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April - June 2021

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WELCOME



TO THE SPRING EDITION 2021!

It's good to be back (again)!

With the easing of lockdown restrictions, life is starting to get back to some semblance of normal. Woohoo!

All being well, the day this magazine is released will be a day to celebrate - Monday 12th April will see many businesses and shops re-open after months of lockdown, and this will include hundreds of baby and toddler classes re-starting their face-to-face sessions again.

Want to know what's on? Check out our [Daily Activity Planner](#).

It's a momentous time, and we hope this come-back issue of Toddle About helps to put you in touch with your local baby and toddler world as it wakes up from hibernation.

And don't forget - the **Toddle About website** is also an amazing resource to help you to discover what's on near you!

Check it out now at www.toddleabout.co.uk

Simply pop in your postcode, and you will be shown all the different things on offer for little ones near you.

You can then refine your search in many ways - by the age of your child, day of the week, or time of day for example. Or you can just type in what you are looking for, such as 'Music' or 'toys', and see what comes back!

Courtesy of lockdown, you also have the option to [discover the online activities that are now running](#).

We hope you find it useful!

Loving life with little ones,

Tim and Ruth OWNER/EDITORS

PS. Don't forget to subscribe to the Toddle About magazine for just £1 every 3 months & get your first issue free! Subscribe at [toddle.club/subscribe](#)

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Call us on **01604 532054** or email: info@toddleabout.co.uk

[toddleaboutmagazine](#)

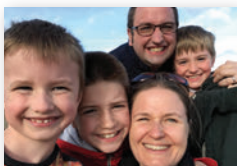
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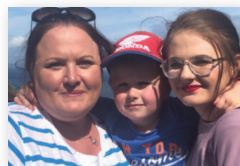
MEET THE TEAM



Tim & Ruth - Chief Editors



Alec - Chief Techie



Lorraine - Advertising & Customer Support

9,000 copies of Toddle About are distributed every quarter around Northampton, Daventry, Towcester & Brackley surrounding areas.

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Toddle About, Unit 3, Yorks Farm Business Centre, Watling Street, Towcester, Northamptonshire, NN12 8EU. Call us on 01604 532054.

Follow us for daily updates!





Rugbytots is Back!

Rugbytots, the world's favourite rugby-based play programme for boys and girls aged two to seven years old, are back with classes in Northampton, Towcester, Brackley, Banbury and Chipping Norton. Their hugely popular classes create a fun environment using the multiple skills of rugby to develop core motor skills. They promote and develop teamwork and social awareness. Their simple motto is, 'make it more fun' - delivering a specifically designed programme with energy and enthusiasm.

Visit www.rugbytots.co.uk, email vince@rugbytots.co.uk or call 0345 313 0286.

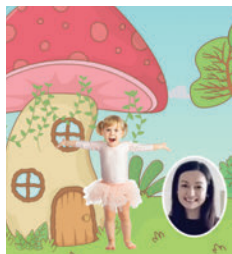
P.51



Boogie Beat Classes Return

Boogie Beat is back with face to face music and movement classes and cannot wait to see you all! A **newborn to pre-crawler group** successfully launched in September and is going from strength to strength. This with lots of new unique music choreographed for Boogie Beat creates a fabulous session. Come along to meet Giggles the Boogie Beat Monkey for a fun class full of singing, dancing, music and lots of laughter. Enjoy a class that will engage your baby and allow you to have precious bonding time

📍 [boogiebeatnorthampton](https://www.facebook.com/boogiebeatnorthampton).
sharon@boogiebeat.co.uk P.44



Open Stage Come Back with More Classes

Open Stage Performing Arts School re-open their doors from Monday 12th April welcoming back all students, old and new, to their studio in Northampton. In addition to their dance, drama, musical theatre, acrobatic arts, cheerleading and early years classes for ages 2+ to adults they are also launching **new Fairy Tale Ballet lessons for 2.5 - 4 years**. These classes will run on Fridays at 9:15am and are the perfect way for your little one to learn the basics of ballet whilst following a magical fairy tale with the lovely Miss Harriet. **Book at www.bookwhen.com/openstage** P.43

Dexterity Returns

Dexterity Dance are delighted to welcome back students from Monday 12th April. They are ready to present fun-packed lessons so we can all get back to the activities we love and the chance to shine! New students are welcome, and you are welcome to trial a lesson in Contemporary, Ballet, Jazz, Street, Acrobatics or Rhythmic Gymnastics. The classes are inclusive, for all ages and abilities with bespoke boys' classes too.

Contact dexteritydance@gmail.com.
www.dexteritydance.com. P.24



Fabulous Nursery Outdoor Space

Lyncrest Primary School Nursery are rightly proud of their lovely big outdoor play area, and they are very excited about their recent delivery of fantastic new play equipment. The garden is a designated area for messy play, sensory exploration, building, tinkering and pretending. The children also love to plant flowers and vegetables and learn where their food comes from. Lyncrest Primary School Nursery have funded part-time and full-time places for 3-year-olds.



Find out more at Lyncrestprimary.net for call 01604 751336 to arrange a visit. P.15

Swim Works is Back and Better



Swim Works in Leamington and Rugby have kept their COVID-safe practices with their safe flow around the centres, strict cleaning routines and social distancing in and out of the pool. But what makes Swim Works so special are the purpose-built pools that boast the latest UV sanitation and continuous airflow systems as standard. They have strengthened their team with some new teachers that cannot wait to meet you!

Discover the new additions to the Swim Works baby and toddler programme at swimworks.co.uk. **P.52**

Bite SIZED NEWS

New Baby Ballet Classes in Roade

Krystle Jayne's Dance Academy is super excited to be dancing again! Joining their timetable of dance classes in central Northampton, Grange Park, Brixworth and Roade, new Baby Ballet classes will be starting from Tuesday 13th April, 3:45-4:15pm at St. Marys Church Hall, Roade, Northampton NN7 2PU. Suitable for children aged 2 ½ - 4 years, there is no joining fee, saving £10 for anyone who enrolls during the summer term. After a free trial it's just £4 per class.

www.krystlejayedanceacademy.co.uk. **P.52**



Drama Through Creative Play

Looking for something fun to do each week with your child after lockdown? Well, look no further - Zozimus Drama is for you! They provide exciting classes specifically designed for young children, teaching them drama skills through creative play and storytelling to help build confidence, grow as little individuals and to provide oodles of fun! They have 3 different classes on offer for ages 18m – 7yrs in Finedon, near Wellingborough.

www.zozimusdrama.com. **Taster offer for new customers: 3 sessions for just £12. P.45**



Dance and Performing Arts

Kingsley Studio provides professional education and enjoyment through dance and performing arts. They believe a good education in both **technique and performance** helps children to grow. Along with a variety of classes, important values are instilled such as discipline, fitness, teamwork and, **most significantly, confidence** - all of which will greatly benefit a child and their future. They are currently attracting students who are looking for an insight into a world of creativity and fun or to take their passion to the next level. (They also hold classes for adults!)

Kingsleystudio@hotmail.com or 07378 895461.  [kingsleystudionorthampton](https://www.facebook.com/kingsleystudionorthampton). **P.42**

Looking to spend time with family and friends?
Missed out on baby showers, birthdays and many more events over
the last year?

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HAPPY BIRTHDAY TO YOU!



Birthday SHOUTOUT

BIG BIRTHDAY SHOUTOUT

Thank you to everyone who entered
our Big Birthday Shoutout!

We would like to wish a very **HAPPY BIRTHDAY** to
all the children here, who will be celebrating their
birthday in the next 3 months. We hope you all have
a fabulous, fun-filled day.



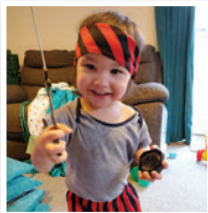
Special Congratulations go to Huxley
Jack Salhotra, who has won a fabulous
[Bikloon Vintage Metal Balance Bike](#),
courtesy of Janod.

Happy Birthday Huxley!



Winner

Huxley Jack Salhotra from Rushden,
turning 2 years old on Apr 10th



Alastair Brennan, turning 2



Alessio Pignoli, turning 5



Ameera Azam, turning 5



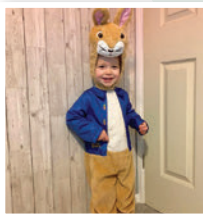
Amelia Ojimba, turning 2



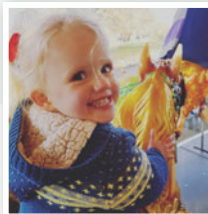
Arabella May Wade,
turning 5



Archie, turning 1



Archie Langley, turning 2



Ava Martin, turning 3



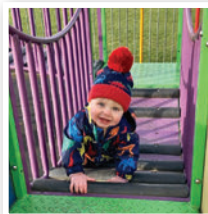
Ayla Jeyes, turning 3



Charlie, turning 1



Elliott Russell, turning 2

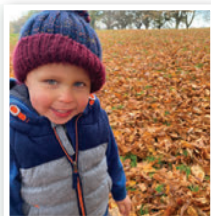


Hugh, turning 1

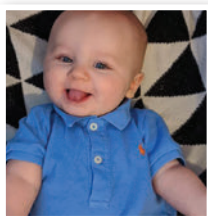
HAPPY BIRTHDAY TO YOU!



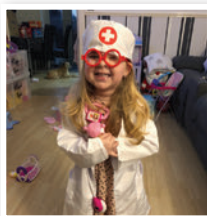
Birthday SHOUTOUT



Owen Pankewycz, turning 3



Raurie Stone, turning 1



Riley, turning 3



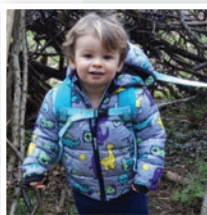
Ruben Fagg, turning 1



Sophie Mason, turning 2



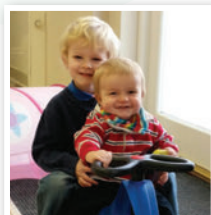
Thea Jones, turning 3



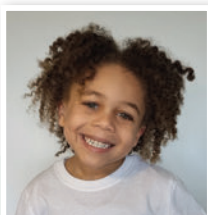
Theo James Ridgard,
turning 2



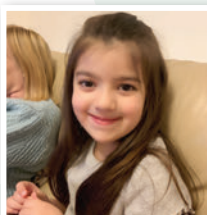
Theo Nicholas-Ernest
Wright, turning 3



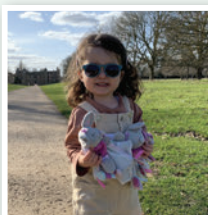
Tim Hora, turning 2



Zion Peach-Romulus,
turning 5



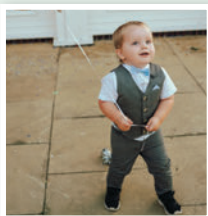
Sofia, turning 5



Carmela Pearl Clark,
turning 2



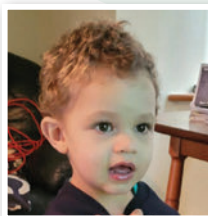
Dotty Chinery, turning 5



Elliot Wright, turning 3



Freddie Ali, turning 5



George, turning 3

TODDLE MODELS

WIN A

FAMILY DAY OUT

Enter your name into our **TODDLE MODELS** competition to win a Family Ticket to Cotswold Wildlife Park & Gardens AND we will print your little one's picture in the next Toddle About Magazine!

THE PRIZE: A FAMILY TICKET FOR 2 ADULTS & 2 CHILDREN TO COTSWOLD WILDLIFE PARK & GARDENS

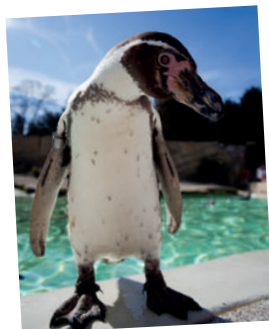
Over 12 million visitors have enjoyed the Cotswold Wildlife Park & Gardens since its official opening in March 1970.

The Park is now home to a fascinating and varied collection of mammals, birds, reptiles and invertebrates from all over the world.

With over 260 different species, it is one of the largest and most diverse collections in the UK and it makes for a wonderful family day out.



ENTER NOW: www.toddle.fun/toddlemodels



HOW TO ENTER:

Simply send us a picture of your child and we will pop their picture in the next magazine (space permitting)!

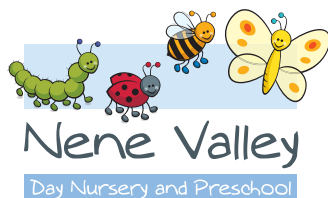
We will also put your name in a hat to **win a Family Ticket to Cotswold Wildlife Park & Gardens.**

Submit your photo by Sunday 30th May 2021.

*T&C's apply - all online at www.toddle.fun/toddlemodels.
The winner will be chosen at random by Toddle About.*

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HOW TO TEACH YOUR CHILD TO HANDLE STRESS

By Lianna Champ



The past year has been a stressful time for all of us, especially for young and new families who have been cut off from their usual support network.

Many parents are suffering from tremendous strain and worry at the moment, so it is vital that we remember that our children learn their coping mechanisms from their parents and other adults around them. If you fly off the handle when you are struggling to cope, the chances are that your child will too.

The way we teach children how to cope with major change in childhood sets a pattern for the rest of their lives. Therefore, as parents, we must find ways to manage our own stress.

Look After Yourself First

Step back and assess your own needs and fears so you can work through them and be on a stronger footing to guide the children. Whether it's locking the bathroom door and having a bubble bath with your earphones in, taking a walk or even doing a calming breathing technique, we have a duty to our children to give them stability and security when things change. This starts with looking after yourself.

Then Help the Children

Schools might be open again, but things are far from 'back to normal'. Face masks, social distancing, and enforced periods of isolation are still very much on the cards for the weeks and months ahead. It's still a very unsettling time for our children.

Explain What is Happening

Children tend to worry more if they aren't told about what's happening around them. Ask about what they know, have seen or heard so you can help to allay any fears they may have and give them honest facts when you are talking about the pandemic, its effects and why we



have to change our ways of living. Use vocabulary that they understand and always be honest. Regardless of their age, they know that things are different.

Keep a Routine

Children of any age like routine – it helps them to feel secure. They need to know the boundaries and they also need to know that they can talk to you when they are missing their friends, their activities and hobbies.

This is also an opportunity to teach them the importance of taking responsibility for their physical and mental health – your routines will include regular hand washing, exercise, fresh air, healthy eating and a regular bedtime with a good bedtime story.

Life is a journey of steps so let your children know that they must take these steps each day. Taking responsibility for their actions will give them a sense of achievement. You are also teaching your children good future parenting skills by respecting them, explaining things to them and giving them your time and your patience.

Helping Them to Learn

There are lots of websites for effective online learning for children of all ages. You could enrol in something yourself and set an example too whilst learning a new skill.

Remember to structure in plenty of playtime too, whether outside or family games around the table. Children absorb so much when they are happy and out in the present moment. They also have short attention spans, therefore different activities with rest times in between keeps their antennae twitching.

Be as Social as Possible

Social Distancing makes things awkward, but connectivity is so important. If you can't you're your friends and family, make sure you stay connected in other ways. Keeping in touch with family and friends is so easy now with FaceTime, Zoom and other platforms.



Plan in calls so children have something to look forward to rather than doing everything on a whim. Children love anticipation and 'putting things in the diary' will give them this, whether it is a FaceTime call with a grandparent or friend or even an online class. Structure doesn't have to be boring and if children see you do something that you may not feel like doing, with a smile on your face, you are also teaching them the importance of self-discipline and duty.

In Conclusion

Children pick up and react to any stresses within the home, so keeping an eye on your own reactions to what is happening around you is crucial.

Many families have reflected on how the pandemic and lockdowns have brought their family closer together. This current period can be used as a good opportunity to strengthen relationships as you work and play together on a daily basis. Your child will gain confidence if you keep a solid foundation with lots of love.

About the Author

Lianna Champ has over 40 years' experience in grief and trauma counselling and is author of practical guide, [How to Grieve Like A Champ](#)



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Pia Howe - Toddle About Suffolk Franchisee



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VIP CLUB READER REVIEW:

Leapfrog Speak and Learn Puppy

Written by Hayley Illing.



Suitable for little ones 12 months+, the Speak & Learn Puppy™ is an interactive toy that engages with little ones learning to talk by repeating what they say, having conversations, and creating short stories with the child.

My 13-month-old daughter absolutely loves this puppy. From the moment she first saw her, Bailey has been a hit!

The fur on this puppy is super soft and lovely to touch, and definitely passes the hug-ability test. So far it's standing up to day to day use too - ours has been carried about by the ears, dropped numerous times, dribbled on, and had the light-up collar button pressed about a million times but it is still in perfect working order.

The 3 different learning levels are a great feature. We are currently using level one which plays some simple games such as repeat the sounds and counting games. I

love that it also touches on phonics at such an early age by asking the child to repeat the sound a letter makes, and then gives them a word that begins with that letter.

The recording function means that the puppy can repeat back your child's speech to them. My daughter finds this really engaging, as does my 5 year old son who loves to record himself saying funny things and hearing Bailey repeat them in her squeaky voice! Bailey will also sing songs and wiggle her ears along to the music.

Overall I now love this toy as much as my daughter and would happily recommend it.

Buy from **Argos and Smyths Toys**: £36.99

Hayley was given the Leapfrog Speak and Learn Puppy as a freebie for writing the review.

Subscribe to Toddle About and you can do the same! **More info at www.toddle.fun/vip**

Review has been edited - read the full review at www.toddle.club/bailey

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Shine at Lyncrest Primary School



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This 11-piece baking toy set is made from 90% sugarcane, a sustainable raw material, and is 100% recyclable. Suitable from 2 years+. Worth £23.99



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Boys or girls luxury button up, woven pyjamas in organic cotton depending on the sex of the winner. Busy bee print for boys in dark aqua or lemon grove for girls in dark pink mix. Worth £40.



SCRUNCH BUCKET

Roll it fold it scrunch it - this 1.5 litre Silicone Scrunch-bucket is perfect for the beach, the bath or the garden. It squashes into the smallest of places and pops into shape.. Worth £8.99



ECO CRAFT BOOK

This book shows you how to make use of everyday recycling items and repurpose them into something amazing. Enjoy crafting AND look after the environment! Worth £12.99



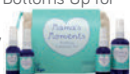
CONFIDENCE CARDS FOR KIDS

With kind statements and mood-boosting mantras, this deck of 52 cards is a powerful and positive tool to help your child's confidence bloom. Worth £12.99



BIRTHING ESSENTIALS KIT

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GRUMBALINA BUNDLE

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<https://www.wellingboroughschool.org/>



BANANA SUSHI



Banana Sushi is a fun way to get kids involved in making their own healthy snack. Simply peel a banana, add your favourite toppings and then cut into bite sized pieces!

PREP TIME: 5 minutes

INGREDIENTS:

- Bananas
- Chocolate or Peanut Butter
- Toppings of your choice:
Rice Krispies, Chia Seeds
Shredded Coconut
Sprinkles.



INSTRUCTIONS:

1. Peel the bananas and place them on a plate or board.
2. For the sprinkles and Chia Seed Sushi, melt the chocolate and pour it on top of the bananas. Add the sprinkles or chia seeds on top and place in the fridge until set.
3. For the Coconut or Rice Krispie Sushi, spread the nut butter onto the top of the banana and then roll them in the shredded coconut of Rice Krispies.
4. Serve straight away.

Recipe courtesy of Ciara from @myfussy eater.com Check out www.myfussy eater.com or Instagram @myfussy eater

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Every child likes to play with stamps and this is a great craft to make with everyday materials. Making pasta stamps is a creative way for children to experiment, develop their motor skills and learn and talk about printmaking. *Two activities for the price of one!*

METHOD:

1. With your child choose the size of the stamps you want to make and take the appropriate glass size.
2. Draw around the glass onto the cardboard.
3. Carefully cut out the circle. This is the stamp baseplate.
4. With the cardboard offcuts cut two squares and glue them onto the cardboard circle to make a handle.
5. Choose some pasta pieces and glue them onto the baseplate. Make any shapes and designs you like. Your stamps are ready!

MATERIALS:

- Glass or similar to make a circle
- Pasta (any type)
- Liquid glue (strong)
- Cardboard
- Scissors
- Pen
- Playdough

You can also use rice or beans to make patterns. And instead of playdough, try paints on paper to create colour prints!

Craft courtesy of **Bobiland Arts & Crafts**: YouTube channel: [bobiland arts and crafts](#), Facebook /[bobilandartsandcrafts](#), Instagram [@bobiland_arts_crafts](#). For homemade edible playdough visit: youtu.be/RQhgsealpxY



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PARENTING AFTER AN AUTISM SPECTRUM DISORDER DIAGNOSIS

By Shelley F. Knight



As a parent, when we sense that something is different about our child, this can be just the start of a long journey towards seeking clarity and a diagnosis. When a child is diagnosed with a condition such as an autism spectrum disorder (ASD), some feel relief, whilst others experience complete shock. Parents can feel overwhelmed, stressed, and even grieve as we realise the life we once knew is lost.

Whatever your personal experience, a diagnosis can actually be a time for positive changes for the way forward.

• UNCONDITIONAL LOVE

If I have learned one thing with my own son and his plethora of diagnoses, no diagnosis defines your child, it is simply a medical explanation. Whilst the life you knew and trusted may change, your child is still the same awesome person they always were. With a diagnosis, we can start to help them be even more themselves by learning what their strengths and abilities are and support them in using these qualities for their highest potential. As your child grows up,

learning about their diagnosis and its strengths can help them to achieve a greater understanding of who they are.

• TAKE YOUR TIME

When our son was diagnosed with autism after an eight-year battle with schools and agencies, I went on a full-on mission to get everything in place with immediate effect. Not only was it exhausting as a parent, but also overwhelming for my child.

Slow down and allow the diagnosis news to naturally unfold so that you are aware of your physical, mental, and emotional health.

Do not suppress thoughts or emotions, as they will inevitably resurface in the future. A diagnosis can trigger a grief response, so allow emotions of anger, guilt, denial, or relief to come to the surface. This process is entirely natural and leads to healing, acceptance and a clearer future.

• THE POWER OF NOW

In life we have a tendency to focus on the unchangeable past rather than our current reality. I know I dived into the past in an attempt to process feelings of guilt, believing I was somehow to blame for my child's condition. I have witnessed other parents blaming themselves for not noticing their child's symptoms sooner. None of these thoughts are helpful and if we keep living in the past, we are not present in the now, which is right where our child needs us to be.

• YOU ARE NOT ALONE

When we first received our son's diagnosis, we told very few people - partly due to his request not to share the information, but also because you can feel so alone being a parent with a child with additional needs. For months I carried on alone, trying to balance work and family life with a glimmer of normalcy. The truth is we are never truly alone, but we can tend to isolate ourselves or push people away. A brief search online showed me just how many professional support groups and resources are readily available to us.

• AN IMPERFECT BALANCE

Perfectly imperfect is a great way to live - no striving for perfection, just trying your best each day. A diagnosis is just one part of our life, so it is important that we strive to create balance. It would be so easy to

be swept away in an array of autism workshops, health appointments, and calls and emails to the school and support agencies, but you are more than this. You are a parent, child, friend, work colleague, and more roles too. Take time to think how to spend time in all areas of your life, like you would have done pre-diagnosis.

• HELP OTHERS TO HELP YOU

One of the difficulties that we can face in life after diagnosis is the lack of understanding from others. Even our closest friends and family members can cause us to form barriers as they do not understand what it's like having a child with an ASD diagnosis, or know about the condition. As you learn more about your child's condition, share your knowledge.



• RALLY UP THE TROOPS

Back in my days as a student nurse I had a wonderful lecturer who used to tell us to encourage patient's family members to 'rally up the troops' during times of need. As parents we tend to worry that we are burdening others, but parenting can be exhausting and burnout is a real issue, so start asking for help. If you do not feel comfortable with others looking after your child, allow them to look after you. Suggest preparing meals, help with household chores or errands, or committing to a weekly walk with you. It is during challenging times that our friends and family can often feel helpless, so you may be surprised by how much they love having a purpose and role to play.

• SELF-CARE

When did you last take time out for just you? Life can pass us by in a collection of working life, parenting, day to day chores, and rarely with time to fully engage in what it is you want from life. As parents, we often sacrifice our own wants and needs to focus exclusively on our children, but our own health is imperative too. Schedule in at least ten minutes each day just for you. F

Despite all your best efforts, there will be good days and less favourable days. You will think that you have nailed that tool you learned at the recent workshop only

to be confronted with a meltdown. Focus on the positive, even if some days you need to search harder and longer to find them, they will be there. If you notice that you are feeling sad, hopeless, or overwhelmed for six weeks or more, seek advice from your usual healthcare professional.

• CHOOSE YOUR BATTLES

The presentations of autism are so diverse, with behaviours varying from silent withdrawal to ear-piercing confrontations, they can make family life highly unpredictable and stressful. These presentations do not always respond to your typical parenting strategies, so we become frustrated, and often add fuel to the fire, exacerbating the situation.

If you do not know how to act in the moment, detach yourself from the situation and, if safe to do so, walk away for a few minutes. When we are fully in a situation, we cannot always see the best way forward.

Again, if you feel such scenarios are impacting on your own health, research local specialist help, that may be able to suggest different effective behaviour strategies. You could try the nursery or school key workers, Autism Concern, or Information Advice and Support Service for Special Educational Needs and Disability in Northamptonshire (IASS).



*Shelley F. Knight is a nurse turned author and podcast host who provides an eclectic blend of clinical, holistic and spiritual expertise in her specialist subjects of Positive Changes, Spirituality, and Grief. She is author of **Positive Changes: A Self-Kick Book** and host of the award-winning mental health show, **Positive Changes: A Self-Kick Podcast**. Shelley's second book, **Good Grief: The A to Z Approach of Modern Day Grief Healing** is available to pre-order from John Hunt Publishing ready for 24th September 2021.*



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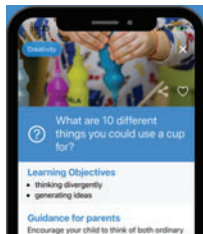
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FLEXARS MATERNITY LEGGINGS, RRP. £59.99

I received the Flexars leggings for review when I was 26 weeks pregnant with my second child. The leggings feel incredibly well-made with good quality material; they were wrapped beautifully too so would be a lovely gift for pregnant friends. I find them comfortable, smart and warm. One particular feature of the leggings I love is the phone pocket on the thigh; I've never been a fan of pockets in leggings but this one seems to be in the perfect place as it is accessible and unobtrusive. Flexars come in a wide range of colours and sizes and I'm very tempted to get myself another pair just for something to wear while these are in the wash!

Written by VIP Club Member Amy Armstrong. Buy from www.flexars.com
(Review has been edited - see full review at <http://toddle.club/flexars-review>).



Time to Spring Outside!



By Mrs Curtis, Reception Teacher and Forest School Leader, Akeley Wood School

After months of being in lockdown and spending so much time in front of screens, it feels more important than ever to get children outside. Let them explore the world around them, improve their health and mental well-being, take risks and have some fun.

Outdoor play gives children the freedom to move around and improve their motor skills through kicking, climbing, or running.

Exploring and undertaking outdoor activities helps children promote their physical development and co-ordinate their bodies and movements.

Getting outside in the park or the garden gives children the opportunity to practise many physical skills whilst appreciating the natural world around them.

Children often feel happier whilst using up that extra energy. Taking toddlers and babies on a walk gives them plenty of new and exciting things to see too,

with plenty of different shapes and colours. The world is a sensory place. Let them listen to what is around them and touch natural objects such as pinecones or moss. Talking together about what they can see or feel helps to extend and enhance their vocabulary.

As a parent it can be difficult to let your child take a risk, such as climbing a tree or a slide, for fear of them getting hurt. But there are benefits to taking supervised risks.

With some parental guidance, initial support and suggestions on ways to stay safe, you will soon see their confidence grow as they test out ideas and work out what they are comfortable doing. Think about what skills they are building in having a go at the activity they want to try. Watching from nearby can ensure their safety but can encourage and help children build independence.

We want children to give activities a go without constant adult assistance and to be independently motivated to learn. Children will begin to be inspired by a task for longer periods of time when they succeed and enjoy something and then begin to extend their own play to achieve their own goals. Sometimes children need encouragement to persevere when they are faced with a challenge. Praising success, however small the achievement, can go a long way in encouraging a child to try again when faced with a challenge. As a Forest School teacher, I spend half



my week outside with children climbing trees, building dens, feeding chickens and enjoying 'the great outdoors'. I have had the pleasure of seeing children develop better social skills as they work together and communicate to build a den or complete an obstacle course.

There are many positive interactions between children who may not normally speak in class - I find quiet children chat away in a less intimidating, informal environment. These interactions often lead to children taking part in creative and imaginative play. They become resourceful, finding other ways to solve problems using the objects that are around them. A stick can become a magic wand, a fallen tree is now a castle, anything can be anything.

Time outside is something the whole family can enjoy together, whilst learning more about the world around you and improving your health and well-being. So hunt out those wellington boots and enjoy jumping in some muddy puddles together!

The Reception Team at Akeley Wood Junior School specialise in every child's successful transition into school life. Reception is packed full of exploration and discovery. For more information about the School and Nursery, the idyllic location and leading Forest School provision, you can attend the Open Evening on Thursday 24th June, 5.00pm – 8.00pm. Please contact Admissions on 01908 555803 or admissions@akeleywoodschool.co.uk or visit www.akeleywoodschool.co.uk to find out more.

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THE KING WITH DIRTY FEET

BY SALLY POMME CLAYTON

Reviewer: Mandy Ali

What an excellent book, the pictures are amazing and really help to tell the story.

My five year old loves it so much we had to read it three consecutive nights, high praise indeed! It really got us thinking about the invention of things and what we did before. I've never thought about when and how people started wearing shoes.



PINK!

BY LYNNE RICKARDS

Reviewer: Louise Holman

Pink is a lovely book about a little penguin who suddenly changes so that he no longer looks like a 'normal' penguin. He struggles to adapt to his new appearance and goes on an adventure to find similarities until he begins to realise that being different is a good thing. This was a lovely way to discuss similarities and differences in appearance with my two small children and that we should embrace differences.



THE ADVENTURES OF CAPTAIN BOBO

BY R.D. DIKSTRA & KAY HUTCHISON

Reviewer: Agnieszka Krawczyk

We really enjoyed this book. It is about elephant, called Tufty and he was a bit lost but he did like to eat bananas. My daughter was convinced that elephants do not eat bananas and thought it was a bit silly. We had a really good discussion about what elephants can and cannot eat and talked more about this unique animal. We would recommend this book to anyone.



NEWT IN A SUIT

BY ANDREW WEALE

Reviewer: Tara Morris

The Bright and colourful front cover caught my three-year-old's attention. It's a lovely, bright counting book with plenty to get your little one's attention and includes plenty of conversation starters about colours, the animals and clothes. Counting is the main learning objective of the book, it has the words and numbers printed to help with counting to 10. Don't forget to look out for the Newt as you go!



PROFESSOR VON SCHMELL AND HIS FART POWERED BIKE

BY LEON HOWLETT

Reviewer: Catia Rodrigues

What a delightful rhyming book this is! It tells the story of a professor that keeps inventing weird things, one of them being a Fart Powered Bike which is then used to win a race against other professors including one with a Burp Car. My son (8) and daughter (3) love nothing more than fart/burp jokes, so this book cracked them up. The big and colourful illustrations also kept them interested.



HARRY THE KARATE MONKEY

BY STUART SIMMONDS AND BILL GREENHEAD

Reviewer: Tracy Fagg

This book tells the story of a secret agent, a little girl called Lucy, a stuffed toy monkey and loads of baddies. It's a lovely adventure story which is beautifully illustrated and very engaging. My son Jasper is 3 years old and rarely sits still so a book must really capture his attention. This book did that straight away, he couldn't wait to see what happened next.





DONUT TOUCH!

BY SEB DAVEY

Reviewer: Beverley Morris

What we enjoyed most about Donut Touch was the fantastically colourful pictures - every page is filled with bright colours and the illustrations are really great. The book starts with a T.Rex called Mickey who doesn't want to share his donuts but with every page they keep disappearing. When Mickey finds out it's his friends who have been sharing the donuts Mickey realises how fun sharing can be.



TIME FOR BED, ZIPPY

BY KELLIE JONES

Reviewer: Charlotte Clancy

My boys (18mths & 3yrs) love these books! The character hand puppets engaged them both, and are beautiful, soft and tactile for little hands to investigate. We loved setting Zippy 'free' by unzipping his mouth and getting ready for the story to start. The books are fantastic for both age groups - the concepts of playing with friends, cheering friends up, and settling down for bedtime are very gentle and relatable.



BUSY STORYTIME

BY CAMPBELL BOOKS

Reviewer: Sophie Knott

This is a short board book about enjoying the adventure that reading a book can conjure up. There were fun tabs to pull and spin which my 3 year old enjoyed. He also liked the pirate theme of the book that the children were reading. The illustrations were very colourful, and allowed for further discussion and things to spot. The story was very simple so perhaps best for 1-2 year olds.



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A young girl with long blonde hair, wearing a white tutu and a dark top, is captured in a joyful spin. She is barefoot on a light-colored tiled floor. The background is a bright, sunlit room with large windows, creating a warm, golden glow. The title text is overlaid on the image.

THE DANGERS OF *Defeminising* OUR DAUGHTERS

There are many parents that in their desire to protect their daughters, attempt to defeminise them. The long-term effects of this on the Feminine psyche of your daughter are devastating.

In this era of non-gender norms this can seem odd to say. Isn't it best to eschew all of this in favour of a carefully calculated neutrality? The answer is no.

Children have a HIGH need for a sense of place. In fact - after food, water, and shelter - it is this most basic of needs that drives their sense of security, safety, and well-being. It is the societal ignorance of this fundamental human need that normalizes things such as separation anxiety, however, when we offer to children a default sense of place - they receive a potent security and selfhood that allows them the confidence to explore and become that which is a reflection of themselves.

Instead of seeking this security and selfhood via crowdsourcing, such as on social media - a phenomena we find occurring with greater prevalence and worsening outcomes among tweens and teens – children with a sense of place already know who they are.

Yet it all begins here. Yes, here at the precious ages of birth through to seven years old is where the groundwork is laid that determines what those adolescent years will look like. And while the celebration and acceptance of femininity in daughters is not the entire picture, it is a foundational aspect of it.

In short, it matters.

Let's get into the practical application of this shall we?

How defeminising looks day-to-day, and why it's bad:

♀ Gender neutral clothing.

When children are young it is beneficial to allow boys and girls to look very different. This is because children don't know or understand nuance and giving them adult concepts only confuses them and creates insecurity.

♀ Celebration of physical strength while ignoring or condemning emotional displays.

Physical strength isn't everything, and emotional displays aren't weakness.

♀ Avoidance of traditionally gendered toys.

Give your daughters dolls, domestic toys, pretend food tea party sets for her only. Make being female special.



♀ Homogeneity between your children of different sexes.

Let them be different.

♀ Saying yes to every request.

It is okay to say, "No baby, you can't be Batman, you can be Batgirl/Batwoman". The request is made because she doesn't know there **IS** a difference - teaching her there is a difference and that being female is enough is huge.



♀ **Modelling between mum and dad - this one is huge.**

Your daughter is determining what it is to be a girl based on the modelling of her parents and family. If mum is sad or angry all the time, she learns that being a girl means being sad or angry for instance.

♀ **Bringing societal buzzwords into the familial setting.**

Be careful of taking societal issues and making them writ large in your family. You do not solve society's ills by bringing those challenges home - you solve them by raising resilient, self-confident children who have learned the joy of being themselves.

This isn't about personality; it's about seeing her essence. Fathers, you are her first imprint of what to expect from men. Mothers, you are her first imprint of what it is to be a woman. This is why mothers must heal any loathing of masculinity, or disconnection from your own sex, or Masculine Essence.

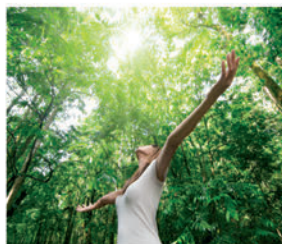
To communicate about this as a family in a way that is sustainable requires asking hard questions of yourself concerning how you feel about the distinctions between femininity and masculinity. It also requires the celebration as a family of gender differences. Mothers, it also requires you to create spaces where you model femininity as a desired state instead of a weakness and liability.

When you utilise the built-in differences and celebrate your daughter's femininity, she will see her native self as worthy and valuable - instead of seeking value through attempting to be male.

Baba Richard and Sri Namaste Moore mentor couples to create a potent pathway to sacred love, business growth, and spiritual alchemy. Embracing the Divine Feminine and Masculine, Richard and Namaste have built a Business Couple Archetyping protocol that results in powerful realisations amplifying relationships and businesses. Through their teachings, couples working with Richard and Namaste describe an 11x more powerful relationship with each other and their business. Learn more at: www.infinitecouple.com



give yourself time a little



Osteopathy
Cranial Osteopathy
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Hypnofertility
Acupuncture
Homeopathy
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Food Intolerance Testing
Classical Kinesiology
Podiatry / Chiropody
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Remedial, Sports &
Therapeutic Massage
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Swedish Massage
Aromatherapy
Speech Therapy
Angel Therapy
Pilates - all ages
Yoga - all ages

As a Multi-disciplinary Clinic we can offer regular courses, one to one appointments and evening opening hours. Our clinic is fully accessible with 5 new treatment rooms and a separate changing room. We have plenty of space inside for buggies and ample car parking outside.

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contact us: info@themapletreeclinic.com

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Look

Trace

Write



lion

lion



frog

frog



sun

sun



cat

cat



bear

bear



flag

flag

Now can you find them in the picture



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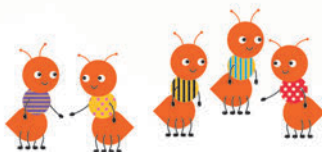
LOVE
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Loving life with little ones

Numbers

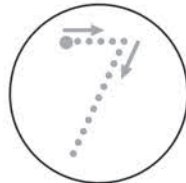
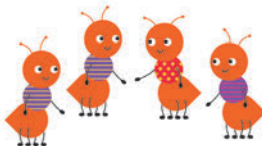


The number before is



Circle which 6 ants are the same?

The number after is



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www.mybusybots.com

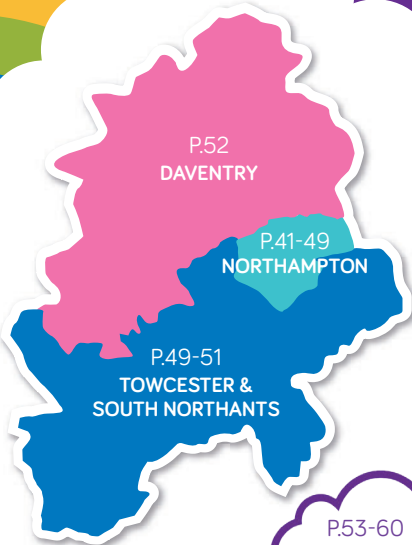
MY BUSY BOTS

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Daily Activity Planner

Your local 'What's On Guide' for families with bumps - 5s in West Northamptonshire.

NORTHAMPTON AREA



P.53-60
ONLINE CLASSES

MONDAY

MUSIC & SIGNING

Music Bugs Northampton

Hardingstone, Hardingstone Village Hall, High Street, Northampton, NN4 6DA. 07811 771480. www.musicbugs.co.uk.

- Family Bugs: 10:00 - 10:30 & 13:00 - 13:30. **Ages:** 0 - 5 yrs.
- Mini Bugs: 11:00 - 11:30. **Ages:** 6 mths - 2 yrs.
- Baby Bugs: 12:00 - 12:30. **Ages:** 0 - 10 mths.

Cost: £5.50 per session (*booking essential*).

Dates: 12 Apr - 26 Apr & 10 May - 24 May.

SENSORY & DEVELOPMENT

Kidslingo Spanish Northants

Duston Community Centre, Pendle Road, Duston, NN5 6DT. 07772 536338. www.kidslingo.co.uk.

- Kidslingo Fun Spanish Class: 10:15 - 10:45.

Ages: 18 mths - 4 yrs 11 mths. **Cost:** Free (*booking essential*).

Dates: 12 Apr - 24 May & 7 Jun - 12 Jul.

BOOK NOW

DANCE & DRAMA

Dexterity Dance

Dexterity Dance, High Street, Great Houghton, Northampton, NN4 7AF. 01604 877577. dexteritydance.com.

- Rhythmic Gymnastics: 16:00 - 18:00.

Ages: 3 - 12 yrs. **Cost:** £12 per session (*booking essential*).

Dates: 12 Apr - 24 May & 7 Jun - 28 Jun.

PHYSICAL FUN

Trilogy Leisure

Lings Forum Leisure Centre, Billing Brook Road, Weston Favell, Northampton, NN3 8JR. 01604 837400. www.trilogyleisure.co.uk.

- Soccer Cubz Football Classes: 13:00 - 13:30 & 13:45 - 14:15.

Ages: 18 mths - 5 yrs. **Cost:** £4.50 per session (*booking essential*). **Dates:** 12 Apr - 12 Jul.

Trilogy Leisure

Upper Mounts, The Mounts, Northampton, NN1 3DN. 01604 837400. www.trilogyleisure.co.uk.

- Parents & Tots Swim: 14:00 - 14:30. **Ages:** 0 - 5 yrs.
Pool is open to carers and under 5s
- Family Friendly Swimming: 16:00 - 18:00. **Ages:** 0 - 8 yrs.
Starts your tots journey in the water

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

Dates: 12 Apr - 12 Jul.

SWIMMING

Active Baby Company Ltd

Billing Aquadrome Pool, The Venue, Crow Lane, Little Billing, Northampton, NN3 9DA. 01604 826066. www.activebabycompany.co.uk.

- Swimming Lessons for Pre-schoolers

Times: 10:00 - 10:30. **Ages:** 3 yrs - 4 yrs 11 mths.

Times: 10:00 - 10:30 & 11:00 - 11:30. **Ages:** 1 - 2 yrs.

Times: 10:30 - 11:00. **Ages:** 1 - 2 yrs.

Times: 11:00 - 11:30 & 12:00 - 12:30. **Ages:** 2 yrs - 3 ½ yrs.

Times: 11:30 - 12:00. **Ages:** 2 mths - 1 yrs.

Cost: £10 per session (*booking essential*).

Dates: 17 May - 12 Jul.

Are you running classes or events?

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Fun, friendly and interactive music classes for children aged newborn to 5 years

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KINGSLEY Studio

Aqualight Swim School

Headlands Primary School, Bushland Road, Northampton, NN3 2NS. 01604 830405. www.aqualightbabies.co.uk.

• **Swimming Lessons: 9:30 - 12:00.**

Ages: 0 - 4 yrs. **Cost:** £12 per session (*booking essential*).

Dates: 12 Apr - 24 May.

Water Babies Bucks & Beds

Marriott Hotel, Eagle Drive, Delapre, Northampton, NN4 7HW. 01295 709221. www.waterbabies.co.uk.

Times: 14:00 - 15:00. **Ages:** 0 - 4 yrs. **Cost:** £16.50 per session (*booking essential*). **Dates:** 12 Apr - 14 Jun.

TUESDAY

MUSIC & SIGNING

Cha Char Chimps - Northampton

Parklands Community Centre, Devon Way, Northampton, NN3 6DX. Izzy - 07725 325 003. www.ccchimps.com.

Times: 9:30 - 10:15 & 10:45 - 11:30.

Cost: £5.35 (*booking essential*). **Dates:** 13 Apr - 25 May.

BOOK NOW

Moo Music Northampton

Ecton Village Hall, Ecton, Northampton, Northampton, NN6 0QB. www.moo-music.co.uk.

Interactive music sessions.

• **Mini Moo: 9:30 - 10:10. Ages:** 1 - 3 yrs.

• **Mixed Moo: 10:40 - 11:20. Ages:** 0 - 5 yrs.

• **Baby Moo: 11:50 - 12:30. Ages:** 0 - 1 yrs 4 mths.

Cost: £5.50 per session (*booking essential*).

Dates: 13 Apr - 20 Jul.

Music Bugs Northampton

Hardingstone Village Hall, High Street, Northampton, NN4 6DA. 07811 771480. www.musicbugs.co.uk.

• **Family Bugs: 10:00 - 10:30. Ages:** 0 - 5 yrs.

• **Baby Bugs: 11:00 - 11:30. Ages:** 0 - 10 mths.

Cost: £5.50 per session (*booking essential*).

Dates: 13 Apr - 25 May.

DANCE & DRAMA

Dexterity Dance

Dexterity Dance, High Street, Great Houghton, Northampton, NN4 7AF. 01604 877577.

www.dexteritydance.com.

• **Gymnastics & Circus: 9:30 - 10:15. Ages:** 1 - 5 yrs.

• **Home Ed: 10:30 - 11:15. Ages:** 5 - 11 yrs.

• **Street Dance: 16:15 - 17:00. Ages:** 6 - 12 yrs.

• **Jazz Under 10's: 17:05 - 17:50. Ages:** 5 - 10 yrs.

• **Contemporary Dance Fusion: 17:05 - 17:50. Ages:** 5 - 11 yrs.

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

Dates: 13 Apr - 25 May & 8 Jun - 6 Jul.

Kingsley Studio

Kingsley Studio, 59 St Matthews Parade, Northampton, NN2 7HE. 07378 895461.

• **Primary Ballet, Modern & Tap: 16:00 - 17:30. Ages:** 5 - 7 yrs.

• **Junior Acrobatic Arts: 17:30 - 18:30. Ages:** 5 - 12 yrs.

• **Junior Musical Theatre: 18:30 - 19:30. Ages:** 5 - 7 yrs.

• **Musical Theatre: 18:30 - 19:30. Ages:** 8 - 12 yrs.

Dates: 13 Apr - 25 May & 8 Jun - 13 Jul.

Krystle Jayne's Dance Academy

Grange Park Community Centre, School Lane Grange Park, Northampton, NN4 5FZ. Krystle: 07791 852891.

www.krystlejayedanceacademy.co.uk.

• **Baby Ballet: 15:45 - 16:15. Ages:** 2 - 4 yrs.

• **Pre-Primary Ballet & Tap: 16:15 - 17:00. Ages:** 4 - 5 yrs.

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

Dates: 13 Apr - 25 May & 8 Jun - 13 Jul.

PHYSICAL FUN

Trilogie Leisure

Duston Sports Centre, Cotswold Avenue, Duston, NN6 5EX. 01604 837400. www.trilogyleisure.co.uk.

• **Rugby Cubz: 13:00 - 13:30 & 13:45 - 14:15.**

Ages: 18 mths - 5 yrs. **Cost:** £4.50 per session (*booking essential*). **Dates:** 13 Apr - 13 Jul.

Are you running classes or events?

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Multi-Sensory Hoo-Ha!
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Great Big Storybook
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Little Stars
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110 Whitworth Road (Adnitt Road entrance), Northampton, NN1 4HJ

SWIMMING

Active Baby Company Ltd

Billing Aquadrome Pool, The Venue, Crow Lane, Little Billing, Northampton, NN3 9DA. 01604 826066.
www.activebabycompany.co.uk

- **Swimming Lessons**

For Pre-schoolers

Times: 10:30 - 11:00. **Ages:** 1 - 2 yrs.

Times: 11:00 - 11:30. **Ages:** 3 yrs - 4 yrs 11 mths.

Times: 11:00 - 11:30. **Ages:** 2 yrs - 3 ½ yrs.

Times: 11:30 - 12:00. **Ages:** 2 mths - 1 yrs.

Cost: £10 per session (*booking essential*).

Dates: 18 May - 13 Jul.

Aqualight Swim School

Headlands Primary School, Bushland Road, Northampton, NN3 2NS. 01604 830405. www.aqualightbabies.co.uk

- **Swimming Lessons:** 10:00 - 12:00.

Ages: 0 - 4 yrs. **Cost:** £12 per session (*booking essential*).

Dates: 13 Apr - 25 May.

WEDNESDAY

PARENTS & TOTS

Kislingbury & Upton Community Church

Kislingbury & Upton Community Church, Mill Lane, Kislingbury, NN7 4BB. 07931436852. www.kucc.co.uk

- **Kizzle Tots:** 10:00 - 11:00 & 11:15 - 12:15.

Contact totsgroup@kucc.co.uk for updates

Ages: 0 - 5 yrs. **Cost:** £2 per session (*booking essential*).

Dates: 14 Apr - 14 Jul.

The Elgar Centre, High Street, Upton, Northampton, NN5 4EN. 07931436852. www.kucc.co.uk

- **Upton Tots:** 10:00 - 12:00.

Ages: 0 - 5 yrs. **Cost:** £2 per session (*booking essential*).

Dates: 30 Jun.

MUSIC & SIGNING

Cha Char Chimps - Northampton

Harlestone Village Institute, Harlestone, Northampton, NN7 4EH. Izzy - 07725 325 003. www.cccchimps.com

- **Cha Char Chimps Show:** 10:00 - 11:00.

Entertainment show and cake!

Cost: £5.35 (*booking essential*). **Dates:** 21 Apr - 26 May.

BOOK NOW

Are you running classes or events?

Advertise them on the Toddle About website for FREE at toddle.fun/free-listing

Music Bugs Northampton

Moulton Community Centre, Sandy Hill Lane, Reedings, Northampton, NN3 7AX. 07811 771480.
www.musicbugs.co.uk.

- **Family Bugs:** 10:00 - 10:30. **Ages:** 0 - 5 yrs.
- **Mini Bugs:** 11:00 - 11:30. **Ages:** 6 mths - 2 yrs.
- **Baby Bugs:** 12:00 - 12:30. **Ages:** 0 - 10 mths.

Cost: £5.50 per session (*booking essential*).

Dates: 14 Apr - 26 May.

DANCE & DRAMA

Boogie Beat Music & Movement

Duston Community Centre, Pendle Road, Duston, Northampton, NN5 6DT. 07812 494712.
www.boogiebeat.co.uk.

Times: 9:30 - 10:00 & 10:15 - 11:00. **Ages:** 0 - 6 yrs.

Cost: £5.50 per session (*booking essential*).

Dates: 14 Apr - 26 May & 9 Jun - 14 Jul.

Dexterity Dance

Dexterity Dance, High Street, Great Houghton, Northampton, NN4 7AF. 01604 877577.
www.dexteritydance.com.

- **Rhythmic Gymnastics:** 16:00 - 18:00.

Ages: 3 - 12 yrs. **Cost:** £12 per session (*booking essential*).

- **Kendo Kids:** 17:00 - 18:00.

Ages: 10 - 12 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 14 Apr - 26 May & 9 Jun - 7 Jul.

Kingsley Studio

Kingsley Studio, 59 St Matthews Parade, Northampton, NN2 7HE. 07378 895461.

- **Baby Ballet:** 10:00 - 11:00. **Ages:** 18 mths - 3 yrs.
- **Ballet, Tap and Modern Tots:** 16:00 - 17:30. **Ages:** 3 - 5 yrs.

Dates: 14 Apr - 26 May & 9 Jun - 14 Jul.

Krystle Jayne's Dance Academy

Grange Park Community Centre, School Lane Grange Park, Northampton, NN4 5FZ. Krystle: 07791 852891.
www.krystlejayedanceacademy.co.uk.

- **Baby Ballet:** 16:00 - 16:30. **Ages:** 2 - 4 yrs.
- **Pre-Primary Ballet & Tap:** 16:30 - 17:15. **Ages:** 4 - 5 yrs.

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

Dates: 14 Apr - 26 May & 9 Jun - 14 Jul.

Open Stage

110 Whitworth Road (Adnitt Road Entrance), Abington, NN1 4HJ. 01604 435307. www.open-stage.co.uk.

- **Multi Sensory Hoo Ha!** 10:15 - 11:00 & 11:20 - 12:05.

Discover sensory toys, lights and puppets plus live music.

Ages: 0 - 1 yrs. **Cost:** £6.40 per session (*booking essential*).

Dates: 21 Apr - 19 May & 9 Jun - 7 Jul.

Zozimus Drama

The Mission Rooms, 46 Well Street, Finedon, Wellingborough, NN9 5JP. 07739 962902.
www.zozimusdrama.com.

- **Curiousitors:** 17:00 - 17:45.

Teaches drama skills through make-believe.

Ages: 4 - 7 yrs. **Cost:** £6 per session (*booking essential*).

Dates: 14 Apr - 19 May & 9 Jun - 14 Jul.

Let your child's imagination come alive...




Boogie Beat music and movement sessions are based on traditional fairy tales with a lively and active dance twist!

Our classes and workshops help children develop confidence and social skills whilst they learn to express themselves in a friendly and relaxed environment.



Northampton & Surrounding Areas
Sharon 07812 494712
sharon@boogiebeat.co.uk

www.boogiebeat.co.uk

PHYSICAL FUN

Lizzie Edwards Yoga

Foxfield Pavilion, Foxfield Way, Northampton, NN4 5BE.
www.lizzie-edwards.com.

- **Happy Clouds Yoga and Music:** 11:30 - 12:00.

An adventure through storytelling, yoga, music and smiles!

Ages: 10 mths - 5 yrs. **Cost:** £8 per session (*booking essential*). **Dates:** 28 Apr - 19 May.

Trilogyleisure

Danes Camp, Clannell Road, Hunsbury, Northampton, NN4 0RX. 01604 837400. www.trilogyleisure.co.uk.

- **Family Friendly Swim:** 9:00 - 10:30.

Ages: 0 - 8 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 14 Apr - 14 Jul.

Trilogyleisure

Lings Forum Leisure Centre, Billing Brook Road, Weston Favell, Northampton, NN3 8JR. 01604 837400.
www.trilogyleisure.co.uk.

- **Preschool Gymnastics:** 10:00 - 10:45 & 11:00 - 11:45.

Ages: 2 - 5 yrs.

- **Camo Cubz:** 13:00 - 13:30 & 13:45 - 14:15.

Ages: 2 - 5 yrs.

Cost: £4.50 per session (*booking essential*).

Dates: 14 Apr - 14 Jul.

Are you running classes or events?

Advertise them on the Toddle About website for FREE at toddle.fun/free-listing



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Igniting a spark in little imaginations through the joy of creative play & make-believe

Email: info@zoeimusdrama.com Tel: 07734 962902
www.zoeimusdrama.com

SWIMMING

Active Baby Company Ltd

ABC Swim - Billing Aquadrome Pool, The Venue, Crow Lane, Little Billing, Northampton, NN3 9DA. 01604 826066.
www.activebabycompany.co.uk

- **Swimming Lessons for Pre-schoolers**

Times: 10:30 - 11:00. **Ages:** 1 - 2 yrs.

Times: 11:00 - 11:30. **Ages:** 3 yrs - 4 yrs 11 mths.

Times: 11:00 - 11:30. **Ages:** 2 yrs - 3 ½ yrs.

Times: 11:30 - 12:00. **Ages:** 2 mths - 1 yrs.

Cost: £10 per session (*booking essential*).

Dates: 19 May - 14 Jul, 19 May - 26 May & 9 Jun - 14 Jul.

Aqualight Swim School

Headlands Primary School, Bushland Road, Northampton, NN3 2NS. 01604 830405. www.aqualightbabies.co.uk.

- **Swimming Lessons:** 10:00 - 12:00.

Ages: 0 - 4 yrs. **Cost:** £12 per session (*booking essential*).

Dates: 14 Apr - 26 May.

Aqualight Swim School

Barry Road Swimming Pool, 2 4-2 Covington Street, Northampton, NN1 5JU. 01604 830405.
www.aqualightbabies.co.uk.

- **Swimming Lessons:** 16:00 - 18:00.

Ages: 3 - 5 yrs. **Cost:** £12 per session (*booking essential*).

Dates: 14 Apr - 26 May.

THURSDAY

PARENTS & TOTS

Kislingbury & Upton Community Church

Kislingbury & Upton Community Church, Mill Lane, Kislingbury, NN7 4BB. 07931436852. www.kucc.co.uk.

- **Kizzle Tots:** 10:00 - 11:00 & 11:15 - 12:15.

Contact totsgroup@kucc.co.uk for updates

Ages: 0 - 5 yrs. **Cost:** £2 per session (*booking essential*).

Dates: 15 Apr - 15 Jul.



Original music & sensory play classes for babies & children in Northampton, Rushden & Kettering.

Contact Amy:
07775 877093 or amy@hartbeeps.com

www.hartbeeps.com

MUSIC & SIGNING

Cha Char Chimps - Northampton

Great Doddington Village Hall, High Street, Great Doddington, Northampton, NN29 7TR. Izzy - 07725 325 003.
www.ccchimps.com.

- **Cha Char Chimps Show:** 10:00 - 11:00.

Entertainment show and cake!

Cost: £5.35 (*booking essential*). **Dates:** 15 Apr, 22 Apr, 29 Apr, 6 May, 13 May, 20 May & 27 May.

BOOK NOW

Music Bugs Northampton

Hardingstone Village Hall, High Street, Northampton, NN4 6DA. 07811 771480. www.musicbugs.co.uk.

- **Family Bugs:** 10:00 - 10:30 & 11:00 - 11:30.

Ages: 0 - 5 yrs. **Cost:** £5.50 per session (*booking essential*).

Dates: 15 Apr - 29 Apr & 13 May - 27 May.

CREATIVE

WONDERways

Abington Avenue, Abington, Northampton, NN14PA. 07875 225390.

- **Baby Yoga:** 11:00 - 11:50.

5 sessions of Baby Yoga

Ages: 5 mths - 1 yrs. **Cost:** £8 per session (*booking essential*).

Dates: 15 Apr - 15 Jul.

DANCE & DRAMA

Dexterity Dance

Dexterity Dance, High Street, Great Houghton, Northampton, NN4 7AF. 01604 877577.

www.dexteritydance.com.

- **Rhythmic Gymnastics:** 16:15 - 17:00.

Ages: 3 - 12 yrs. **Cost:** £6 per session (*booking essential*).

Dates: 15 Apr - 27 May & 10 Jun - 8 Jul.

Are you running classes or events?

Advertise them on the Toddle About website for FREE at toddle.fun/free-listing

PHYSICAL FUN

Little Kickers Northampton Daventry & Rugby

Moulton Community Centre, Sandy Hill, Reedings, Moulton, NN37AX. 01327 705915. www.littlekickers.co.uk.

• **Little Kickers**

Pre-school football classes from 18months

Times: 9:00 - 9:45 & 10:45 - 11:30. **Ages:** 2 ½ yrs - 3 ½ yrs.

Times: 9:55 - 10:35. **Ages:** 18 mths - 2 ½ yrs.

Times: 11:40 - 12:25. **Ages:** 3 ½ yrs - 5 yrs.

Cost: £7.49 per session (*booking essential*).

Dates: 15 Apr - 1 Jul & 15 Apr - 15 Jul.

Trilogy Leisure

Upper Mounts, The Mounts, Northampton, NN1 3DN. 01604 837400. www.trilogyleisure.co.uk.

• **Parents & Tots Swim:** 11:00 - 13:00.

Pool is open to carers and under 5s

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

Dates: 15 Apr - 15 Jul.

SWIMMING

Active Baby Company Ltd

ABC Swim - Billing Aquadrome Pool, The Venue, Crow Lane, Little Billing, Northampton, NN3 9DA. 01604 826066. www.activebabycompany.co.uk.

• **Swimming Lessons for Pre-schoolers**

Times: 10:30 - 11:00. **Ages:** 1 - 2 yrs.

Times: 11:00 - 11:30. **Ages:** 3 yrs - 4 yrs 11 mths.

Times: 11:00 - 11:30. **Ages:** 2 yrs - 3 ½ yrs.

Times: 11:30 - 12:00. **Ages:** 2 mths - 1 yrs.

Cost: £10 per session (*booking essential*).

Dates: 20 May - 15 Jul, 20 May - 27 May & 10 Jun - 15 Jul.

Aqualight Swim School

Barry Road Swimming Pool, 2 4-2 Covington Street, Northampton, NN1 5JU. 01604 830405. www.aqualightbabies.co.uk.

• **Swimming Lessons:** 16:00 - 18:00.

Ages: 3 - 5 yrs. **Cost:** £12 per session (*booking essential*).

Dates: 15 Apr - 27 May.

Aqualight Swim School

The Beehive, Harborough Road, Kingsthorpe, Northampton, NN2 8LR. 01604 830405. www.aqualightbabies.co.uk.

• **Swimming Lessons:** 9:30 - 13:00.

Ages: 0 - 1 yrs. **Cost:** £12 per session (*booking essential*).

Dates: 15 Apr - 27 May.

Aqualight Swim School

Northampton School for Girls, Spinney Hill Road, Northampton, NN3 6DG. 01604 830405. www.aqualightbabies.co.uk.

• **Swimming Lessons:** 18:15 - 21:00.

Ages: 2 - 16 yrs. **Cost:** £12 per session (*booking essential*).

Dates: 15 Apr - 27 May.

FRIDAY

MUSIC & SIGNING

Cha Char Chimps - Northampton

The Village Hall, Hardingstone (Fridays), High Street, Hardingstone, Northampton, NN4 6DA.

Izzy - 07725 325 003. www.cccchimps.com.

• **Cha Char Chimps Show:** 9:30 - 10:15 & 10:45 - 11:30.

Entertainment show and cake!

Cost: £5.35 (*booking essential*). **Dates:** 16 Apr, 23 Apr, 30 Apr, 7 May, 14 May, 21 May & 28 May.

BOOK NOW

Music Bugs Northampton

Pineham Barns Primary School, Dragonfly Way, Pineham, Northampton, NN4 9FF. 07811 771480. www.musicbugs.co.uk.

• **Family Bugs:** 10:00 - 10:30. **Ages:** 0 - 5 yrs.

• **Mini Bugs:** 11:00 - 11:30. **Ages:** 9 mths - 2 yrs.

• **Baby Bugs:** 12:00 - 12:30. **Ages:** 0 - 1 yrs.

Cost: £5.50 per session (*booking essential*).

Dates: 16 Apr - 28 May.

DANCE & DRAMA

Kingsley Studio

Kingsley Studio, 59 St Matthews Parade, Northampton, NN2 7HE. 07378 895461.

• **Baby Ballet:** 10:00 - 11:00 & 13:30 - 14:30. **Ages:** 18 mths - 3 yrs.

• **Ballet, Tap and Modern Tots:** 16:00 - 17:30. **Ages:** 3 - 5 yrs.

Dates: 16 Apr - 28 May & 11 Jun - 16 Jul.

Krystle Jayne's Dance Academy

Soo Yoga, Sol Central, Mare Fair, Northampton, NN1 1SR. Krystle: 07791 852891.

www.krystlejayedanceacademy.co.uk.

• **Baby Ballet:** 16:00 - 16:30.

Ages: 2 ½ yrs - 4 yrs. **Cost:** £4 per session (*booking essential*).

Dates: 16 Apr - 28 May & 11 Jun - 16 Jul.

Open Stage

Open Stage Performing Arts Co., 110 Whitworth Road (Adnitt Road Entrance), Abington, Northampton, NN1 4HJ. 01604 435307. www.open-stage.co.uk.

• **Fairy Tale Ballet:** 9:15 - 9:45. **Ages:** 2 ½ yrs - 4 yrs.

An introduction to ballet

Cost: £4.50 per session (*booking essential*).

• **Great Big Storybook:** 10:15 - 11:00. **Ages:** 2 - 4 yrs.

Lively and creative arts play

Cost: £5.50 per session (*booking essential*).

• **Finding my Feet:** 11:30 - 12:00. **Ages:** 8 mths - 18 mths.

Cost: £4.50 per session (*booking essential*).

Dates: 23 Apr - 28 May.

Are you running classes or events?

Advertise them on the Toddle About website for FREE at toddle.fun/free-listing

Zozimus Drama

The Mission Rooms, 46 Well Street, Finedon,
Wellingborough, NN9 5JP. 07739 962902.
www.zozimusdrama.com.

- **Diddlers: 13:30 - 14:15. Ages:** 18 mths - 3 yrs.
Mum & toddler class to grow little imaginations
- **Whylers: 16:00 - 16:45. Ages:** 3 - 4 yrs.
Drama classes to develop creativity & imagination.
- **Curiousitors: 17:00 - 17:45. Ages:** 4 - 7 yrs.
Teaches drama skills through make-believe.

Cost: £6 per session (booking essential).

Dates: 16 Apr - 21 May & 11 Jun - 16 Jul.

PHYSICAL FUN

Little Kickers Northampton & Daventry

Moulton Community Centre, Sandy Hill, Reedings, Moulton,
NN3 7AX. 01327 705915. www.littlekickers.co.uk.

- **Little Kickers**

Pre-school football classes from 18months

Times: 9:00 - 9:45 & 10:45 - 11:30. **Ages:** 2 ½ yrs - 3 ½ yrs.

Times: 9:55 - 10:35. **Ages:** 18 mths - 2 ½ yrs.

Times: 11:40 - 12:25. **Ages:** 3 ½ yrs - 5 yrs.

Cost: £7.49 per session (booking essential).

Dates: 16 Apr - 25 Jun & 16 Apr - 16 Jul.

Trilogy Leisure

Lings Forum Leisure Centre, Billing Brook Road, Weston
Favell, Northampton, NN3 8JR. 01604 837400.
www.trilogyleisure.co.uk.

- **Soccer Cubz Football Classes: 13:45 - 14:15.**

Ages: 18 mths - 5 yrs. **Cost:** £4.50 per session (booking essential). **Dates:** 16 Apr - 16 Jul.

Trilogy Leisure

Upper Mounts, The Mounts, Northampton, NN1 3DN.
01604 837400. www.trilogyleisure.co.uk.

- **Parents & Tots Swim: 14:00 - 15:30. Ages:** 0 - 5 yrs.
Pool is open to carers and under 5s
- **Family Friendly Swimming: 15:30 - 17:00. Ages:** 0 - 8 yrs.
Starts your tots journey in the water

Cost: £5 per session (booking essential).

Dates: 16 Apr - 16 Jul.

Trilogy Leisure

Duston Sports Centre, Cotswold Avenue, Duston, NN6 5EX.
01604 837400. www.trilogyleisure.co.uk.

- **Soccer Cubz Football Classes: 13:00 - 13:30.**

Ages: 18 mths - 5 yrs. **Cost:** £4.50 per session (booking essential). **Dates:** 16 Apr - 16 Jul.

SWIMMING

Active Baby Company Ltd

ABC Swim - Billing Aquadrome Pool, The Venue, Crow Lane,
Little Billing, Northampton, NN3 9DA. 01604 826066.
www.activebabycompany.co.uk.

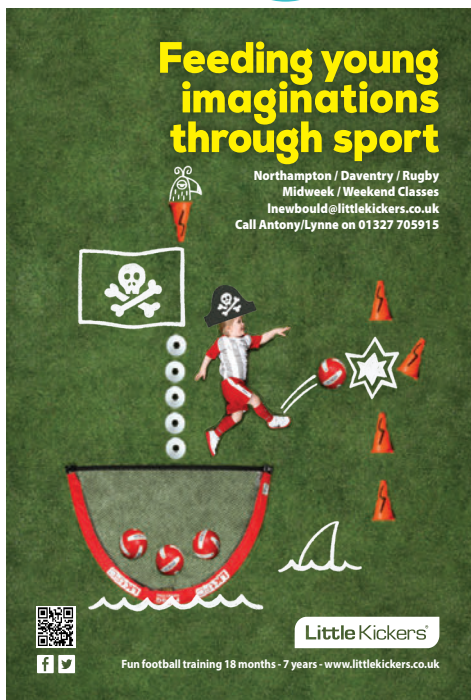
- **Pre-schoolers: 13:00 - 13:30 & 13:30 - 14:00.**

Ages: 3 yrs - 4 yrs 11 mths.

- **Toddlers: 14:00 - 14:30. Ages:** 1 - 2 yrs.

Cost: £10 per session (booking essential).

Dates: 21 May - 16 Jul, 21 May - 28 May & 11 Jun - 16 Jul.



Aqualight Swim School

Headlands Primary School, Bushland Road, Northampton,
NN3 2NS. 01604 830405. www.aqualightbabies.co.uk.

- **Swimming Lessons: 11:30 - 13:30.**

Ages: 0 - 4 yrs. **Cost:** £12 per session (booking essential).

Dates: 16 Apr - 28 May.

Aqualight Swim School

Barry Road Swimming Pool, 2-4-2 Covington Street,
Northampton, NN1 5JU. 01604 830405.
www.aqualightbabies.co.uk.

- **Swimming Lessons: 15:30 - 18:00.**

Ages: 3 - 5 yrs. **Cost:** £12 per session (booking essential).

Dates: 16 Apr - 28 May.

Water Babies Bucks & Beds

Marriott Hotel, Eagle Drive, Delapre, Northampton,
NN4 7HW. 01295 709221. www.waterbabies.co.uk.

Times: 10:00 - 13:30. **Ages:** 0 - 4 yrs. **Cost:** £16.50 per session (booking essential). **Dates:** 16 Apr - 18 Jun.

HEALTH & WELLNESS

Sweaty Mama Northampton West

Camphill Community Centre, Dayrell Road, Hunsbury, NN4 9RR.
07921 510143. www.northamptonwest.sweatymama.com.

- **Sweaty Mama: 10:30 - 11:30. Ages:** Pregnancy - 5 yrs.

Pre and Postnatal Mama and Child Activities

Cost: £40 (booking essential). **Dates:** 16 Apr - 21 May.

Are you running classes or events?

Advertise them on the Toddle About website for FREE at toddle.fun/free-listing

SATURDAY

DANCE & DRAMA

Dexterity Dance

High Street, Great Houghton, Northampton, NN4 7AF.
01604 877577. www.dexteritydance.com.

- Acrobatics: 9:00 - 10:00. **Ages:** 4 - 6 yrs.
- Ballet: 9:00 - 9:30, 10:00 - 10:45, 10:45 - 11:30 & 11:45 - 12:30. **Ages:** 3 - 12 yrs.
- Start 2 Dance: 9:30 - 10:00 & 10:00 - 10:45. **Ages:** 3 - 6 yrs.
- Street Dance: 10:00 - 10:45, 10:45 - 11:30 & 11:30 - 12:15. **Ages:** 6 - 12 yrs.
- Jazz Under 10's: 10:00 - 10:45, 10:45 - 11:30 & 11:30 - 12:15. **Ages:** 5 - 10 yrs.

Cost: £3 - £6.50 per session (*booking essential*).

Dates: 17 Apr - 10 Jul.

Kingsley Studio

Kingsley Studio, 59 St Matthews Parade, Northampton, NN2 7HE. 07378 895461.

- Baby Ballet: 8:40 - 9:40. **Ages:** 18 mths - 3 yrs.
- Ballet, Tap and Modern Tots: 9:45 - 11:15. **Ages:** 3 - 5 yrs.
- Primary Ballet, Modern & Tap: 11:15 - 13:00. **Ages:** 5 - 7 yrs.
- Junior Acrobatic Arts: 13:00 - 14:00. **Ages:** 5 - 12 yrs.
- Grade 1 Ballet, Modern and Tap: 14:00 - 16:00. **Ages:** 8 - 11 yrs.

Dates: 17 Apr - 22 May & 12 Jun - 10 Jul.

PHYSICAL FUN

Rugbytots Banbury, Towcester & Northampton

Caroline Chisholm School, Wooldale Rd, Northampton, NN4 6TP. 0345 313 0286. www.rugbytots.co.uk.

Times: 9:05 - 9:50 & 9:55 - 10:40. **Ages:** 3 ½ yrs - 5 yrs.

Times: 10:45 - 11:30. **Ages:** 5 - 7 yrs.

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

Dates: 17 Apr - 22 May & 5 Jun - 17 Jul.

Trilogy Leisure

Upper Mounts, The Mounts, Northampton, NN1 3DN.
01604 837400. www.trilogyleisure.co.uk.

- Family Friendly Swimming: 14:00 - 17:00.

Starts your tots journey in the water

Ages: 0 - 8 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 17 Apr - 17 Jul.

Trilogy Leisure

Danes Camp, Clannell Road, Hunsbury, Northampton, NN4 0RX. 01604 837400. www.trilogyleisure.co.uk.

- Parent & Tots Swim: 9:00 - 10:30.

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

Dates: 17 Apr - 17 Jul.

SWIMMING

Aqualight Swim School

Headlands Primary School, Bushland Road, Northampton, NN3 2NS. 01604 830405. www.aqualightbabies.co.uk.

- Swimming Lessons: 10:00 - 12:00.

Ages: 0 - 4 yrs. **Cost:** £12 per session (*booking essential*).

Dates: 17 Apr - 22 May.

Aqualight Swim School

Barry Road Swimming Pool, 2 4-2 Covington Street, Northampton, NN1 5JU. 01604 830405.

www.aqualightbabies.co.uk.

- Swimming Lessons: 14:00 - 17:30.

Ages: 3 - 5 yrs. **Cost:** £12 per session (*booking essential*).

Dates: 17 Apr - 22 May.

Aqualight Swim School

The Beehive, Harborough Road, Kingsthorpe, Northampton, NN2 8LR. 01604 830405. www.aqualightbabies.co.uk.

- Swimming Lessons: 8:30 - 12:00.

Ages: 0 - 1 yrs. **Cost:** £12 per session (*booking essential*).

Dates: 17 Apr - 22 May.

Water Babies Bucks & Beds

Moulton College - Chris Moody Centre, Pitsford Road, Moulton, NN3 7QL. 01295 709221. www.waterbabies.co.uk.

Times: 8:00 - 10:30. **Ages:** 0 - 4 yrs.

Cost: £17 per session (*booking essential*).

Dates: 17 Apr - 19 Jun.

SUNDAY

SENSORY & DEVELOPMENT

Kidslingo Spanish Northants, Towcester & Olney

Caroline Chisholm School, Wooldale Rd, Northampton, NN4 6TP. 07772 536338. www.kidslingo.co.uk.

- Kidslingo Fun Spanish Class

Multi-award-winning fun Spanish classes

Times: 9:00 - 9:30. **Ages:** 18 mths - 4 yrs 11 mths.

Times: 9:40 - 10:10. **Ages:** 4 - 7 yrs.

Times: 10:25 - 11:05. **Ages:** 7 - 11 yrs.

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

Dates: 18 Apr - 30 May & 13 Jun - 18 Jul.

BOOK NOW

PHYSICAL FUN

Rugbytots Towcester & Northampton

Caroline Chisholm School, Wooldale Rd, Northampton, NN4 6TP. 0345 313 0286. www.rugbytots.co.uk.

Times: 9:20 - 9:50. **Ages:** 2 yrs - 3 ½ yrs.

Times: 9:55 - 10:40. **Ages:** 3 ½ yrs - 5 yrs.

Times: 10:45 - 11:30. **Ages:** 5 - 7 yrs.

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

Dates: 18 Apr - 23 May & 6 Jun - 18 Jul.

Are you running classes or events?

Advertise them on the Toddle About website for FREE at toddle.fun/free-listing

Little Kickers Northampton & Daventry

Caroline Chisholm School, Wooldale Centre for Learning, Wootton Fields, Northampton, NN4 6TP. 01327 705915. www.littlekickers.co.uk.

- Little Kickers Pre-school football classes

Times: 8:30 - 9:15, 10:20 - 11:05, 11:15 - 12:00 & 20:30 - 21:15. **Ages:** 2 ½ yrs - 3 ½ yrs.

Times: 8:30 - 9:15, 11:15 - 12:00 & 12:10 - 12:55.

Ages: 3 ½ yrs - 5 yrs.

Times: 9:25 - 10:10. **Ages:** 3 ½ yrs - 5 yrs.

Times: 9:25 - 10:10. **Ages:** 5 - 7 yrs.

Times: 10:20 - 11:05 & 12:10 - 12:55. **Ages:** 5 - 7 yrs.

Cost: £7.49 per session (*booking essential*).

Dates: 18 Apr - 27 Jun & 18 Apr - 18 Jul.

Trilogy Leisure

Upper Mounts, The Mounts, Northampton, NN1 3DN. 01604 837400. www.trilogyleisure.co.uk.

- Family Friendly Swimming: 10:00 - 17:00.

Starts your tots journey in the water

Ages: 0 - 8 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 18 Apr - 18 Jul.

Trilogy Leisure

Danes Camp, Clannell Road, Hunsbury, Northampton, NN4 0RX. 01604 837400. www.trilogyleisure.co.uk.

- Family Friendly Swim: 8:00 - 10:00.

Ages: 0 - 8 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 18 Apr - 18 Jul.

SWIMMING

Aqualight Swim School

Northampton School for Girls, Spinney Hill Road, Northampton, NN3 6DG. 01604 830405.

www.aqualightbabies.co.uk.

- Swimming Lessons: 9:00 - 12:00.

Ages: 2 - 16 yrs. **Cost:** £12 per session (*booking essential*).

Dates: 18 Apr - 23 May.

SOUTH NORTHANTS AREA

MONDAY

HEALTH & WELLNESS

Lisa Valentine Yoga

The Core Zone, Stone Barn, Burgess Farm, Farthinghoe Road, Middleton Cheney, OX17 2NE. 07957 215495. www.lisavalentineyoga.co.uk.

- Mums n Bubs/Wrigglers: 12:30 - 13:30.

Cost: £11 per session (*booking essential*).

Dates: 12 Apr - 24 May.

BOOK NOW

TUESDAY

PARENTS & TOTS

Gayton Giggles

Gayton Village Hall, Hillcrest, Gayton, NN7 3HG. 07841 720865.

Times: 9:15 - 11:00. **Ages:** Pregnancy - 5 yrs.

Cost: £2 per session (*drop in*).

Dates: 13 Apr - 29 Jun & 13 Apr - 29 Jun.

DANCE & DRAMA

Cha Char Chimps - Towcester

Greens Norton Community Centre, Towcester Road, Greens Norton, NN12 8BL. www.ccchimps.com.

- Cha Char Chimps Show: 9:30 - 10:15 & 10:45 - 11:30.

Entertainment show and cake!

Ages: 0 - 5 yrs. **Cost:** £6 (*booking essential*).

Dates: 13 Apr - 25 May & 8 Jun - 22 Jun.

BOOK NOW

Krystle Jayne's Dance Academy

St. Marys Church Hall, Butlins Lane, Roade, NN7 2PU.

Krystle: 07791 852891.

www.krystlejayedanceacademy.co.uk.

- Baby Ballet: 15:45 - 16:15.

Ages: 2 ½ yrs - 4 yrs. **Cost:** £4 per session (*booking essential*).

Dates: 13 Apr - 25 May & 8 Jun - 13 Jul.

PHYSICAL FUN

MamaBabyBliss South Northants

Sunrise Yoga, Wakefield Country Courtyard, Potterspury, Towcester, NN12 7FA. 07779 646649. www.mamababybliss.com.

- PregnancyBliss Stretch & Relax: 17:30 - 18:30.

Pregnancy Yoga

Ages: Pregnancy. **Cost:** £10 per session (*booking essential*).

Dates: 13 Apr - 20 Jul.

Are you running classes or events?

Advertise them on the Toddle About website for FREE at toddle.fun/free-listing

SWIMMING

Water Babies Bucks & Beds

Gateway School, St Johns Road, Tiffeld, Near Towcester, NN12 8AA. 01295 709221. www.waterbabies.co.uk.

Times: 11:30 - 12:00. **Ages:** 0 - 4 yrs. **Cost:** £17 per session (*booking essential*). **Dates:** 13 Apr - 15 Jun.

PREGNANCY

Lisa Valentine Yoga

The Core Zone, Stone Barn, Burgess Farm, Farthinghoe Road, Middleton Cheney, nr Banbury, OX17 2NE. 07957 215495. www.lisavalentinyoga.co.uk.

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

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

Dates: 13 Apr - 4 May & 18 May - 22 Jun.

BOOK NOW

WEDNESDAY

MUSIC & SIGNING

Moo Music Northampton and Wellingborough

Roade Village Hall, Bailey Brooks Lane, Roade, Northampton, NN7 2LS. www.moo-music.co.uk.

Interactive music session for children aged 0-5

• **Mini Moo:** 9:30 - 10:10. **Ages:** 1 - 3 yrs.

• **Baby Moo:** 10:30 - 11:10. **Ages:** 0 - 1 yrs 4 mths.

• **Mixed Moo:** 11:30 - 12:10. **Ages:** 0 - 5 yrs.

Cost: £5.50 per session (*booking essential*).

Dates: 14 Apr - 14 Jul.

PREGNANCY

Bossing your birth - No nonsense, inclusive Hypnobirthing

Sunrise Yoga, Wakefield Country Courtyard, Potterspury, NN12 7FA. 07725109245. www.bossingyourbirth.com.

• **Hypnobirthing Group Course:** 19:15 - 21:45.

Ages: Pregnancy. **Cost:** £225 per session (*booking essential*).

Dates: 2 Jun & 16 Jun - 30 Jun.

HEALTH & WELLNESS

Lisa Valentine Yoga

The Core Zone, Stone Barn, Burgess Farm, Farthinghoe Road, Middleton Cheney, nr Banbury, OX17 2NE. 07957 215495. lisavalentinyoga.co.uk.

• **Mums n Bubs/Wrigglers:** 12:00 - 13:00.

Cost: £11 per session (*booking essential*). **Dates:** 14 Apr - 26 May.

BOOK NOW

THURSDAY

MUSIC & SIGNING

Sing and Sign - Towcester & Daventry

Pattishall Parish Hall, 44 School Road, Astcote, Towcester, NN12 8NN. www.singandsign.co.uk.

• **Sing and Sign - Stage One:** 13:30 - 14:15.

Communication for little ones before they can talk

Ages: 6 mths - 1 yrs 2 mths.

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

Dates: 15 Apr - 29 Apr, 7 May - 27 May & 10 Jun - 24 Jun.

DANCE & DRAMA

Cha Char Chimps - Towcester

Silverstone Pavilion, Church Street, Silverstone, NN12 8XA. www.ccchimps.com.

• **Cha Char Chimps Show:** 9:30 - 10:15 & 10:45 - 11:30.

Entertainment Show and Cake!

Cost: £6 (*booking essential*). **Dates:** 15 Apr - 24 Jun.

BOOK NOW

HEALTH & WELLNESS

Lisa Valentine Yoga

The Core Zone, Stone Barn, Burgess Farm, Farthinghoe Road, Middleton Cheney, nr Banbury, OX17 2NE. 07957 215495. lisavalentinyoga.co.uk.

• **Mums n Bubs/Wrigglers:** 11:15 - 12:15.

Cost: £11 per session (*booking essential*).

Dates: 15 Apr - 27 May.

BOOK NOW

PREGNANCY

Lisa Valentine Yoga

The Core Zone, Stone Barn, Burgess Farm, Farthinghoe Road, Middleton Cheney, nr Banbury, OX17 2NE. 07957 215495. lisavalentinyoga.co.uk.

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

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

Dates: 20 May - 24 Jun.

BOOK NOW

Are you running classes or events?

Advertise them on the Toddle About website for FREE at toddle.fun/free-listing

FRIDAY

MUSIC & SIGNING

Moo Music Northampton and Wellingborough

Roads Village Hall, Bailey Brooks Lane, Roads, Northampton, NN7 2LS. www.moo-music.co.uk.

Interactive music sessions

- Mixed Moo: 9:30 - 10:10 & 10:30 - 11:10. **Ages:** 0 - 5 yrs.
- Baby Moo: 11:30 - 12:10. **Ages:** 0 - 1 yrs 4 mths.

Cost: £5.50 per session (*booking essential*).

Dates: 16 Apr - 16 Jul.

DANCE & DRAMA

Cha Char Chimps - Towcester

Nether Heyford Village Hall, The Green, Nether Heyford, NN7 3LE. www.ccchimps.com.

- Cha Char Chimps Show

Entertainment show and cake!

Times: 9:30 - 10:15 & 10:45 - 11:30. **Ages:** 0 - 5 yrs.

Dates: 16 Apr - 28 May & 11 Jun - 18 Jun.

Cost: £6 (*booking essential*).

BOOK NOW

PHYSICAL FUN

Rugbytots Towcester & Northampton

Brackley Leisure Centre, Springfield Way, Brackley, NN13 6JJ. 0345 313 0286. www.rugbytots.co.uk.

Times: 9:30 - 10:00. **Ages:** 2 yrs - 3 ½ yrs.

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

Dates: 16 Apr - 21 May & 4 Jun - 16 Jul.



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SATURDAY

PHYSICAL FUN

Little Kickers MK

Elizabeth Woodville School, Stratford Road, Roads, Northampton, NN7 2LP. 01494 911133. www.littlekickers.co.uk.

- Junior Kickers: 9:10 - 9:55. **Ages:** 2 ½ yrs - 3 ½ yrs.
- Little Kicks: 10:00 - 10:45. **Ages:** 18 mths - 2 ½ yrs.
- Mighty Kickers: 10:50 - 11:35. **Ages:** 3 ½ yrs - 5 yrs.

Cost: £7.85 per session (*booking essential*).

Dates: 17 Apr - 17 Jul.

Super Star Sport South Midlands

Green Norton Village Hall, High Street, Greens Norton, Towcester, NN12 8BA. 07545 769903. www.superstarsportsmmk.co.uk.

- Towcester Tots Football Session: 11:00 - 11:45.

Tots Football Session

Ages: 2 yrs - 5 yrs 11 mths. **Cost:** £20 per session (*booking essential*). **Dates:** 17 Apr - 17 Jul.

SUNDAY

PHYSICAL FUN

Rugbytots Towcester & Northampton

Gateway School, St Johns Road, Tiffelf, Towcester, NN12 8AA. 0345 313 0286. www.rugbytots.co.uk.

Times: 8:40 - 9:10. **Ages:** 2 yrs - 3 ½ yrs.

Times: 9:15 - 10:00. **Ages:** 3 ½ yrs - 5 yrs.

Times: 10:05 - 10:50. **Ages:** 5 - 7 yrs.

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

Dates: 18 Apr - 23 May & 6 Jun - 18 Jul.

Are you running classes or events?

Advertise them on the Toddle About website for FREE at toddle.fun/free-listing

DAVENTRY AREA

COVID SAFE SWIMMING AT

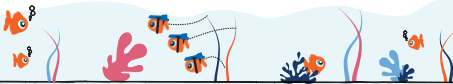


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MONDAY

HEALTH & WELLNESS

Yoga With Lizzy

Long Buckby Community Centre, 41 Station Rd, Long Buckby, NN6 7QB. 07950 573719. www.yogawithlizzy.co.uk.

• General yoga for all: 20:00 - 21:00.

Cost: £8 per session (booking essential).

Dates: 21 Jun - 19 Jul.

TUESDAY

PHYSICAL FUN

Little Kickers Northampton Daventry & Rugby

Daventry Leisure Centre, Lodge Road, Daventry, NN11 4FP.
01327 705915. www.littlekickers.co.uk.

• Little Kickers

After-school football classes

Times: 16:00 - 16:45 & 16:00 - 17:00. **Ages:** 3 ½ yrs - 5 yrs.

Times: 16:00 - 17:00 & 17:00 - 18:00. **Ages:** 5 - 7 yrs.

Cost: £6.25 per session (booking essential).

Dates: 13 Apr - 29 Jun & 13 Apr - 20 Jul.

SATURDAY

DANCE & DRAMA

Krystle Jayne's Dance Academy

Brixworth Community Centre, Spratton Road, Brixworth, NN6 9DS. Krystle: 07791 852891.

www.krystlejaynedanceacademy.co.uk.

• Baby Ballet: 10:00 - 10:30. **Ages:** 2 - 4 yrs.

• Pre-Primary Ballet & Tap: 10:30 - 11:15. **Ages:** 4 - 5 yrs.

• Mini Movers Street Dance: 11:15 - 11:45. **Ages:** 1 - 3 yrs.

Combines cheer leading with street dance.

Cost: £4 per session (booking essential).

Dates: 17 Apr - 17 Jul.

Sarah Cooke School Of Dance Ltd

Long Buckby Community Centre, Station Road, Long Buckby, Northampton, NN6 7QB. 07751 470318.

• Pre-school Dance: 8:45 - 9:25.

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

Dates: 24 Apr - 22 May & 12 Jun - 10 Jul.

Online Activity Guide

toddle^{about}

Loving life with little ones

Your Guide to ONLINE Classes for families with under 5s

Spice up your day with some online pregnancy, baby and toddler classes and activities.

MONDAY

PARENTS & TOTS

EPIC Dad Community Interest Company

07717 744608. www.epicdad.co.uk.

• **EPIC Dad Chat:** 19:00 - 20:00.

www.facebook.com/EPIC-Dad-1827266040860933/

Ages: 0 - 99 yrs. **Cost:** Free (booking essential). **Dates:** 12 Apr - 26 Apr & 10 May - 24 May.

Southwold Library

01502 722519. www.suffolklibraries.co.uk.

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

www.facebook.com/southwoldlibrary

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 12 Apr - 26 Apr.

MUSIC & SIGNING

Abingdon Music Centre

07934 364940. www.abingdonmusic.org.uk.

• **Mini Music Makers:** 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: 19 Apr - 26 Apr, 10 May - 24 May & 7 Jun - 12 Jul.

BilinguaSing Warwickshire

07815 149877. www.bilinguasing.com.

• **Spanish, Italian & French online:** 10:00 - 10:30.

Online Italian, French & Spanish classes for 0-7 years

Ages: 1 mths - 7 yrs 11 mths. **Cost:** £5 per session (booking essential). **Dates:** 19 Apr - 28 May.

Sing and Sign South Bucks

07709 803633. www.singandsign.co.uk.

• **Stage 1 @Home:** 9:00 - 9:30.

10-week baby signing course.

Ages: 6 mths - 1 yrs 2 mths. **Cost:** £5 per session (booking essential). **Dates:** 26 Apr - 28 Jun.

Sing and Sign Oxford

07795 005832. www.singandsign.co.uk.

• **Stage 1 and 2 @ Home:** Any time.

Ages: 6 mths - 3 yrs. **Cost:** £5 per session (booking essential).

Dates: 27 Apr - 28 Jun.

• **BABES @ Home:** 2:00 - 2:40.

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

Dates: 26 Apr.

Tots Music

07957185753. Helenjosephinemars.wixsite.com.

Times: 10:00 - 11:00. **Ages:** 0 - 5 yrs. **Cost:** £2 per session (drop in). **Dates:** 12 Apr - 24 May.

SENSORY & DEVELOPMENT

Kidslingo Spanish Northants, Towcester & Olney

07772536338. www.kidslingo.co.uk.

Fun Spanish sessions for children

• **Spanish class online:** 16:15 - 16:45.

Ages: 4 - 7 yrs. **Cost:** £12 for 3-week trial (booking essential)

• **Spanish class Online:** 17:00 - 17:40.

Ages: 7 - 11 yrs. **Cost:** £5 per session (booking essential).

Dates: 12 Apr - 24 May & 7 Jun - 12 Jul.

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DANCE & DRAMA

Tot Bop

Available to watch at any time. 01525 237474 / 07775 582791. www.totbop.co.uk.

• **Dance Classes Online:** 9:00 - 9:45.

Ages: 1 - 9 yrs. **Cost:** Free (*booking essential*).

Dates: 12 Apr - 19 Jul.

BOOK NOW

PHYSICAL FUN

Mummy & Baby Buddies

07838 457171. www.mummyandbabybuddies.co.uk.

• **Baby Massage:** 14:00 - 15:00.

Baby Massage 4 Week Online Course

Ages: 2 mths - 1 yrs. **Cost:** £20 per session (*booking essential*). **Dates:** 12 Apr - 26 Apr & 4 May.

HEALTH & WELLNESS

RW Pilates

07734 682019. www.rwpilates1.com.

• **Pilates Online:** 18:30 - 19:30.

Cost: £4.17 per session (*booking essential*). **Dates:** 12 Apr - 10 May.

BOOK NOW

Yoga With Lizzy

07950 573719. www.yogawithlizzy.co.uk.

• **Live online Yoga at home with Lizzy:** 18:45 - 19:45.

www.facebook.com/YogaWalks

Ages: 0 - 99 yrs. **Cost:** £2 per session (*drop in*). **Dates:** 12 Apr - 19 Jul.

YogaBellies Ipswich & Colchester

07305 267820. yogabellies.com.

• **Pregnancy Yoga Online:** 18:30 - 19:45.

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

• **Yoga online:** 20:00 - 21:00.

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

Dates: 12 Apr - 10 May.

Yogabellies with Donna

07498 205256.

www.yogabellies.com/teachers/donna-moore

• **Mum and Baby Yoga:** 9:00 - 10:00.

Yoga Classes for mum and baby

Ages: 0 - 6 mths. **Cost:** £11 per session (*booking essential*).

Dates: 17 May - 21 Jun.

PREGNANCY

Cocoon Pre and Postnatal Wellbeing

07709 154584.

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: 12 Apr - 19 Apr.

Womb to World

www.wombtoworld.co.uk.

• **Hypnobirthing Taster Online:** 19:30 - 20:30.

Ages: Pregnancy. **Cost:** Free (*booking essential*). **Dates:** 26 Apr.

TUESDAY

PARENTS & TOTS

Southwold Library

01502 722519. www.suffolklibraries.co.uk.

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

www.facebook.com/southwoldlibrary

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 13 Apr - 27 Apr.

MUSIC & SIGNING

Abingdon Music Centre

07934 364940. www.abingdonmusic.org.uk.

• **Mini Music Makers**

Making music fun! £4.85 per session.

Times: 10:00 - 10:30. **Ages:** 1 - 5 yrs.

Times: 10:45 - 11:15. **Ages:** 2 mths - 1 yrs.

Cost: £4.85 per session (*booking essential*).

Dates: 20 Apr - 25 May & 8 Jun - 13 Jul.

Mini Music Makers

07846771608. www.minimusicmakers.co.uk.

Times: 10:00 - 10:30. **Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*).

Dates: 13 Apr - 20 Jul.

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Sing and Sign Oxford

07795 005832. www.singandsign.co.uk.

• **Stage 1 and 2 @ Home:** Any time.

Ages: 6 mths - 3 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 28 Apr - 29 Jun.

• **BABES @ Home:** 10:15 - 11:00.

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

Dates: 27 Apr - 25 May.

St Augustine's Church

01473 723960. www.staugustinesipswich.org.uk.

• **Music and Rhyme:** 10:00 - 10:45.

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

Ages: 0 - 5 yrs. **Cost:** Free (*booking essential*). **Dates:** 13 Apr -

25 May & 8 Jun - 20 Jul.

Tadpole Tunes

www.tadpoletunes.co.uk.

• **Tadpole Tunes Online:** 9:30 - 9:55.

Ages: 9 mths - 4 yrs. **Cost:** £2.50 per session (*booking essential*).

Dates: 20 Apr - 25 May.

SENSORY & DEVELOPMENT

B-Independent Baby Groups

07761 914181. www.b-independent.org.

• **Warrior Bees Nurture Group:** 14:00 - 14:45.

Ages: 0 - 6 mths. **Cost:** £4 per session (*booking essential*).

Dates: 13 Apr - 11 May.

French Frogglers

www.frenchfrogglers.com.

• **Online Trial Class:** 11:00 - 11:30.

A fun online trial class on Zoom

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

Dates: 13 Apr.

• **Termly Classes:** 11:00 - 11:30.

Times: 11:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £5 per session

(*booking essential*). **Dates:** 20 Apr - 22 Jun.

BOOK NOW

Kidslingo Spanish Northants, Towcester & Olney

07772536338. www.kidslingo.co.uk.

• **Spanish class online:** 10:00 - 10:30.

Ages: 0 - 4 yrs 11 mths. **Cost:** £12 for 3-week trial (*booking essential*).

Dates: 13 Apr - 25 May & 8 Jun - 13 Jul.

BOOK NOW

Phonics with Robot Reg Milton Keynes

07809459648. robotreg.co.uk.

• **Preschool Phonics Online:** 9:30 - 10:10.

Ages: 2 ½ yrs - 4 yrs 11 mths. **Cost:** £6.50 per session

(*booking essential*). **Dates:** 20 Apr - 25 May & 8 Jun - 13 Jul.

DANCE & DRAMA

Lunas Dance Project

www.lunasdanceproject.com.

• **Ballet Online:** 10:00 - 10:40.

Ages: 5 - 7 yrs. **Cost:** £8 per session (*booking essential*).

Dates: 27 Apr - 1 Jun.

PHYSICAL FUN

Children Inspired by Yoga (Tunbridge Wells)

07511 048803. www.childreninspiredbyyoga.com.

• **Yoga and Massage Online**

Baby yoga & massage classes from 8 wks

Times: 11:00 - 11:45.

Times: 12:00 - 12:45. **Ages:** 2 - 9 mths.

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

Dates: 20 Apr - 25 May.

HEALTH & WELLNESS

Beautiful Beginnings

07727 144039. www.beautifulbeginningsbirth.co.uk.

• **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: 13 Apr - 27 Apr, 4 May - 25 May & 8 Jun - 29 Jun.

Bossing your birth - No nonsense, inclusive Hypnobirthing Milton Keynes.

07725109245. www.bossingyourbirth.com.

• **Hypnobirthing Taster Online:** 19:00 - 20:00.

FREE online Hypnobirthing Taster session

Ages: Pregnancy. **Cost:** Free (*booking essential*). **Dates:** 13

Apr.

Yoga With Lizzy

07950 573719. www.yogawithlizzy.co.uk.

• **Live online Yoga at home with Lizzy:** 8:00 - 8:30.

www.facebook.com/YogaWalks

Ages: 0 - 99 yrs. **Cost:** £2 per session (*drop in*). **Dates:** 13

Apr - 20 Jul.

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YogaBellies Ipswich & Colchester

07305 267820. yogabellies.com.

• **Pregnancy Yoga Online:** 18:30 - 19:45.

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

• **Yoga online:** 20:00 - 21:00.

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

Dates: 13 Apr - 11 May.

PREGNANCY

Birch Baby Balance

07909 545484. www.birchbabybalance.co.uk.

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

Ages: Pregnancy. **Cost:** £65 per session (*booking essential*).

Dates: 4 May - 25 May & 6 Jul - 20 Jul.

Loving Hands Baby Massage & Yoga

07850 425136. lovinghandsbabymassage.wordpress.com.

• **Baby Massage:** 11:30 - 12:10.

Loving Hands Baby Massage Online

Ages: 1 mths - 1 yrs. **Cost:** £4 per session (*booking essential*).

Dates: 13 Apr - 20 Apr.

STORY TIME

Independent Usborne Leader

07739 287168. www.thebookballoon.co.uk.

• **Story Time Online:** 14:00 - 14:20.

Storytime with Catharine's Little Bookshop

Cost: Free (*drop in*). **Dates:** 13 Apr - 29 Jun.

WEDNESDAY

MUSIC & SIGNING

Abingdon Music Centre

07934 364940. www.abingdonmusic.org.uk.

• **Mini Music Makers**

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

Times: 10:00 - 10:30. **Ages:** 2 - 3 yrs. **Cost:** £4.40 per session (*booking essential*).

Times: 10:45 - 11:15. **Ages:** 2 mths - 1 ½ yrs. **Cost:** £3.90 per session (*booking essential*).

Dates: 21 Apr - 26 May & 9 Jun - 14 Jul.

Little Signers Club Suffolk

07720 349424. www.littlesignersclub.co.uk.

• **Sing, Sign and Rhyme:** 10:00 - 10:35.

Ages: 5 mths - 3 yrs. **Cost:** £6.60 per session (*booking essential*). **Dates:** 14 Apr - 19 May & 9 Jun - 14 Jul.

• **Baby Signing:** 14:00 - 14:45.

Ages: 3 mths - 3 yrs. **Cost:** £8.25 per session (*booking essential*). **Dates:** 14 Apr - 30 Jun.

• **Toddler Toolkit:** 15:00 - 15:35.

Ages: 1 ½ yrs - 3 yrs. **Cost:** £7 per session (*booking essential*). **Dates:** 14 Apr.

Mini Music Makers

07846771608. www.minimusicmakers.co.uk.

Times: 10:00 - 10:30. **Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*).

Dates: 14 Apr - 14 Jul & 14 Apr - 14 Jul.

Sing and Sign Oxford

07795 005832. www.singandsign.co.uk.

• **Stage 1 and 2 @ Home:** Any time

Ages: 6 mths - 3 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 29 Apr - 30 Jun.

St Augustine's Church

01473 723960. www.staugustinesipswich.org.uk.

• **Happy Hissos:** 9:30 - 11:30.

Toddler Group Activities

Ages: 0 - 5 yrs. **Cost:** Free (*booking essential*).

Dates: 14 Apr - 26 May & 9 Jun - 14 Jul.

CREATIVE

Creative Planet Norwich and East Norfolk

07421 234 055. www.creativeplanet.net.

• **Creative Stars:** 16:00 - 17:00.

Ages: 5 - 11 yrs. **Cost:** £6 per session (*booking essential*).

Dates: 14 Apr - 26 May.

BOOK NOW

The Phonics Fox

07702 183076. www.thephonicsfox.com.

• **Cubs Online:** 10:00 - 10:35. **Ages:** 2 - 5 yrs.

• **Kits Online:** 13:40 - 14:15. **Ages:** 4 - 6 yrs.

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

Dates: 14 Apr - 21 Apr, 5 May - 26 May & 9 Jun - 23 Jun.

• **Kits Online Trial:** 13:40 - 14:15. **Ages:** 4 - 6 yrs.

Cost: £10 per session (*booking essential*). **Dates:** 14 Apr.

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PHYSICAL FUN

Mummy & Baby Buddies

07838 457171. www.mummyandbabybuddies.co.uk.

- **Baby Yoga:** 10:30 - 11:30.

Baby Yoga 3 Week Online Course

Ages: 2 mths - 1 yrs. **Cost:** £20 per session (*booking essential*). **Dates:** 14 Apr - 28 Apr.

HEALTH & WELLNESS

Bossing your birth - No nonsense, inclusive Hypnobirthing Milton Keynes.

07725109245. www.bossingyourbirth.com.

- **Hypnobirthing Group Course:** 19:15 - 21:45.

Hypnobirthing Group Course

Ages: Pregnancy. **Cost:** £200 per course (*booking essential*). **Dates:** 5 May - 26 May.

Yoga With Lizzy

07950 573719. www.yogawithlizzy.co.uk.

- **Live online Yoga at home with Lizzy:** 8:00 - 9:00.

www.facebook.com/YogaWalks

Ages: 0 - 99 yrs. **Cost:** £2 per session (*drop in*). **Dates:** 14 Apr - 14 Jul.

YogaBellies Ipswich & Colchester

07305 267820. yogabellies.com.

- **Yoga online:** 20:15 - 21:15.

Cost: £8.75 per session (*booking essential*). **Dates:** 14 Apr - 12 May.

PREGNANCY

Birth Baby Balance

07909 545484. www.birthbabybalance.co.uk.

- **Comprehensive Antenatal Course:** 19:00 - 21:30.

Six week antenatal course via Zoom

Ages: Pregnancy. **Cost:** £37.83 per session (*booking essential*). **Dates:** 28 Apr - 2 Jun.

Birth Right Hypnobirthing

07817 233480. www.birthright-hypnobirthing.co.uk.

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

Online Full Antenatal course including KGHypnobirthing

Ages: Pregnancy. **Cost:** £275 per session (*booking essential*). **Dates:** 5 May - 26 May & 9 Jun - 30 Jun.

BABY MASSAGE

Fen and Seren - The Garden Salon.

07828 681908. www.facebook.com.

- **Baby Massage:** 9:30 - 10:15.

Online Baby Massage Group

Cost: £8 per session (*booking essential*). **Dates:** 21 Apr - 19 May.

THURSDAY

PARENTS & TOTS

Southwold Library

01502 722519. www.suffolklibraries.co.uk.

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

www.facebook.com/southwoldlibrary

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

MUSIC & SIGNING

Abingdon Music Centre

07934 364940. www.abingdonmusic.org.uk.

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

Ages: 1 ½ yrs - 2 ½ yrs. **Cost:** £4.40 per session (*booking essential*). **Dates:** 22 Apr - 27 May & 10 Jun - 15 Jul.

Monkey Music Oxford

01235 519806. www.monkeymusic.co.uk.

Award-winning preschool music classes

- **Heigh-Ho Live Streamed:** 9:40 - 10:10. **Ages:** 1 - 2 yrs.

- **Jiggety-Jig Live Streamed:** 10:20 - 10:50. **Ages:** 2 - 3 yrs.

- **Rock'n'Roll Live Streamed:** 11:00 - 11:30.

Ages: 3 mths - 1 yrs.

- **Ding-Dong Live Streamed:** 11:40 - 12:10. **Ages:** 3 - 4 yrs.

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

Dates: 22 Apr - 27 May & 10 Jun - 15 Jul.

Sing and Sign Oxford

07795 005832. www.singandsign.co.uk.

- **Stage 1 and 2 @ Home:** Any time

Ages: 6 mths - 3 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 30 Apr - 1 Jul.

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SENSORY & DEVELOPMENT

Amber's Language, Music & Play

02475010568. www.childrensfrenchclasses.co.uk.

• **Fun French Thursdays:** 10:00 - 10:15.

Ages: 13 mths - 3 ½ yrs. **Cost:** Free (drop in).

• **French Zoom classes:** 16:00 - 16:30.

Fun, musical, interactive French classes taught over Zoom.

Ages: 6 yrs - 8 yrs 11 mths. **Cost:** £6 per session (booking essential).

Dates: 22 Apr - 20 May & 10 Jun - 8 Jul.

BOOK NOW

Phonics With Robot Reg

07957 688101. www.robotreg.co.uk.

• **Pre School Phonics Online:** 13:45 - 14:30.

www.robotreg.co.uk/pages/manningtree-clacton-north-colch

Ages: 2 - 4 yrs. **Cost:** £7 per session (booking essential).

Dates: 15 Apr - 27 May & 10 Jun - 24 Jun.

HEALTH & WELLNESS

Mini First Aid Oxfordshire

Oxfordshire.minifirstaid.co.uk.

• **Baby & Child First Aid Online:** 19:00 - 21:00.

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

Dates: 15 Apr.

RW Pilates

07734 682019. www.rwpilates1.com.

• **Pilates Online:** 20:00 - 21:00.

Cost: £4.17 per session (booking essential).

Dates: 15 Apr - 13 May.

BOOK NOW

Simply Balance

www.simplybalanceyoga.com.

• **Yoga Class Online:** 10:00 - 11:00.

Online Yoga

Cost: Free (drop in). **Dates:** 15 Apr - 15 Jul.

Yoga With Lizzy

07950 573719. www.yogawithlizzy.co.uk.

• **Live online Yoga at home with Lizzy:** 19:00 - 20:00.

www.facebook.com/YogaWalks

Ages: 0 - 99 yrs. **Cost:** £2 per session (drop in). **Dates:** 15 Apr - 15 Jul.

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: 15 Apr - 15 Jul.

Calm Mama Collective

07545 171166. www.calmmamacollective.co.uk.

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

10 Hour Hypnobirthing Course

Ages: Pregnancy. **Cost:** £175 per session (booking essential).

Dates: 6 May - 27 May & 3 Jun - 24 Jun.

Pregnancy Yoga with Gemma

07525 029543. www.yogawithgemma.co.uk.

• **Pregnancy Yoga:** 19:15 - 19:15.

Pregnancy Yoga - suitable for all abilities

Ages: Pregnancy. **Cost:** £6 per session (drop in).

Dates: 15 Apr.

STORY TIME

Independent Usborne Leader

07739 287168. www.thebookballoon.co.uk.

• **Story Time Online:** 18:00 - 18:20.

The Book Balloon Online Story Time

Cost: Free (drop in). **Dates:** 15 Apr - 1 Jul.

FRIDAY

PARENTS & TOTS

Southwold Library

01502 722519. www.suffolklibraries.co.uk.

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

www.facebook.com/southwoldlibrary

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 16 Apr & 30 Apr.

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: 23 Apr - 28 May & 11 Jun - 16 Jul.

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June Chatterbox Tunes

07851 353396. www.facebook.com.

- **Music and Movement Online:** 23:00 - 23:35.

Interactive music and movement class

Ages: 3 mths - 4 yrs. **Cost:** £4.50 per session (*drop in*). **Dates:** 16 Apr - 14 May.

BOOK NOW

Mini Music Makers

07846771608. www.minimusicmakers.co.uk.

Times: 10:00 - 10:30. **Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*).

Dates: 16 Apr - 16 Jul.

Sing and Sign Oxford

07795 005832. www.singandsign.co.uk.

- **Stage 1 and 2 @ Home:** 0:01 - 23:59.

Ages: 6 mths - 3 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 1 May - 2 Jul.

SENSORY & DEVELOPMENT

Amber's Language, Music & Play

02475010568. www.childrensfrenchclasses.co.uk.

- **Fun French Thursdays:** 10:00 - 10:15.

Ages: 13 mths - 3 ½ yrs. **Cost:** Free (*drop in*).

Dates: 11 Jun - 9 Jul.

- **Pre-recorded French Class**

Fun, musical French classes, taught over pre-recorded video.

Times: 9:00 - 9:30. **Ages:** 1 ½ yrs - 6 yrs 11 mths. **Cost:** £3.60 per session (*booking essential*).

Dates: 23 Apr - 21 May & 11 Jun - 9 Jul.

BOOK NOW

French Frogglers

www.frenchfrogglers.com.

- **Online Trial Class:** 11:00 - 11:30.

A fun online trial class on Zoom

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

Dates: 16 Apr.

- **Termly Classes:** 11:00 - 11:30.

Times: 11:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £5 per session (*booking essential*). **Dates:** 23 Apr - 25 Jun.

BOOK NOW

CREATIVE

Creative Planet Norwich and East Norfolk

07421 234 055. www.creativeplanet.uk.

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

Cost: Free (*booking essential*). **Dates:** 23 Apr & 7 May.

BOOK NOW

DANCE & DRAMA

Leap Dance Midlands

07961754870. www.leapdancemidlands.co.uk.

- **LEAP DANCE:** 0:00 - 0:30.

Ages: 0 - 8 yrs. **Cost:** Free (*booking essential*).

Dates: 17 Apr - 16 Jul.

Synergy Dance

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

- **Dance and Yoga Online:** 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: 16 Apr - 11 Jun.

PHYSICAL FUN

Mummy & Baby Buddies

07838 457171. www.mummyandbabybuddies.co.uk.

- **Tummy Time Workshop:** 10:00 - 11:30.

Tummy Time Workshop

Ages: 0 - 6 mths. **Cost:** £10 per session (*booking essential*).

Dates: 23 Apr.

HEALTH & WELLNESS

Lisa Valentine Yoga

07957 215495. lisavalentinyoga.co.uk.

- **Yoga Online:** Monthly Subscription.

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

BOOK NOW

Yoga With Lizzy

07950 573719. www.yogawithlizzy.co.uk.

- **Live online Yoga at home with Lizzy:** 8:00 - 8:50.

www.facebook.com/YogaWalks

Ages: 0 - 99 yrs. **Cost:** £2 per session (*drop in*).

Dates: 16 Apr - 16 Jul.

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PREGNANCY

About Birth & Babies

01508 536990. www.aboutbirthandbabies.co.uk.

• **Antenatal Courses:** 19:00 - 21:00.

Ages: Pregnancy. **Cost:** £16 per session (*drop in*). **Dates:** 23 Apr - 30 Apr.

Calm Mama Collective

07545 171166. www.calmmamacollective.co.uk.

• **Group Hypnobirthing Class:** 20:00 - 22:30.

10 Hour Hypnobirthing Course

Ages: Pregnancy. **Cost:** £175 per course (*booking essential*).

Dates: 16 Apr - 23 Apr.

SATURDAY

MUSIC & SIGNING

Little Signers Club Suffolk

07720 349424. www.littlesignersclub.co.uk.

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

Ages: 4 mths - 4 yrs. **Cost:** £6.60 per session (*booking essential*). **Dates:** 17 Apr - 22 May & 12 Jun - 17 Jul.

Sing and Sign Oxford

07795 005832. www.singandsign.co.uk.

• **Stage 1 and 2 @ Home:** Watch any time.

Ages: 6 mths - 3 yrs. **Cost:** £5 per session (*booking essential*).

Dates: 2 May - 3 Jul.

DANCE & DRAMA

Lunas Dance Project

www.lunasdanceproject.com.

• **Ballet Online:** 9:30 - 10:00.

Ages: 5 - 7 yrs. **Cost:** £7 per session (*booking essential*).

Dates: 17 Apr - 12 Jun.

HEALTH & WELLNESS

Lisa Valentine Yoga

07957 215495. lisavalentinyoga.co.uk.

• **Yoga Online:** 10:00 - 10:00.

Cost: £10 per session (*booking essential*).

Dates: 17 Apr - 24 Apr.

BOOK NOW

Simply Balance

www.simplybalanceyoga.com.

• **Yoga Class Online:** 10:00 - 11:00.

Cost: Free (*drop in*). **Dates:** 17 Apr - 17 Jul.

SUNDAY

MUSIC & SIGNING

Sing and Sign Oxford

07795 005832. www.singandsign.co.uk.

• **Stage 1 and 2 @ Home:** Watch any time.

Ages: 6 mths - 3 yrs. **Cost:** £5 per session (*booking essential*).

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07739 287168. www.thebookballoon.co.uk.

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doing the right thing"

- JOHN D. ROCKEFELLER

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