregnancy - 5 yrs. **Cost:** Free (booking essential).

Dates: 18 Jan - 22 Feb.

TinyTalk Waveney & Mid-Suffolk

07419 322204.

www.facebook.com/tinytalkwaveneymidsuffolk

• **Toddler Signing E-Class:** 10:30 - 11:30.

Ages: 1 yrs 6 mths - 4 yrs.

Cost: £4 per session (booking essential).

Dates: 18 Jan - 22 Feb.

SENSORY & DEVELOPMENT



Baby College at Home

01865 421879. www.babycollege.co.uk

• **Baby College @ Home:** Multiple Live Sessions

Access to 50+ LIVE weekly interactive virtual baby and toddler development sessions.

Ages: 0 - 5 yrs. **Cost:** £5 per week (booking essential).

• **Baby College Massage at Home:** Multiple Live Sessions

Full body baby massage in 4 sessions including songs and movements. **Ages:** 0 - 1 yrs.

Cost: £5 per week (booking essential).

WEBSITE

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Get it sent straight to your inbox at toddle.fun/lockdownguide

Blissful Mothers

0772 7063757. www.blissfulmothers.co.uk

• **Blissful Mothers - Baby Massage:** 10:30 - 11:45.

Ages: 0 - 9 mths.

Cost: £7 per session (*drop in*). **Dates:** 18 Jan - 22 Feb.

Catharine's Little Bookshop Usborne

Books

07843 095186. www.usborne.com

• **Catharine's little bookshop storytelling:** 15:00 - 15:10.

Ages: Pregnancy - 100 yrs.

Cost: Free (*booking essential*).

Dates: 18 Jan - 8 Feb.

Kidslingo Fran Fleming

07787226406. www.facebook.com/KidslingoFranFleming/

• **Tots Frenchtastic Class:** 9:30 - 10:00.

Ages: 0 - 4 yrs.

• **Infant French Club (4 - 8 years):** 15:50 - 16:20.

Infant French Club - learn French through fun!

Ages: 4 - 8 yrs.

• **Junior French Club:** 16:30 - 17:00.

Ages: 8 - 11 yrs.

Cost: £5 per session (*booking essential*).

Dates: 18 Jan - 22 Feb.

Phonics with Robot Reg South

Warrington

08006122306. www.robotreg.co.uk

• **Phonics with Robot Reg Online Preschool:** 10:30 - 11:15.

Ages: 2 yrs 6 mths - 4 yrs 11 mths.

Cost: £6 per session (*booking essential*).

Dates: 18 Jan - 8 Feb & 22 Feb.

Phonics with Robot Reg Stroud and

Cirencester

www.robotreg.co.uk.

• **Reception classes:** 10:00 - 10:45.

Ages: 4 - 5 yrs.

Cost: £5 per session (*drop in*).

Dates: 18 Jan - 8 Feb.

DANCE & DRAMA



Amanda's Action Club

07946707695. www.amandasactionclub.co.uk

• **Amanda's "We've Got This" Community:** 15:30 - 16:15.

Live, interactive and active sessions plus tips from experts

Ages: 6 mths - 4 yrs 6 mths.

Cost: £5 per session (*booking essential*).

Dates: 18 Jan - 12 Feb.

WEBSITE

BOOK NOW

diddi dance SE London

07973982790. www.diddidance.com

• **diddi dance in da House:** 10:00 - 10:45.

£6 per week - includes classes every day of the week!

Ages: 1 yrs 6 mths - 5 yrs.

Cost: Free (*booking essential*).

Dates: 18 Jan - 22 Feb.

Tappy Toes

01279 718216. www.tappytoes.com

• **Tappy Toes Online:** 10:00 - 10:30.

Ages: 1 - 5 yrs.

Cost: £6 per session
(*booking essential*).

Dates: 18 Jan - 25 Jan.

BOOK NOW

Tot Bop

01525 237474 / 07775 582791. www.totbop.co.uk

• **Tot Bop Dance Classes (Online):** 9:00 - 9:45.

Ages: 1 - 9 yrs.

Cost: Free (*booking essential*).

Dates: 18 Jan - 22 Feb.

BOOK NOW

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PHYSICAL FUN

Children Inspired by Yoga (Tunbridge Wells)

07511 048803. www.childreninspiredbyyoga.com

- **Children Inspired by Yoga (Tunbridge Wells) - Baby Bumpkin Wrigglers (8wks-pre crawling):** 11:00 - 11:45.

Baby yoga & massage classes from 8 wks

- **Children Inspired by Yoga (Tunbridge Wells) - Baby Bumpkin (8wks-sitting unaided):** 12:00 - 12:45.

Ages: 2 - 9 mths.

Cost: £6 per session (*booking essential*).

Dates: 18 Jan - 25 Jan.

Tumble Tots (UK) Ltd

0121 585 7003. www.facebook.com/tumbltotshq

- **Tumble Tots LIVE on Facebook:** 10:00 - 11:00.

Ages: 6 mths - 7 yrs.

Cost: Free (*drop in*).

Dates: 18 Jan - 22 Feb.

HEALTH & WELLNESS

13 Fitness UK

07522 007002. www.facebook.com/13FitnessUK

- **Home Fitness Class:** 18:15 - 19:00.

Ages: 0 - 99 yrs.

Cost: £2.33 per session (*booking essential*).

Dates: 18 Jan - 22 Feb.

Lisa Valentine Yoga

07957 215495. www.lisavalentineyoga.co.uk

- **Workshops with Becca:** 19:00 - 20:00.

Cost: £8 per session

(*booking essential*).

Dates: 18 Jan - 1 Feb.

BOOK NOW

RW Pilates

07734 682019. www.rwpilates1.com

- **Pilates Class (ONLINE):** 18:30 - 19:30.

Cost: £4.17 per session

(*booking essential*).

Dates: 18 Jan - 8 Feb.

BOOK NOW

Suffolk Woman's Wellness Centre

01473 730035. www.swwcuk.com

- **Pilates Virtual Live Class:** 9:30 - 10:15 & 19:30 - 20:15

- **Barre Fit Virtual Live Class:** 18:45 - 19:30

Ages: 0 - 99 yrs.

Cost: £8 per session (*booking essential*).

Dates: 18 Jan - 22 Feb.

PREGNANCY

Birth Baby Balance

07909 545484. www.birthbabybalance.co.uk

- **Early Pregnancy Class:** 19:00 - 21:00.

Ages: Pregnancy.

Cost: £20 per session (*booking essential*).

Dates: 1 Feb.

Cocoon Pre and Postnatal Wellbeing

07709154584.

www.cocoonpreandpostnatalwellbeing.co.uk

- **Pregnancy Yoga Online:** 20:00 - 21:00.

5-week pregnancy yoga online

Ages: Pregnancy.

Cost: £7 per session (*booking essential*).

Dates: 18 Jan - 1 Feb.

YogaBellies Ipswich & Colchester

07305 267820. www.yogabellies.com

- **YogaBellies for Pregnancy:** 18:30 - 19:45.

Ages: Pregnancy. **Cost:** £12 per session (*booking essential*).

- **Luna by YogaBellies:** 20:00 - 21:00.

Cost: £8.75 per session (*booking essential*).

Dates: 18 Jan - 22 Feb.

Looking for something specific?

Search at www.toddleabout.co.uk

it's easy!



Are you running online classes or events?

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LOCKDOWN CHILDREN FORGET HOW TO USE KNIFE AND FORK

Parents across the UK are now dealing with a third national lockdown that has seen schools closed until at least the end of February. The [impact of lockdown](#) on children's development has already been recognised by OFSTED with most children in England slipping back with their learning and social skills, with some **forgetting how to use a knife and fork.**

The lack of peer to peer interaction is key. Where children would have sat down at mealtimes together and had the opportunity to copy and learn from their peers, they have missed out over the last year.

So what can we do about it?

Mealtimes can be a challenge, but they can also be a huge learning opportunity for children. [doddl](#) cutlery has been designed with experts especially for little hands to make the most of it.

Their cutlery makes eating easier and helps turn mealtime stresses into adventures, enabling kids' development by helping them really enjoy mealtimes with their families.

Make mealtimes a social occasion

Even if you only have one child – or children of varying ages, try and sit down together as a family to eat your meals.

Move baby or toddler from a standalone high chair to the table so they can see everyone eating together and include them in the conversation.



Variety is the spice of life

If your little one is at school or nursery their foods will taste different to your normal home cooked meals.

Try and give your child a range of food that they would get at nursery or at school – change things up a bit to enable them to taste different types of foods.

Make it easy

The reality is that the 'cutlery struggle' has a significant impact on a child's ability to enjoy their food, and their mealtimes, limiting the social benefits of eating with their family (or peers) at the table.

That's why doddl invented cutlery because, with standard long-handled cutlery, it isn't easy at the best of times.



Have fun!

Get some fun back into mealtimes, so it doesn't become a battle – ask your child to colour in placemats, to write name places for dinner time or get them involved in laying the table however they like (no matter how chaotically they do it..!)



Ideas for Lockdown Lunches

Rainbow Picnic

Why not create a **spread of fresh crusty bread, dips, fruit and vegetable crudites**, spread out a blanket in the living room and let your kids pick and mix their own plates?

Challenge them to get as many different colours into your lunch as possible. For softer fruit and vegetables, little ones can help with prep by using the doddl knife to chop them up.

Roaring rotini - This meal is so easy for little ones!

This meal is so easy! Pasta is a dish that can be easily made extra fun by just arranging it on a plate.

We've made a lion – what designs can you come up with?



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TUESDAY

PARENTS & TOTS

Southwold Library

01502 722519. www.facebook.com/southwoldlibrary

- **Baby Bounce & Tot Rock Online:** 10:30 - 11:00.

Ages: 0 - 5 yrs.

Cost: Free (drop in).

Dates: 19 Jan - 23 Feb.

The Spring Charity

01604 245767. www.facebook.com/TheSpringCharity/

- **Just Karen's Stay IN and Play Group:** 9:04 - 9:49.

Cost: Free (drop in).

Dates: 19 Jan - 16 Feb.

MUSIC & SIGNING

Abingdon Music Centre

07934 245940. www.abingdonmusic.org.uk

- **Mini Music Makers (crawlers to ready for school):** 10:00 - 10:30.

Making music fun! £4.85 per session.

Ages: 1 yrs 1 mths - 5 yrs.

- **Mini Music Makers (2 months to too wriggly):** 10:45 - 11:15.

Ages: 2 mths - 1 yrs.

Cost: £4.85 per session (booking essential).

Dates: 19 Jan - 9 Feb & 23 Feb.

BilinguaSing Warwickshire

07815 149877. www.bilinguasing.com

- **BilinguaSing Spanish & French:** 10:00 - 10:30.

Online French and Spanish classes for ages 0-7 years

Ages: 1 mths - 7 yrs 11 mths.

Cost: £5 per session (booking essential).

Dates: 19 Jan - 12 Feb.

Mini Music Makers

07846771608. www.minimusicmakers.co.uk

- **Mini Music Makers - LIVE Online:** 10:00 - 10:30.

Fun, energetic, educational music classes every day

Ages: 0 - 5 yrs.

Cost: Free (drop in).

Dates: 19 Jan - 23 Feb.

Moo Music Northampton and Wellingborough

www.moo-music.co.uk

- **Mixed Moo Online:** 10:00 - 10:40.

A Mixed Moo session live through the power of Zoom!

Ages: 0 - 5 yrs.

- **Baby Moo Online!:** 11:00 - 11:40.

A Baby Moo session live through the power of Zoom

Ages: 0 - 1 yrs.

Cost: £4 per session (booking essential).

Dates: 19 Jan - 9 Feb.

Musical Minis @home

020 8868 0001; athome@musicalminis.co.uk.

www.athome.musicalminis.co.uk

Times: 9:30 - 9:55 & 14:00 - 14:25.

Ages: 0 - 4 yrs.

Cost: £3 per session

(booking essential).

Dates: 19 Jan - 23 Feb.

BOOK NOW

Rhythm Time Cheshire

01270 884583. www.rhythmtime.net

- **Online Music Classes:** 9:30 - 15:00.

Fun, quality 30-min music and multi-sensory classes.

Ages: 0 - 6 yrs. **Cost:** £6.59 per session (booking essential).

Dates: 19 Jan - 23 Feb.

St Augustine's Church

01473 723960.

<https://staugustinesipswich.org.uk/kidschurchonline/>

- **Music and Rhyme:** 10:00 - 10:45.

Ages: 0 - 5 yrs. **Cost:** Free (drop in).

Dates: 19 Jan - 9 Feb & 23 Feb.

The Maple Tree Centre

01865236700. www.mapletree.org.uk

- **Online Coffee Social:** 10:30 - 11:30.

Virtual Support Group for Parents

Ages: Pregnancy - 5 yrs. **Cost:** Free (booking essential).

Dates: 19 Jan - 23 Feb.

Are you running online classes or events?

Add them to the Lockdown Guide for FREE at toddle.fun/lockdownlisting

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TinyTalk Waveney & Mid-Suffolk

07419 322204.

www.facebook.com/tinytalkwaveneymidsuffolk

• **Toddler Signing E-Class:** 9:30 - 10:30.

Ages: 1 yrs 6 mths - 4 yrs.

• **Baby Signing E-Class:** 11:00 - 12:00.

Ages: 0 - 1 yrs 6 mths.

Cost: £4 per session (booking essential).

Dates: 19 Jan - 23 Feb.

SENSORY & DEVELOPMENT



Baby College at Home

01865 421879. www.babycollege.co.uk

• **Baby College @ Home:** Multiple Live Sessions

Access to 50+ LIVE weekly interactive virtual baby and toddler development sessions.

Ages: 0 - 5 yrs. **Cost:** £5 per week (booking essential).

• **Baby College Massage at Home:** Multiple Live Sessions
Full body baby massage in 4 sessions including songs and movements.

Ages: 0 - 1 yrs.

Cost: £5 per week (booking essential).

WEBSITE

BOOK NOW

Baby Sensory Stirling

07766317766. www.babysensory.com

• **Baby Sensory Stirling Classes:** 9:30 - 10:10, 10:30 - 11:10, 11:30 - 12:10 & 13:00 - 13:40.

Ages: 0 - 1 yrs 1 mths.

Cost: £5 per session (drop in). **Dates:** 19 Jan - 23 Feb.

B-Independent Baby Groups

07761914181. www.b-independent.org

• **Newborn Baby Massage & Baby Yoga:** 9:30 - 10:30.

Ages: 0 - 3 mths.

• **Baby yoga, massage & sensory movers :** 9:30 - 10:30.

Cost: Free (booking essential).

Dates: 19 Jan - 9 Feb.

• **Baby Bees Baby Massage - Newborn+:** 9:30 - 10:30.

• **Busy Bees - Sensory Movers :** 11:00 - 12:00.

• **Flying Bees - Baby Yoga 8 weeks + :** 12:30 - 13:30.

• **Warrior Bees - for babies with additional medical and developmental needs from newborn + :** 14:00 - 15:00.

Cost: £8 per session (booking essential).

Dates: 23 Feb.

Dandy Development

07890 241301. www.dandydevelopment.co.uk

• **Stage 1 online:** 10:00 - 10:30.

Ages: 4 mths - 1 yrs 1 mths.

• **Stage 2 online:** 11:00 - 11:01.

Ages: 1 - 3 yrs.

Cost: £3.50 per session

(booking essential).

Dates: 19 Jan - 9 Feb.

BOOK NOW

French Frogglers

www.frenchfrogglers.com

• **French Frogglers - Term Bookings:** 11:00 - 11:30.

Fun Online French Classes

Ages: 0 - 5 yrs. **Cost:** £5 per session (booking essential).

Dates: 19 Jan - 9 Feb & 23 Feb.

Kidslingo Fran Fleming

07787226406. www.facebook.com/KidslingoFranFleming/

• **Tots Frenchtastic Class:** 11:00 - 11:30.

Ages: 0 - 4 yrs.

• **Infant French Club (4 - 8 years):** 16:00 - 16:30.

Infant French Club - learn French through fun!

Ages: 4 - 8 yrs.

Cost: £5 per session (booking essential).

Dates: 19 Jan - 23 Feb.

Loving Hands Baby Massage & Yoga

07850425136.

www.lovinghandsbabymassage.wordpress.com

• **Loving Hands Baby Massage Online :** 11:30 - 12:10.

Ages: 1 mths - 1 yrs.

Cost: £4 per session (booking essential).

Dates: 19 Jan - 9 Feb.

• **Loving Hands Baby Yoga Online :** 10:30 - 11:10.

Fun engaging baby yoga classes to learn stretch and grow.

Ages: 4 mths - 1 yrs.

Cost: £4.17 per session (booking essential).

Dates: 26 Jan - 23 Feb.

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Phonics With Robot Reg

07957 688101.

<https://robotreg.co.uk/pages/manningtree-clacton-north-colch>

• **Virtual Phonics Pre School Sessions:** 9:45 - 10:30.

Ages: 2 - 5 yrs.

Cost: £6.50 per session (*booking essential*).

Dates: 19 Jan - 9 Feb & 23 Feb.

Tots Play in Rugby

07908 367264. www.totsplay.co.uk

• **Online baby development course:** 10:00 - 11:00.

Ages: 0 - 6 mths.

Cost: £9 per session (*booking essential*).

Dates: 16 Feb - 23 Feb.

The Story Frog Phonics: Ipswich and Surrounding Areas

www.thestoryfrogphonics.com

• **Online Story Frog Phonics classes:** 9:30 - 9:50.

Ages: 2 - 4 yrs.

Cost: £4 per session (*booking essential*).

Dates: 19 Jan - 23 Feb.

CREATIVE

Mini Professors Durham @home

07864841482. www.miniprofessors.com

• **Mini Professors @home science classes:** 10:00 - 10:30.

Live science with experiments you can join in with at home!

Ages: 2 - 7 yrs.

Cost: £4 per session

(*booking essential*).

Dates: 19 Jan - 2 Feb.

BOOK NOW

DANCE & DRAMA

Tappy Toes

01279 718216. www.tappytoes.com

• **Tappy Toes Online:** 10:00 - 10:30.

Ages: 1 - 5 yrs.

Cost: £6 per session

(*booking essential*).

Dates: 19 Jan - 26 Jan.

BOOK NOW

Win

A Spa Break At Riverhills

Enter your name into our free prize draw to win an a Spa Day for two people at Riverhills, worth £330!

However you choose to relax, Riverhills is the perfect retreat. Conveniently located just off the A14 in Ipswich, their classic country house offers a unique ambience, worlds apart from everyday concerns. Featuring an exclusive Health and Fitness Club, Day Spa and Health and Beauty Salons as well as a Hair Salon.

Riverhills offers a range of indulgent Day Spa packages, which are perfect whether you just fancy a treat or have a special occasion to celebrate with a group of friends.

We are giving one lucky reader the chance to win a "Riverhills Classic" Spa Day for 2 people including:

- Germaine de Capuccini Express Prescriptive Facial
 - OPI Express Manicure
 - Delicious 2-course lunch
 - Use of the Swimming Pool, Spa Bath, Sauna and Steam Rooms
 - Robe and towel hire for the day, plus flip flops to keep
- Valid for 12 months for any day (subject to availability).*



worth
£330

Celebrating
Mother's
Day

Enter Online www.toddle.club/riverhills

Competition ends midnight Wed 31st March 2021.

Terms and Conditions apply, visit toddle.club/riverhills for further details.



For more information visit: riverhills.co.uk

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HEALTH & WELLNESS

Beautiful Beginnings

07727 144039. www.beautifulbeginningsbirth.co.uk

• **Online hypnobirthing group course:** 19:30 - 22:00.

Online group classes held on Tuesdays 7:30pm. Taster

Ages: Pregnancy.

Cost: £37.50 per session (*booking essential*).

Dates: 2 Feb - 23 Feb.

Fit with Mum

www.fitwithmum.com

• **Fit with Mum Online:** 18:30 - 19:15.

Ages: 0 - 99 yrs.

Cost: £5 per session

(*booking essential*).

Dates: 19 Jan - 9 Feb.

BOOK NOW

Lisa Valentine Yoga

07957 215495. www.lisavalentinyoga.co.uk

• **Pre-Natal Yoga Flow :**
18:15 - 19:15.

Ages: Pregnancy.

Cost: £7.50 per session (*booking essential*).

Dates: 19 Jan - 9 Feb & 23 Feb.

BOOK NOW

Suffolk Woman's Wellness Centre

01473 730035. www.swwcuk.com

• **HCR Heat Virtual Live Class:** 12:00 - 12:30.

Ages: 0 - 99 yrs.

Cost: £6 per session (*booking essential*).

Dates: 19 Jan - 23 Feb.

PREGNANCY

Birth Baby Balance

07909 545484. www.birthbabybalance.co.uk

• **Breathing for Labour classes:** 10:00 - 11:00.

Ages: Pregnancy.

Cost: £8 per session (*booking essential*).

Dates: 19 Jan.

• **KG Hypnobirthing Course:** 18:30 - 21:30.

Ages: Pregnancy.

Cost: £260 per session (*booking essential*).

Dates: 2 Feb.

Enhance Your Birth Hypnobirthing

07493031832. www.enhanceyourbirth.co.uk

• **Hypnobirthing Group Classes:** 19:30 - 22:00.

Ages: Pregnancy.

Cost: £55 per session (*booking essential*).

Dates: 19 Jan - 26 Jan.

YogaBellies Ipswich & Colchester

07305 267820. yogabellies.com

• **YogaBellies for Pregnancy:** 18:30 - 19:45.

Ages: Pregnancy.

Cost: £12 per session (*booking essential*).

• **Luna by YogaBellies:** 20:00 - 21:00.

Cost: £8.75 per session (*booking essential*).

Dates: 19 Jan - 23 Feb.

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it's easy!



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WEDNESDAY

MUSIC & SIGNING

Abingdon Music Centre

07934 364940. www.abingdonmusic.org.uk

- **Mini Music Makers:** 10:00 - 10:30.

Making music fun! £4.40/session (£3.90 babies). Pay termly.

Ages: 2 - 3 yrs.

Cost: £4.40 per session (*booking essential*).

- **Mini Music Makers:** 10:45 - 11:15.

Ages: 6 mths - 1 yrs.

Cost: £3.90 per session (*booking essential*).

Dates: 20 Jan - 10 Feb & 24 Feb.

Jo Jingles Ipswich

07732 544548. www.jojingles.com/ipswich/timetable

- **Jo Jingles Live Walkers +:** 10:00 - 10:30.

Ages: 1 - 4 yrs.

- **Jo Jingles Live 3 mths - walking:** 10:30 - 11:00.

Ages: 3 mths - 1 yrs.

Cost: £4 per session (*booking essential*).

Dates: 20 Jan - 10 Feb.

Little Signers Club Suffolk

07720 349424. www.littlesignersclub.co.uk

- **Online 6 weeks Sing, Sign and Rhyme:** 10:00 - 10:35.

Ages: 5 mths - 3 yrs.

Cost: £6.60 per session (*booking essential*).

Dates: 20 Jan - 10 Feb & 24 Feb.

- **Online 12 weeks Baby Signing Basics:** 11:00 - 11:45.

Ages: 3 mths - 3 yrs.

Cost: £8.25 per session (*booking essential*).

Dates: 20 Jan - 24 Feb.

- **Toddler Toolkit:** 15:00 - 15:35.

Ages: 1 yrs 6 mths - 3 yrs.

Cost: £7 per session (*booking essential*).

Dates: 20 Jan - 10 Feb & 24 Feb.

Mini Music Makers

07846771608. www.minimusicmakers.co.uk

- **Mini Music Makers - LIVE Online:** 10:00 - 10:30.

Fun, energetic, educational music classes every day

Ages: 0 - 5 yrs.

Cost: Free (*drop in*).

Dates: 20 Jan - 24 Feb & 20 Jan - 24 Feb.

Moo Music Northampton and Wellingborough

www.moo-music.co.uk

- **Mixed Moo Online:** 11:00 - 11:40.

Ages: 0 - 5 yrs.

- **Baby Moo Online:** 10:00 - 10:40.

Ages: 0 - 1 yrs.

Cost: £4 per session (*booking essential*).

Dates: 20 Jan - 10 Feb.

Musical Minis @home

020 8868 0001; athome@musicalminis.co.uk

www.athome.musicalminis.co.uk

Times: 9:30 - 9:55 & 14:00 - 14:25.

Ages: 0 - 4 yrs.

Cost: £3 per session
(*booking essential*).

Dates: 20 Jan - 24 Feb.

[BOOK NOW](#)

Rhythm Time Cheshire

01270 884583. www.rhythmtime.net

- **Online Music Classes:** 9:30 - 14:50.

Fun, quality 30-min music and multi-sensory classes.

Ages: 0 - 6 yrs.

Cost: £6.59 per session (*booking essential*).

Dates: 20 Jan - 24 Feb.

Sing and Sign Beaconsfield, High Wycombe, Thame & South Buckinghamshire

07709 803633. www.singandsign.co.uk

- **Sing and Sign Babes @Home:** 10:15 - 10:50.

10-week early signing course.

Ages: 0 - 7 mths.

Cost: £5 per session (*booking essential*).

Dates: 20 Jan - 24 Feb.

St Augustine's Church

01473 723960. www.staugustinesipswich.org.uk

- **Happy Hippos:** 10:00 - 10:45.

Downloadable Toddler Group activity sheet

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*).

Dates: 20 Jan - 10 Feb & 24 Feb.

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The Maple Tree Centre

01865236700. www.mapletree.org.uk

• **Maple Babies Virtual Support Group**: 10:30 - 11:30.

A virtual support group for parents of babies.

Ages: Pregnancy - 1 yrs. **Cost:** Free (booking essential).

Dates: 20 Jan - 24 Feb.

TinyTalk Waveney & Mid-Suffolk

07419 322204.

www.facebook.com/tinytalkwaveneymidsuffolk

• **Baby Signing E-Class**: 9:30 - 10:30.

Ages: 0 - 1 yrs 6 mths.

Cost: £4 per session (booking essential).

Dates: 20 Jan - 24 Feb.

SENSORY & DEVELOPMENT



Baby College at Home

01865 421879. www.babycollege.co.uk

• **Baby College @ Home**: Multiple Live Sessions

Access to 50+ LIVE weekly interactive virtual baby and toddler development sessions.

Ages: 0 - 5 yrs. **Cost:** £5 per week (booking essential).

• **Baby College Massage at Home**: Multiple Live Sessions

Full body baby massage in 4 sessions including songs and movements.

Ages: 0 - 1 yrs. **Cost:** £5 per week (booking essential).

WEBSITE

BOOK NOW

Baby Sensory Bedfordshire

07984483660. www.babysensory.com

• **Baby Sensory Bedfordshire @Home**: 10:00 - 10:45.

Ages: 0 - 1 yrs 1 mths. **Cost:** £4.50 per session (drop in).

Dates: 20 Jan - 24 Feb.

Catharine's Little Bookshop Usborne

Books

07843 095186. www.usborne.com

• **Catharine's little bookshop storytelling**: 15:00 - 15:10.

Ages: Pregnancy - 100 yrs.

Cost: Free (booking essential).

Dates: 20 Jan - 10 Feb.

Kidslingo Fran Fleming

07787226406. www.kidslingo.co.uk

• **Infant French Club (4 - 8 years)**: 16:00 - 16:30.

Infant French Club - learn French through fun!

Ages: 4 - 8 yrs.

Cost: £5 per session (booking essential).

Dates: 20 Jan - 24 Feb.

Kidslingo Spanish Nuneaton & Hinckley

07855 386881. www.kidslingo.co.uk

• **Kidslingo Spanish Online**: 16:00 - 16:30.

Classes are live and interactive and full of songs & games.

Ages: 3 - 5 yrs.

Cost: £5 per session (booking essential).

Dates: 20 Jan - 10 Feb.

Nanos Spanish

07940738221. www.nanospanishclub.com

Times: 15:30 - 16:00.

Ages: 1 - 5 yrs.

Cost: £6.50 per session

(booking essential).

Dates: 20 Jan - 10 Feb.

BOOK NOW

Phonics With Robot Reg

07957 688101.

<https://robotreg.co.uk/pages/manningtree-clacton-north-colch>

• **Virtual Phonics Pre School Sessions**: 9:45 - 10:30.

Ages: 2 - 5 yrs.

• **Virtual Phonics Reception**: 15:30 - 16:15.

Ages: 4 - 5 yrs.

• **Virtual Phonics Year 1**: 16:30 - 17:15.

Ages: 5 yrs - 6 yrs 11 mths.

Cost: £6.50 per session (booking essential).

Dates: 20 Jan - 10 Feb & 24 Feb.

Phonics with Robot Reg Wimbledon

Tooting and Mitcham

07954622371. www.robotreg.co.uk

• **Phonics with Robot Reg at home!**: 10:15 - 11:00.

Fabulous and fun, live and interactive classes at home.

Ages: 2 - 5 yrs. **Cost:** £6.50 per session (booking essential).

Dates: 20 Jan - 10 Feb & 24 Feb.

The Phonics Fox

07702183076. www.thephonicsfox.com

• **Zoom Cubs Class**: 10:20 - 10:50.

Ages: 2 yrs 6 mths - 5 yrs.

Cost: £8 per session (booking essential).

• **Zoom Kits Class**: 13:40 - 14:10.

Ages: 4 - 6 yrs.

Cost: £11 per session

(booking essential).

Dates: 20 Jan - 10 Feb & 24 Feb.

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CREATIVE

Creative Planet Norwich and East Norfolk

07421 234 055. www.creativeplanet.uk

• **Creative Stars Online:** 15:00 - 16:00.

Ages: 5 - 11 yrs.

Cost: £6 per session
(booking essential).

Dates: 20 Jan - 17 Feb.

BOOK NOW

Mini Professors Durham @home

07864841482. www.miniprofessors.com

• **Mini Professors @home science classes:** 16:00 - 16:30.

Live science with experiments you can join in with at home!

Ages: 2 - 7 yrs.

Cost: £4 per session
(booking essential).

Dates: 20 Jan - 3 Feb.

BOOK NOW

DANCE & DRAMA

Cha Char Chimps - Bedford

07563925956. www.ccchimps.com

• **Cha Char Chimps Online:** 10:30 - 11:05.

Ages: 0 - 5 yrs.

Cost: £3 per session (drop in).

Dates: 20 Jan - 24 Feb.

BOOK NOW

Synergy Dance

07713254260. synergy-dance-online.teachable.com

• **Synergy Dance Dance Acro Zoom class:** 17:00 - 18:00.

Live Zoom Dance Acro class with Synergy Dance

Ages: 6 - 12 yrs.

Cost: £8.50 per session (booking essential).

Dates: 27 Jan - 24 Feb.

Tappy Toes

01279 718216. www.tappytoes.com

• **Tappy Toes Online:** 10:00 - 10:30.

Ages: 1 - 5 yrs.

Cost: Free (drop in).

Dates: 20 Jan - 27 Jan.

BOOK NOW

Zozimus Drama

07739 962902. www.zozimusdrama.com

• **Diddlers:** 10:30 - 10:55.

Mum & toddler class to grow little imaginations

Ages: 1 yrs 6 mths - 3 yrs.

Cost: £2 per session (booking essential).

Dates: 20 Jan - 10 Feb.

PHYSICAL FUN

Tumble Tots (UK) Ltd

0121 585 7003. www.facebook.com/tumbletotshq

• **Tumble Tots LIVE on Facebook:** 10:00 - 11:00.

Ages: 6 mths - 7 yrs.

Cost: Free (drop in).

Dates: 20 Jan - 24 Feb.

HEALTH & WELLNESS

13 Fitness UK

07522 007002. www.facebook.com/13FitnessUK

• **Home Fitness Class:** 19:15 - 20:00.

Ages: 0 - 99 yrs.

Cost: £2.33 per session (booking essential).

Dates: 20 Jan - 24 Feb.

PREGNANCY

Birth Right Hypnobirthing

07817233480. www.birtright-hypnobirthing.co.uk

• **Hypnobirthing Online Courses:** 19:00 - 22:00.

Online Full Antenatal course including KGHypnobirthing

Ages: Pregnancy.

Cost: Free (booking essential).

Dates: 20 Jan - 27 Jan.

YogaBellies Ipswich & Colchester

07305 267820. yogabellies.com

• **Luna by YogaBellies:** 20:15 - 21:15.

Cost: £8.75 per session (booking essential).

Dates: 20 Jan - 24 Feb.

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Love Writing Co.'s most loved home learning resource which has helped thousands of pre-schoolers learn to write in a fun and engaging way. Worth £27.99



SMARTMAX MY FIRST SETS

These 'My First Vehicles' and 'My First Sounds & Senses' sets are delightful, sensory toys with an educational twist, perfect for 1 - 5s. Worth £34 for both.



SONGS ACROSS THE POND CD

This collaborative album by three-time Grammy Nominee Brady Rymer and BBC Folk Award Nominee David Gibb is a fab dose of real music for young families. Worth £7.99



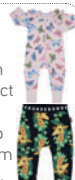
MAGNET MOUSE HOODED TOP

Made from super soft 100% cotton, this top features the brand's signature magnetic fastenings - so little ones can do themselves up in a simple snap! Worth £32.99



BONDS WONDERSUIT & LEGGINGS X 2

These outfits are made from comfy, stretchy cotton, perfect for changing baby fast! The cute prints (with two-way zip on the suit) make them a firm favourite. Worth £32 per set.



CAROTINA 9 FARM PUZZLES

9 progressive puzzles in 1, this game has a self-correcting design that encourages independent play and the clever frame adds another element to play. Worth £8.99



NUTURE SKIN CARE RANGE

A range of highly effective, plant-based products designed to care for your skin concerns, including scars, stretch marks and post blemish marks. Worth £57



SLEEPY SLOTHS

Make lots of noise in this fun-filled first sound, action and performance game. Children will roar like lions, stamp their feet and blow raspberries as they race to get their sleepy sloths out of bed. Worth £8



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THURSDAY

PARENTS & TOTS

CocoRio

0208 126 5577. www.cocorio.co.uk

• **Elle's Make-Believe Emporium!:** 17:03 - 17:43.

Exciting multi sensory adventures! Sing and dance with Elle!

Ages: 0 - 5 yrs.

Cost: £7 per session (drop in). **Dates:** 21 Jan - 25 Feb.

Southwold Library

01502 722519. www.facebook.com/southwoldlibrary

• **Baby Bounce & Tot Rock Online:** 10:30 - 11:00.

Ages: 0 - 5 yrs.

Cost: Free (drop in). **Dates:** 28 Jan, 11 Feb & 25 Feb.

MUSIC & SIGNING

Abingdon Music Centre

07934 364940. www.abingdonmusic.org.uk

• **Mini Music Makers:** 9:45 - 10:15.

Ages: 1 yrs 6 mths - 2 yrs 6 mths.

Cost: £4.40 per session (booking essential).

Dates: 21 Jan - 11 Feb & 25 Feb.

Monkey Music Oxford

01235 519806. www.monkeymusic.co.uk

• **Monkey Music Heigh-Ho:** 9:40 - 10:10.

Award-winning preschool music classes

Ages: 1 - 2 yrs.

• **Monkey Music Jiggety-Jig:** 10:20 - 10:50.

Ages: 2 - 3 yrs.

• **Monkey Music Rock'n'Roll:** 11:00 - 11:30.

Ages: 3 mths - 1 yrs.

• **Monkey Music Ding-Dong:** 11:40 - 12:10.

Ages: 3 - 4 yrs.

Cost: £8 per session (booking essential).

Dates: 21 Jan - 11 Feb & 25 Feb.

Musical Minis @home

020 8868 0001; athome@musicalminis.co.uk.

www.athome.musicalminis.co.uk

Times: 9:30 - 9:55 & 14:00 - 14:25.

Ages: 0 - 4 yrs.

Cost: £3 per session

(booking essential).

Dates: 21 Jan - 25 Feb.

BOOK NOW

Rhythm Time Cheshire

01270 884583. www.rhythmtime.net

• **Online Music Classes:** 9:30 - 13:00.

Fun, quality 30-min music and multi-sensory classes.

Ages: 0 - 6 yrs.

Cost: £6.59 per session (booking essential).

Dates: 21 Jan - 25 Feb.

SENSORY & DEVELOPMENT



Baby College at Home

01865 421879. www.babycollege.co.uk

• **Baby College @ Home:** Multiple Live Sessions

Access to 50+ LIVE weekly interactive virtual baby and toddler development sessions.

Ages: 0 - 5 yrs. **Cost:** £5 per week (booking essential).

• **Baby College Massage at Home:** Multiple Live Sessions

Full body baby massage in 4 sessions including songs and movements.

Ages: 0 - 1 yrs. **Cost:** £5 per week (booking essential).

WEBSITE

BOOK NOW

Baby Sensory Stirling

07766317766. www.babysensory.com

• **Baby Sensory Stirling Classes:** 10:30 - 11:10.

Ages: 0 - 1 yrs 1 mths.

Cost: £5 per session (drop in). **Dates:** 21 Jan - 25 Feb.

Baby Cherish Infant Massage

www.babycherish.co.uk

• **Tree Babies @Home:** 11:00 - 11:40.

Ages: 1 mths - 1 yrs.

Cost: Free (booking essential). **Dates:** 21 Jan - 11 Feb.

Are you running online classes or events?

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Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at toddle.fun/lockdownguide

Dandy Development

07890 241301. www.dandydevelopment.co.uk

• **Stage 1 online:** 10:00 - 10:30.

Ages: 4 mths - 1 yrs 1 mths.

Dates: 21 Jan - 4 Feb & 12 Feb.

• **Stage 2 online:** 11:00 - 11:30.

Ages: 1 - 3 yrs.

Dates: 21 Jan - 11 Feb.

Cost: £3.50 per session (*booking essential*).

BOOK NOW

Kidslingo Fran Fleming

07787226406. www.kidslingo.co.uk

• **Infant French Club (4 - 8 years):** 16:00 - 16:30.

Infant French Club - learn French through fun!

Ages: 4 - 8 yrs.

Cost: £5 per session (*booking essential*).

Dates: 21 Jan - 25 Feb.

Phonics With Robot Reg

07957 688101.

<https://robotreg.co.uk/pages/manningtree-clacton-north-colch>

• **Virtual Phonics Pre School Sessions:** 9:45 - 10:30.

Ages: 2 - 5 yrs. **Cost:** £6.50 per session (*booking essential*).

Dates: 21 Jan - 11 Feb & 25 Feb.

Tots Play in Rugby

07908 367264. www.totsplay.co.uk

• **Discovery and social tots online:** 10:00 - 10:30.

Ages: 2 mths - 3 yrs. **Cost:** £2 per session (*booking essential*).

Dates: 21 Jan - 11 Feb.

The Phonics Fox

07702183076. www.thephonicsfox.com.

• **Zoom Cubs Class:** 11:00 -

11:45 & 12:30 - 13:15.

Ages: 2 - 5 yrs.

Cost: Free (*booking essential*).

Dates: 21 Jan - 4 Feb & 25 Feb.

BOOK NOW

COMPETITION

Win

TWO £50 VOUCHERS FOR
NEW JUMP IN PARK, IPSWICH

We have TWO £50 vouchers for Jump In Park in Ipswich to give away. So this competition will have **2 lucky winners!**

SOFT play and trampolining fun is bouncing back into Ipswich with the arrival of its new owners Jump In. The former Bounce park has reopened on Anglia Retail Park as Jump In Ipswich and caters for children of all ages with a host of activities on offer, including the return of the huge Billy Beez soft play centre on site.

And the special **Jump & Play sessions** for the under 5s, combine fun in the children's soft play area with jumping on the enclosed mini trampolines.

Or check out the **Toddler Time ticket option** which includes access to all park facilities.

Terms and Conditions apply, visit bit.ly/tacompitions for further details.

There are also trampolines, battle beams, an air bag, interactive walls, dodgeball, slam dunk basketball and a new Wipeout obstacle for the older siblings. And everything is strictly in line with all COVID-19 government guidelines.

Enter at: www.toddle.fun/jumpinipswich

Competition closes midnight **Sun 31st January 2021.**

jump in
TRAMPOLINE PARKS

For more information visit

www.gojumpin.com/locations/ipswich-adventure-park



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Add them to the Lockdown Guide for FREE at toddle.fun/lockdownlisting

Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at toddle.fun/lockdownguide

CREATIVE

Creative Planet Norwich and East Norfolk

07421 234 055. www.creativeplanet.uk

• **Little Stars Online:** 10:30 - 11:20.

Ages: 1 yrs 6 mths - 4 yrs.

Cost: Free (booking essential).

Dates: 21 Jan - 11 Feb.

BOOK NOW

Mini Professors Durham @home

07864841482. www.miniprofessors.com

• **Mini Professors @home science classes:** 10:00 - 10:30.

Live science with experiments you can join in with at home!

Ages: 2 - 7 yrs.

Cost: £4 per session

(booking essential).

Dates: 21 Jan - 4 Feb.

BOOK NOW

DANCE & DRAMA

Synergy Dance

07713254260. synergy-dance-online.teachable.com

• **Synergy Dance Teen Yoga Zoom class:** 16:30 - 17:30.

Ages: 12 - 18 yrs. **Cost:** £8.50 per session (booking essential).

Dates: 28 Jan - 25 Feb.

PHYSICAL FUN

Blissful Mothers

0772 7063757. www.blissfulmothers.co.uk

• **Blissful Mothers - Mother & Baby Yoga:** 10:30 - 11:45.

Mother & Baby Yoga - Suitable after 6 week GP Check

Cost: £7 per session (drop in).

Dates: 21 Jan - 11 Feb & 25 Feb.

Loving Hands Baby Massage & Yoga

07850425136.

www.lovinghandsbabymassage.wordpress.com

• **Loving Hands Baby Yoga Online:** 10:30 - 11:10.

Fun engaging baby yoga classes to learn stretch and grow.

Ages: 4 mths - 1 yrs.

Cost: £4.17 per session (booking essential). **Dates:** 4 Feb.

HEALTH & WELLNESS

RW Pilates

07734 682019. www.rwpilates1.com

• **Pilates Class (ONLINE):** 20:00 - 21:00.

Cost: £4.17 per session

(booking essential).

Dates: 21 Jan - 11 Feb.

BOOK NOW

Suffolk Woman's Wellness Centre

01473 730035. www.swwwuk.com

• **Core Focus Virtual Live Class:** 20:00 - 21:00.

Ages: 0 - 99 yrs.

Cost: £10 per session (booking essential).

Dates: 21 Jan - 25 Feb.

PREGNANCY

Birth Baby Balance

07909 545484. www.birthbabybalance.co.uk

• **Breathing for Labour classes:** 19:30 - 20:30.

Ages: Pregnancy. **Cost:** £8 per session (booking essential).

Dates: 21 Jan.

Looking for something specific?

Search at www.toddleabout.co.uk

it's easy!



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Get it sent straight to your inbox at toddle.fun/lockdownguide

FRIDAY

PARENTS & TOTS

Southwold Library

01502 722519. www.facebook.com/southwoldlibrary

• **Baby Bounce & Tot Rock Online:** 10:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** Free (drop in).

Dates: 22 Jan, 5 Feb & 19 Feb.

MUSIC & SIGNING

Abingdon Music Centre

07934 364940. www.abingdonmusic.org.uk

• **Mini Music Makers:** 10:00 - 10:30.

Making music fun! £4.40/session (£3.90 babies). Pay termly.

Ages: 3 - 5 yrs.

Cost: £4.40 per session (booking essential).

Dates: 22 Jan - 12 Feb & 26 Feb.

Boogie Monsters

www.boogiemonsters.co.uk

• **Family Live Song Requests with Kelly:** 16:00 - 16:30.

Ages: 0 - 7 yrs. **Cost:** Free (booking essential).

Dates: 22 Jan - 26 Feb.

Jo Jingles Ipswich

07732 544548. www.jojingles.com/ipswich/timetable

• **Jo Jingles Live Walkers +:** 10:00 - 10:30.

Ages: 1 - 4 yrs.

• **Jo Jingles Live 3 mths - walking:** 10:30 - 11:00.

Ages: 3 mths - 1 yrs.

Cost: £4 per session (booking essential).

Dates: 22 Jan - 12 Feb.

June Chatterbox Tunes

07851 353396. www.facebook.com

• **Music Movement Sensory:** 14:00 - 14:30.

Music Movement Sensory Zoom online class

Ages: 3 mths - 4 yrs. **Cost:** £4 per session (booking essential).

• **Storytime and singing session:** 17:30 - 18:00.

Interactive Story and singing session

Ages: 3 mths - 3 yrs.

Cost: £2 per session (booking essential).

Dates: 22 Jan - 12 Feb.

BOOK NOW

Little Signers Club Suffolk

07720 349424. www.littlesignersclub.co.uk

• **Online 6 weeks Sing, Sign & Rhyme:** 10:00 - 10:30.

Ages: 5 mths - 2 yrs 7 mths.

Cost: £6.60 per session (booking essential).

Dates: 22 Jan - 12 Feb & 26 Feb.

Mini Music Makers

07846771608. www.minimusicmakers.co.uk

• **Mini Music Makers - LIVE Online:** 10:00 - 10:30.

Fun, energetic, educational music classes every day

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 22 Jan - 26 Feb.

Moo Music Northampton and

Wellingborough

www.moo-music.co.uk

• **Mixed Moo Online:** 10:00 - 10:40.

Ages: 0 - 5 yrs.

• **Baby Moo Online:** 11:00 - 11:40.

Ages: 0 - 1 yrs.

Cost: £4 per session (booking essential).

Dates: 22 Jan - 12 Feb.

Musical Minis @home

020 8868 0001; athome@musicalminis.co.uk

www.athome.musicalminis.co.uk

Times: 9:30 - 9:55 & 14:00 - 14:25.

Ages: 0 - 4 yrs.

Cost: £3 per session (booking essential).

Dates: 22 Jan - 26 Feb.

BOOK NOW

Rhythm Time Cheshire

01270 884583. www.rhythmtime.net

• **Online Music Classes:** 9:30 - 14:10.

Fun, quality 30-min music and multi-sensory classes.

Ages: 0 - 6 yrs. **Cost:** £6.59 per session (booking essential).

Dates: 22 Jan - 26 Feb.

Rhythm Time Leamington Spa, Warwick,

Kenilworth, Stratford upon-Avon

07469 186042. www.rhythmtime.net

• **Online Toddler Class:** 9:30 - 10:00.

Ages: 1 - 4 yrs.

• **Online Baby Class:** 11:30 - 12:00 & 12:30 - 13:00.

Ages: 1 mths - 1 yrs. **Dates:** 22 Jan - 26 Feb.

• **Online Pre-school Class:** 10:30 - 11:00.

Ages: 3 - 4 yrs. **Dates:** 22 Jan - 12 Feb & 26 Feb.

Cost: £5 per session (booking essential).

Are you running online classes or events?

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SENSORY & DEVELOPMENT



Baby College at Home

01865 421879. www.babycollege.co.uk

- **Baby College @ Home:** Multiple Live Sessions

Access to 50+ LIVE weekly interactive virtual baby and toddler development sessions.

Ages: 0 - 5 yrs. **Cost:** £5 per week (booking essential).

- **Baby College Massage at Home:** Multiple Live Sessions

Full body baby massage in 4 sessions including songs and movements.

Ages: 0 - 1 yrs. **Cost:** £5 per week (booking essential)

WEBSITE

BOOK NOW

Catharine's Little

Bookshop Usborne Books

07843 095186. www.usborne.com

- **Catharine's little bookshop storytelling:** 15:00 - 15:10.

Ages: Pregnancy - 100 yrs. **Cost:** Free (booking essential).

Dates: 22 Jan - 12 Feb.

French Frogglers

www.frenchfrogglers.com

- **French Frogglers - Term Bookings:** 11:00 - 11:30.

Ages: 0 - 5 yrs. **Cost:** £5 per session (booking essential).

Dates: 22 Jan - 12 Feb & 26 Feb.

Kidslingo Fran Fleming

07787226406. www.kidslingo.co.uk

- **Infant French Club (4 - 8 years):** 16:00 - 16:30.

Infant French Club - learn French through fun!

Ages: 4 - 8 yrs. **Cost:** £5 per session (booking essential).

Dates: 22 Jan - 26 Feb.

Phonics With Robot Reg

07957 688101.

<https://robotreg.co.uk/pages/manningtree-clacton-north-colch>

- **Virtual Phonics Pre School Sessions:** 9:45 - 10:30.

Ages: 2 - 5 yrs. **Cost:** £6.50 per session (booking essential).

Dates: 22 Jan - 12 Feb & 26 Feb.

Phonics with Robot Reg South

Warrington

08006122306. www.robotreg.co.uk

- **Phonics with Robot Reg Preschool:** 10:30 - 11:15.

Ages: 2 yrs 6 mths - 4 yrs 11 mths. **Dates:** 22 Jan - 26 Feb.

- **Phonics with Robot Reg Minis:** 9:30 - 10:15.

Ages: 1 yrs - 2 yrs 6 mths. **Dates:** 22 Jan - 12 Feb & 26 Feb.

Cost: £6 per session (booking essential).

Phonics with Robot Reg Wimbledon

Tooting and Mitcham

07954622371. www.robotreg.co.uk

- **Phonics with Robot Reg at home:** 11:30 - 12:15.

Fabulous and fun, live and interactive classes at home.

Ages: 2 - 5 yrs. **Cost:** £6.50 per session (booking essential).

Dates: 22 Jan - 26 Feb.

The Phonics Fox

07702183076. www.thephonicsfox.com

- **Zoom Cubs Class:** 09:45 - 10:30 & 11:15 - 12:00

- & 12:45 - 13:30

Ages: 2 - 5 yrs.

Dates: 22 Jan - 12 Feb & 26 Feb.

Cost: £12 per session

(booking essential).

Dates: 22 Jan - 5 Feb & 26 Feb.

BOOK NOW

CREATIVE

Creative Planet Norwich and East

Norfolk

07421 234 055. www.creativeplanet.uk

- **Space to Create:** 19:30 - 21:30.

Ages: 18 - 99 yrs.

Cost: £17 per session

(booking essential).

Dates: 29 Jan & 12 Feb.

BOOK NOW

The Creation Station Witney and

Kidlington

www.thecreationstation.co.uk

- **Create Club (Online) 5-11 years:** 15:45 - 16:45.

An online after-school Art Club for primary aged children

Ages: 5 - 11 yrs.

Cost: £6 per session (booking essential).

Dates: 22 Jan - 26 Feb.

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DANCE & DRAMA

diddi dance SE London

07973982790. www.diddidance.com

- **diddi dance in da House:** 10:00 - 10:45.

£6 per week - includes classes every day of the week!

Ages: 1 yrs 6 mths - 5 yrs. **Cost:** Free (booking essential).

Dates: 22 Jan - 19 Feb.

Synergy Dance

07713254260. www.synergy-dance-online.teachable.com

- **Synergy Dance at Home:** 12:00 - 12:30.

Online Dance & Yoga classes, can be accessed at any time

Ages: 4 - 80 yrs. **Cost:** £0.99 per session (drop in).

Dates: 22 Jan - 26 Feb.

Zozimus Drama

07739 962902. www.zozimusdrama.com

- **Whylers:** 16:00 - 16:25.

Drama classes to develop creativity & imagination.

Ages: 3 - 4 yrs.

- **Curiousitors:** 16:30 - 16:55.

Teaches drama skills through make-believe.

Ages: 4 - 7 yrs.

Cost: £2 per session (booking essential).

Dates: 22 Jan - 12 Feb.

PHYSICAL FUN

Tumble Tots (UK) Ltd

0121 585 7003. www.facebook.com/tumbletotshq

- **Tumble Tots LIVE on Facebook:** 10:00 - 11:00.

Ages: 6 mths - 7 yrs. **Cost:** Free (drop in).

Dates: 22 Jan - 26 Feb.

HEALTH & WELLNESS

13 Fitness UK

07522 007002. www.facebook.com/13FitnessUK

- **Home Fitness Class:** 12:15 - 13:00.

Ages: 0 - 99 yrs. **Cost:** £2.33 per session (booking essential).

Dates: 22 Jan - 26 Feb.

Lisa Valentine Yoga

07957 215495. www.lisavalentinyoga.co.uk

- **Workshops with Becca:** 19:00 - 20:30.

Cost: £15 per session

(booking essential).

Dates: 22 Jan.

BOOK NOW

PREGNANCY

Calm Mama Collective

07545 171166. www.calmmamacollective.co.uk

- **January Group Hypnobirthing Class:** 20:00 - 23:00.

Ages: Pregnancy.

Cost: £175 per session (booking essential).

Dates: 22 Jan - 29 Jan.

YogaBellies Ipswich & Colchester

07305 267820. www.yogabellies.com

- **YogaBellies for Mum & Baby:** 10:15 - 11:15.

Ages: 1 mths - 1 yrs.

Cost: £11.50 per session (booking essential).

Dates: 22 Jan - 26 Feb.

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it's easy!



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SATURDAY

MUSIC & SINGING

Little Signers Club Suffolk

07720 349424. www.littlesignersclub.co.uk

• **Online 6 weeks Sing, Sign & Rhyme:** 10:00 - 10:30.

Ages: 5 mths - 2 yrs 7 mths.

Cost: £6.60 per session (*booking essential*).

Dates: 23 Jan - 13 Feb & 27 Feb.

Musicland Oxford

07979 813252. www.facebook.com/MusiclandOxford/

• **Scutterbugs ONLINE:** 11:20 - 11:40.

Ages: 2 - 5 yrs. **Cost:** £4 per session (*booking essential*).

Dates: 23 Jan - 6 Feb.

SENSORY & DEVELOPMENT

Lingotot Rugby

07581 324482. www.lingotot.com

• **Lingotot Spanish (Reception, KS1 & KS2):** 10:30 - 11:00 & 11:30 - 12:00.

Ages: 5 - 11 yrs.

• **Lingotot French (Reception, KS1 & KS2):** 11:00 - 11:30 & 12:00 - 12:30.

Learn French through singing, dancing and playing games

Ages: 4 - 11 yrs.

Cost: £5 per session (*drop in*).

Dates: 23 Jan - 27 Feb.

Phonics with Robot Reg Wimbledon

Tooting and Mitcham

07954622371. www.robotreg.co.uk

• **Phonics with Robot Reg at home!** 10:00 - 10:45.

Fabulous and fun, live and interactive classes at home.

Ages: 2 - 5 yrs. **Cost:** £6.50 per session (*booking essential*).

Dates: 23 Jan - 27 Feb.

CREATIVE

Mini Professors Durham @home

07864841482. www.miniprofessors.com

• **Mini Professors @home science classes:** 10:00 - 10:30.

Live science with experiments you can join in with at home!

Ages: 2 - 7 yrs.

Cost: £4 per session

(*booking essential*).

Dates: 23 Jan - 6 Feb.

BOOK NOW

DANCE & DRAMA

Stagecoach Sudbury

07904 311960. www.stagecoach.co.uk

• **Online classes with Stagecoach Sudbury:** 9:00 - 10:00.

Ages: 4 - 18 yrs.

Cost: £14 per session (*booking essential*).

Dates: 23 Jan - 27 Feb.

Synergy Dance

07713254260. www.synergy-dance-online.teachable.com

• **Synergy Dance Acro with Street class:** 9:30 - 10:30.

Live Zoom Dance Acro with Street class with Synergy Dance

Ages: 5 - 11 yrs.

• **Synergy Break Dance & Street class:** 11:30 - 12:30.

Live Zoom Break Dance & Street class with Synergy Dance

Ages: 7 - 13 yrs.

Cost: £8.50 per session (*booking essential*).

Dates: 23 Jan - 27 Feb.

The Core at Corby Cube

01536 470 470. www.thecorecorby.com

• **Free Online Drama Sessions:** 10:00 - 11:00 & 11:15 - 12:15.

To sign your child up, email getinvolved@thecorecorby.com

Ages: 5 - 11 yrs.

Cost: Free (*booking essential*). **Dates:** 23 Jan - 27 Feb.

Tiny Toes Ballet Essex

07786 266841. www.tinytoesballet.co.uk

• **Tiny Toes Ballet:** 9:30 - 10:10, 10:15 - 10:55 & 11:00 - 11:40.

Ages: 6 mths - 7 yrs. **Cost:** £3 per session (*booking essential*).

Dates: 23 Jan - 13 Feb.

HEALTH & WELLNESS

Lisa Valentine Yoga

07957 215495. www.lisavalentinyoga.co.uk

• **Subscription to monthly online class's:** 9:00 - 9:00.

Cost: £7.50 per session

(*booking essential*).

Dates: 23 Jan - 30 Jan.

BOOK NOW

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Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at toddle.fun/lockdownguide

Simply Balance

www.simplybalanceyoga.com

- **Online Yoga Class:** 10:35 - 11:35.

Online Yoga/ Children's Nutrition book

Ages: 0 - 99 yrs. **Cost:** Free (drop in). **Dates:** 23 Jan.

Suffolk Woman's Wellness Centre

01473 730035. www.swwcuk.com

- **Barre Fit Virtual Live Class:** 20:45 - 21:30.

Ages: 0 - 99 yrs.

- **Holistic Core Restore® ReI-EASE Class:** 9:30 - 10:15.

Ages: 0 - 99 yrs.

Cost: £8 per session (booking essential).

Dates: 23 Jan - 13 Feb & 27 Feb.

WIN A

COMPETITION

from

CLOSET 23

• FASHION & ACCESSORIES FOR LITTLE PEOPLE •

LUXURY DESIGNER OUTFIT FOR YOUR CHILD WORTH £100



PLUS an exclusive Closet 23 Travel Pouch worth £50

Closet 23 is the home of luxury baby & children's wear. They offer brands & styles from fashion capitals all over the world, including labels from Spain, Portugal and Italy to name a few. They are loved by celebs and have been featured in British TATLER.

Enter at: www.toddle.club/closet23

Competition closes midnight on **Sun 28th Feb 2021**.

For more information about
Closet 23 visit
www.closet23.co.uk

T&C's apply - all online

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daily updates!



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SUNDAY

HEALTH & WELLNESS

Lisa Valentine Yoga

07957 215495. www.lisavalentinyoga.co.uk

• **Subscription to monthly online class's:** 10:00 - 10:01.

Cost: £20 per session
(booking essential).

Dates: 31 Jan.

BOOK NOW

Suffolk Woman's Wellness Centre

01473 730035. www.swwcuk.com

• **Holistic Core Restore® Zen Woman Weekly Check:**

20:00 - 20:25.

Ages: 0 - 99 yrs.

Cost: £4 per session (booking essential).

Dates: 24 Jan - 21 Feb.

PREGNANCY

Joy of Birth

07505 401419. www.joyofbirth.co.uk

• **Feb Online Hypnobirthing Group Class:** 11:22 - 13:22.

Ages: Pregnancy.

Cost: £315 per session (booking essential). **Dates:** 7 Feb.

WIN A

COMPETITION

FAMILY HOLIDAY IN CORNWALL WORTH £900



The Prize:

A Holiday for a Family of up to 4 people, at Coombe Mill in North Cornwall, worth £800 - £900

Coombe Mill is a family run farm- a self catering holiday site with luxury wooden lodges. You can enjoy safe farm experiences with daily tractor rides and hands on supervised opportunities to feed the animals.

Enjoy the meadows, lakes, rivers, woodlands and watch the kids discover the play areas. Nearby, you can explore the beaches of Cornwall or nearby attractions like Port Isaac, Tintagel and the Eden Project.

Enter at: www.toddle.club/coombemill

For more information about
Coombe Mill visit
www.coombemill.com

Competition closes midnight on **Sun 28th Feb 2021**. T&Cs apply - all online

Are you running online classes or events?

Add them to the Lockdown Guide for FREE at toddle.fun/lockdownlisting

THE BIG GARDEN BIRDWATCH 2021

HOW TO GET YOUR CHILDREN INVOLVED



Each year, thousands of people across the UK participate in the RSPB's Big Garden Birdwatch.

The Big Bird Watch is an initiative where the public is invited to spend one hour watching and taking note of which birds appear in their garden, outside their window, or in their local park. They then send their results to the RSPB. These results are used to create an updated set of data that reveals insight into bird numbers across the UK.

This year's Birdwatch is coming up on January 29th-31st, and it's a perfect chance to make the most of a fun yet simple activity where your children can learn something new.

With the UK in its third national lockdown, it is getting trickier to find new ways to keep the family upbeat and positive. Therefore, the Big Garden Birdwatch is a fantastic opportunity - engaging with nature through a structured activity can help maintain

physical and mental wellbeing, particularly in a time where outdoor trips are few and far between. Also, with almost half a million people getting involved in the Birdwatch every year, your children can feel connected to others through the shared experience of contributing to a nationwide project.

The RSPB's chief executive Beccy Speight said, *"We know that for many people, garden birds provide an important connection to the wider world and bring enormous joy."*

"Lockdown brought few benefits, but the last year has either started or reignited a love of nature for many people. There has been a broad and much-needed realisation that nature is an important and necessary part of our lives especially for our mental health and wellbeing. But nature needs us too."



What are the benefits of getting children involved in the Big Garden Birdwatch?

Sean McMenemy, garden wildlife expert and Director of [Ark Wildlife Ltd](#), spends a lot of time promoting the benefits of getting children to explore and interact with nature, having given presentations at many local schools.

An activity like birdwatching is such a great way to have fun with your children and could even inspire an interest in wildlife. Whether this entails stepping outside to watch the birds, or observing them through a window, the act of appreciating the surrounding wildlife is both a learning opportunity and a chance to have fun as a family.

On the benefits of getting involved in the Birdwatch, Sean says:

"Maintaining concentration while home or remote learning is difficult for younger children and their education can suffer. However, giving them permission to gaze out the window, or explore the garden is a great way to learn without them even realising it. Counting, recording, drawing, observing and identifying visiting birds are all valuable learning opportunities in a fun and exciting way."

"Birds are very present in all our lives. Even children who say they 'know nothing' when asked, are surprised when questioned about common birds. Can you identify a duck? An owl? A Seagull?"



Once their minds are opened, they can often identify a dozen or more birds they didn't realise they knew. Eagle, goose, chicken, swan, penguin, turkey, parrot, robin. Maybe even blue tit, crow, kingfisher and blackbird. It's fun to show children how much they know without even realising it. It builds confidence and encourages children to engage further in the natural world."

"Spending time watching or walking in nature has been shown to benefit both mind and body, and this is as true for young people as it is adults. Sitting quietly in fresh air or walking in open spaces calms the mind and body, it balances our physiology and promotes production of positive hormones."

"Slowing to the pace of nature and it's natural rhythms is greatly beneficial and contrasts starkly with our fast paced digital existences with all its distractions. Time spent in nature is never wasted."

How can you take part in the Big Garden Birdwatch with your children?

Taking part is simple - watch the birds in your garden with your children, and only count the birds that land, not those that fly over. Then, go onto the RSPB Birdwatch website and submit the highest number of each bird species you observed at any one time.

Here are a few tips that will make the Big Garden Birdwatch as fun and educational as possible for your kids:

Print out some visual prompts.

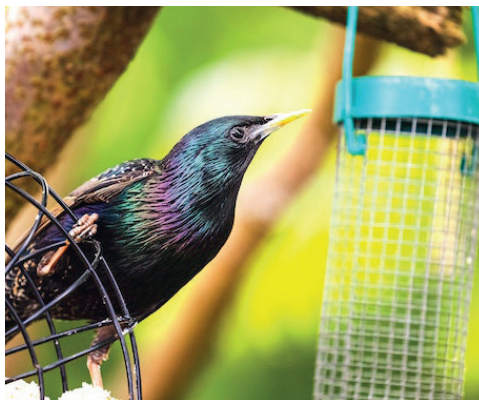
Having images to hand of what birds to look out for (which can be found on [this RSPB resource](#)) will help your children feel confident in spotting the correct creatures.

Remain patient

When birdwatching, birds may not necessarily appear straight away, so it is important to encourage your children to make the most of all the beautiful sights and sounds that can be experienced in nature. Can they spot any other animals? Which is their favourite plant?

Use your ears as much as your eyes

The sound of birds calling or singing can be just as beautiful as the sight of the bird, and can help relieve stress. If looking through a window from indoors makes it difficult to hear sounds, you could even try playing bird songs from a phone or laptop to elevate the experience for your kids!



Use sunflower seeds to attract more birds

Spreading [sunflower seeds for birds](#) (shells removed) out onto your outdoor space can have a big impact on the number and diversity of birds that are attracted to the area. So if there seems to be a lack of birds around your home, this tip could create a more exciting birdwatch experience!

You can be flexible with timing

Although the official event asks the public to watch for one hour on a specific weekend, do not be afraid to do whatever suits you. Some children may be excited to take part straight away, and some others may take some time to build enthusiasm.



Always
Online

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Loving life with little ones

Just want to dip in to classes at a time that suits you?
Discover pre-recorded sessions, for you to access any time.

All Saints Church Kesgrave

Zoom Messy Church at Home and online Coffee & Chat

Ages: 0 - 5 years

Cost: Free

Tel: 01473 623388

www.asksesgrave.org/childrenswork

Baybee Beginnings

I offer online pregnancy coaching throughout the pregnancy. Bespoke support, advice and fun from a Midwife with 20 years experience. Also, Infant Feeding coaching, Baby Reflux support and Baby Massage.

Ages: for pregnancy and newborns

Cost: varies

Phone: 07380 600381

Email: shelley@baybeebeginnings.com

bit.ly/baybeebeginnings

British Motor Museum

The British Motor Museum has organised a range of 'stay at home' activities for all the family to enjoy. From puzzles and crafts, science experiments and more!

Ages: All ages

Cost: Free - donations welcome

Email: enquiries@britishmotormuseum.co.uk

www.britishmotormuseum.co.uk/whats-on/tag/family

Daisy First Aid Milton Keynes

Online Parent First Aid Class. An engaging and interactive 2 hour e-learning course that will teach how to deal with emergencies, accidents and illnesses.

Ages: Adults

Cost: £20

Phone: 07491 909713

Email: mk@daisyfirstaid.com

www.daisyfirstaid.com/milton-keynes

BOOK NOW

diddi dance Shrewsbury

Online fun and funky preschool dance classes for energetic little movers. Sessions encourage a love of movement to last a lifetime through dancing games, learning songs and changing dance themes.

Ages: 1½-4½ years

Cost: £5 per week

Phone: 07967 430 682

Email: charlotte.burgess@diddidance.com

www.diddidance.com/diddi-dance-shrewsbury/

Kidslingo Gloucester

Over the course of these 5 fun weekly videos, children will learn lots of French words through fun and play including vocabulary all about the CIRCUS! Weekly activity sheets included.

Ages: 4 - 7 years

Cost: £25

Phone: 07496 624202

Email: chloe.marchand@kidslingo.co.uk

www.kidslingo.co.uk/area/french-classes-gloucester/

Do you offer pre-recorded classes or events?

Add them to the Lockdown Guide for FREE at toddle.fun/prerecordedlisting

Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at toddle.fun/lockdownguide

Ladybirds Online

Free activities posted on our website every Wednesday.

Ages: 0 - 5 years

Cost: Free

Phone: 07999 866419

Email: admin@layhamplaygroup.co.uk

www.layhamplaygroup.co.uk

Leiston Library

Leiston Library has a weekly Baby Bounce video on their Facebook page, songs and rhymes for under 5s. Look out as well for storytimes and useful links!

Ages: 0 - 5 years

Cost: Free

Phone: 01728 831252

Email: gayla.rowling@suffolklibraries.co.uk

[Leiston Library Facebook page](#)

Lighthouse Toddler Group

Singing and actions, stories and craft all based on a Bible theme and just the chance to have lots of fun learning about how much God loves us.

Ages: 0-4 years

Cost: Free

Phone: 07780 994004

Email: veronicabisley@gmail.com

<https://tinyurl.com/y66br92j>

Littleolebabystepsmassage

Online one to one baby massage classes for new mums and dads from 3 months + with Covid safe, fully insured, qualified beauty therapist & CMA member.

Ages: 3 months to 2 years

Cost: £15 per hour or course of 3 for £30 one free

Phone: 07784 95645

Email: littleolebabystepsmassage@yahoo.com

<https://littleolebabystepsmassage.online>

Lizzie Edwards Yoga

Postnatal yoga for you to access anytime, anywhere.

Relax and feel good with yoga classes, technique videos and meditations, plus classes for you and baby to do together.

Ages: 6-8 weeks post birth onwards

Cost: Choose what you pay (from £5 per month)

Phone: 07796 954527

Email: lizzieedwardsyoga@gmail.com

<http://Patreon.com/lizzieedwardsyoga>

Magical World of Stories

Stories, songs, dancing and activity ideas with items that you will have at home or you can collect in nature. Price includes 4 pre-recorded sessions that you can access anytime, anywhere and as many times as you like.

Ages: 6 months - 6 years

Cost: £5 per week

Email: Jennifer.herbent@virginmedia.com

www.facebook.com/MagicalWorldofStories

Mini First Aid Suffolk

Our online class covers first aid techniques suitable for newborn babies through to primary school aged children.

Ages: Parents

Cost: £20 per person

Phone: 07706 068980

Email: naomi@minifirstaid.co.uk

<https://suffolk.minifirstaid.co.uk/classes/online/23>

Nature Makers

Online classes available to download each week on Fridays during the lockdown as we journey through the season learning about nature and the environment through art and craft. Each week looks at a different nature theme and finishes with a related story or poem.

Ages: 1 - 6 years

Cost: £5 per week or 4 weeks for £15.

Phone: 07837 635569

Email: Becki@nature-makers.co.uk

www.nature-makers.co.uk

BOOK NOW

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Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at toddle.fun/lockdownguide

Play and Learn at Home

An online selection of music, sport, art, cookery etc driven by a facebook group. Play and Learn at Home.

Ages: 0 - 5 years

Cost: Free

Phone: 07875 874854.

Email: hap@mkps.co.uk

www.playandlearnathome.com

facebook.com/groups/821671605240593

Little Crackers Stay n Play

Stay 'n' Play At Home will feature favourite activities such as: settle down for story-time, join in our sing-a-long and get creative with craft.

Ages: 0-4 years

Cost: Free

Phone: 07931 865830

Email: charlottehancock@princethorpe.co.uk

www.littlecrackers.co.uk/stay-n-play

Rhythm and Rhyme

Multi Sensory music classes bringing all the learning and fun to you at home. Each week will suggest items you can easily find at home to use throughout the class. Classes are pre-recorded, so you can enjoy them at a time convenient for you and as many times as you like. Online members also get Makaton lessons, sensory stories and sensory activities to enjoy at home.

Ages: 0-4 years

Cost: 2 week subscription for £12 (includes full classes plus other online content).

Phone: 07795 484494

Email: laura.harding@rhythmandrhyme.co.uk

www.rhythmandrhyme.co.uk

Shake Rattle and Boogie

Online boogie classes providing dance and music sessions for babies, toddlers and pre-schoolers.

Ages: 0-4 years

Cost: £4 per session - discounts for block bookings

Phone: 07984 158281

Email: info@shakerattleandboogie.com

www.shakerattleandboogie.com

Sing and Sign Coventry and Kenilworth

A ten week online course, accessible when and as many times in the week as you want. Zoom sessions to check in and Whatsapp groups to keep in touch.

Ages: 0 - 2 years

Cost: £40 for a ten week course

Phone: 07920 066652.

Email: singandsigncoventry@sky.com

www.singandsign.co.uk/classes/classes-near-you/coventry-&-kenilworth

SingSongStories

Short videos containing songs and, sometimes a story, linked to different themes. Themes so far include: dinosaurs, numbers, garden and farm.

Ages: 0-5 years

Cost: Free

Phone: 07871 450140

Email: info@singsongstories.co.uk

www.youtube.com/channel/UCwQx7a0x5Ln4lpNGA7Rku6g

Suffolk Libraries

Online singing and storytime sessions and craft activities. Check out the Suffolk Libraries website and Youtube channel or your local library's Facebook page to watch and enjoy with your children. You can also stream Kanopy Kids children's movies and TV programmes for free with your library card.

Ages: 0-5 years

Cost: Free

Email: hannah.foulstone@suffolklibraries.co.uk

www.youtube.com/user/SuffolkLibraries

Sunnymead Minnows

Search Sunnymead Minnows for regular posts featuring activities, nature, songtime and storytime.

Ages: 0-5 years

Cost: Free

www.facebook.com/SunnymeadMinnows

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Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at toddle.fun/lockdownguide

Teddies Music Club

Lively music and singing videos to enjoy from home any time. These child-centred music sessions, led by a singer and guitarist, include lots of lively action songs, percussion instruments, dance, painted musical stories, puppets. There are drawing demos (these two are also artists!) with an original colouring picture to download and print out at home. Plus arts & crafts projects, lockdown party ideas, and collections of the best children's songs and rhymes.

Ages: 0 - 5 years

Cost: £1.99 per month for unlimited access

Phone: 01628 671146.

Email: zitanewcome@hotmail.com

www.teddiesmusicclub.co.uk

Toddle Talk

Receive 6 weekly sessions of Toddle Talk to enjoy at any time that suits you and your little one. Learn signs based around a fun theme and sing along.

Ages: 0-3 years

Cost: £12 for 6 sessions

Phone: 07748 914370

Email: info@toddlertalk.co.uk

<https://www.toddlertalk.info/baby-signing-classes>

Toddler Sense Milton Keynes

Every Toddler Sense session is jam-packed with activities and fun adventures to help your toddler burn off excess energy and develop vital physical, communication, social and intellectual skills.

Ages: 13 months to 5 years

Cost: £3.50 per week or £14 for 4 weeks.

Phone: 07972 798017

Email: miltonkeynes@toddlersense.co.uk

www.toddlersense.com/milton-keynes/

Tumble Tots

A new video is released every Monday, Wednesday and Fridays at 10am.

Ages: Walking to school age

Cost: Free

www.facebook.com/TumbleTotsHQ/

Tot Bop

Tot Bop dance classes available weekly. Fun, funky and imaginative dance classes, for each age and stage: Tiny Tots: age 1-2.5; Baby Boppers: age 2.5-3.5; Funky Monkeys: age 3.5-5 (pre-school and reception year); Groovy Movers: age 5-9 (school years 1-4). Have a sneaky peak at our Tot Bop Online classes here: <https://www.youtube.com/watch?v=5-RK0V15POo>

Ages: 1 - 9 years

Cost: £30 for 6 sessions, £18 for 3 sessions; £20 monthly subscription

Phone: 01525 237474.

Email: rachelkenning79@gmail.com

<https://totbop.co.uk/online-dance-class-booking/>

BOOK NOW

Warwickshire Libraries

Short Rhyme Time videos of favourite rhymes and songs sung by Library Staff, as well as story times.

Ages: 0 - 2 years

Cost: Free

Phone: 0300 555 8171

Email: libraryevents@warwickshire.gov.uk

www.facebook.com/warwickshirelibraries/

Wordplay at Gainsborough

Join our Wordplay group where we will be posting craft activities and messy play ideas for under 5s.

Ages: 0 - 5 years

Cost: Free

Phone: 01473 927270

Email: help@suffolklibraries.co.uk

www.facebook.com/gainsboroughlibrary

Wriggle Dance Theatre

2 series of 'Wriggle at Home' videos, and fun bite-sized creative dance sessions.

Ages: 2-5yr olds and their grown-ups

Cost: Free

Phone: 07771 888157

Email: lucy@wriggledancetheatre.co.uk

www.wriggledancetheatre.co.uk and

www.youtube.com/channel/UCZBFEdB5emF5otLvwmlh-kw

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WINTER



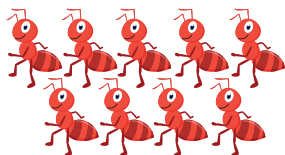
Counting Game



1 2 3 4



3 4 5 6



8 9 10 11



7 8 9 10



5 6 7 8



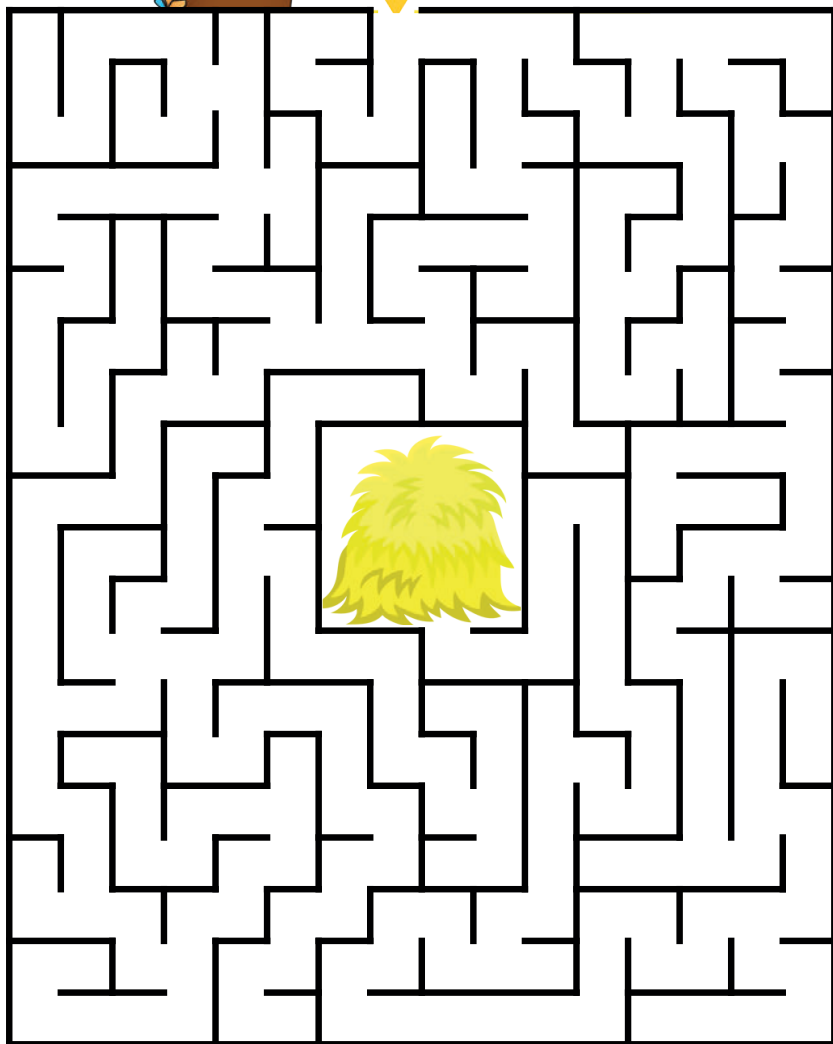
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SUFFOLK HORSE SOCIETY



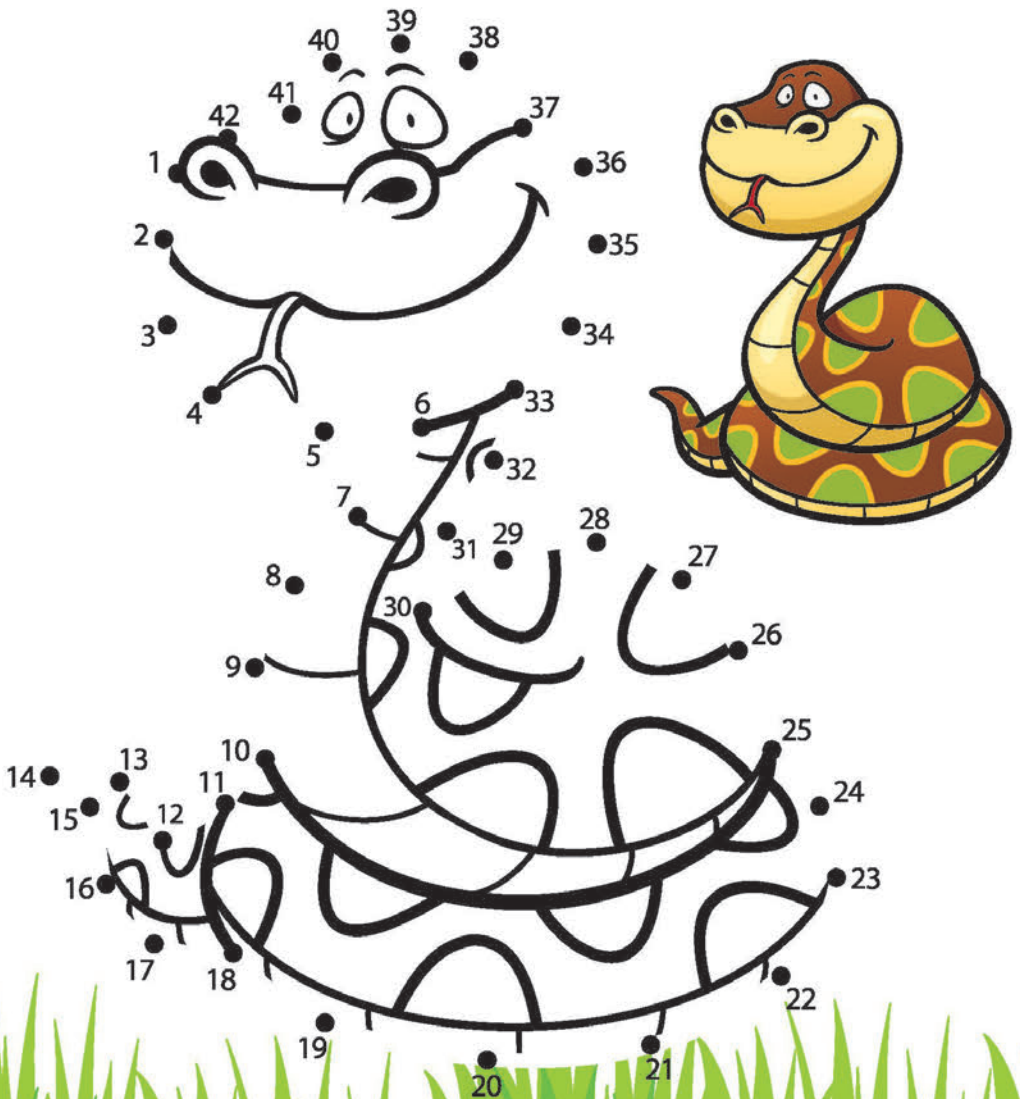
CAN YOU HELP
SAMMY FIND
HER FOOD?



www.suffolkhorsesociety.org.uk

Suffolk Horse Society, Suite 8 Britannia House, Rendlesham Suffolk IP12 2TZ

Dot to Dot



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