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# toddle

about  
Oxfordshire

FREE

April - June 2021

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AFTER AN AUTISM  
DIAGNOSIS

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FOR 0-5s

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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](http://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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[toddleaboutmagazine](#)

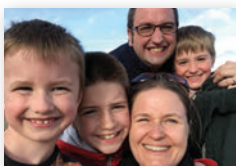
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## MEET THE TEAM



Tim & Ruth - Chief Editors



Alec - Chief Techie



Lorraine - Advertising & Customer Support

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Follow us for daily updates!





# Bite SIZED NEWS

## Together Time



### Sensory and Massage for 0-3s

Together Time is a baby and toddler group from birth to 3 years held in Bicester. Together Time was created by a mum of two and former Primary School Teacher who wanted to create an educational and fun setting for little ones to develop, while building a community around the parents.

**Sensory Time** runs age appropriate courses to allow your little one to explore the world around them through a range of props including messy play fun!

**Massage Time** will teach a full body massage to help with relaxation and bonding.

[www.fb.com/togethertimeoxfordshire](https://www.facebook.com/togethertimeoxfordshire).

Quote **TODDLE ABOUT** to get 10% off first course.

P.33



### 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](http://www.rugbytots.co.uk),  
email [vince@rugbytots.co.uk](mailto:vince@rugbytots.co.uk) or  
call 0345 313 0286.

P.33



### Make Beautiful Music with Your Little Monkey

Enjoy Monkey Music Oxford back in venues! The progressive, award winning curricula, suitable for 3 months - 4 years old, are a good fit for each age group. Our original musical material has been written with a sound understanding of how babies and children learn best. A great way to grow up in tune with Monkey!

Book a complimentary class at [www.monkeymusic.co.uk/area/oxford](http://www.monkeymusic.co.uk/area/oxford).

P.13 & 38

### Boogie Mites is Back

Boogie Mites is all about sharing precious time with your child, exploring the joy of music-making together. Their active music-making sessions are for children from birth to 5 years, and help you understand more about how you can use your brain-boosting power of music to support your child's development. They can't wait to welcome families back to in-person sessions in West Hendred and Grove! They are also offering a free On The Farm song collection when you book your first half term block quoting 'Toddle About'.

Contact [lizziel@boogiemites.co.uk](mailto:lizziel@boogiemites.co.uk), [www.fb.com/BoogieMitesSouthOxon](https://www.facebook.com/BoogieMitesSouthOxon).

P.41





# 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!

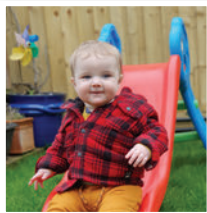


Winner

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



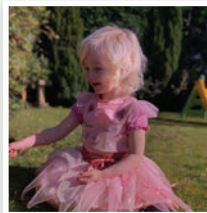
Annabelle Parker, turning 2



Arlo Bowers, turning 1



Burhan Ali Arshad, turning 6



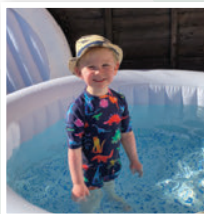
Dottie Townsend, turning 3



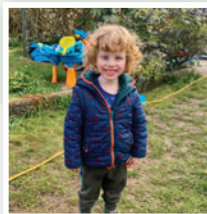
Eduardo Medina, turning 1



Ella Sheldon, turning 2



Elliott William Gurney, turning 3 years old



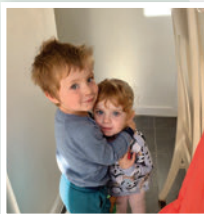
Finn Nobes, turning 3



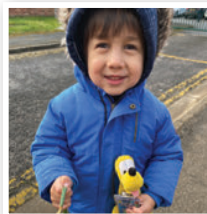
George Gittins, turning 3



Heidi Reynolds, turning 4



Hunter & Amélie Duwé, turning 3 years old

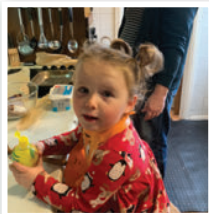


Noah, turning 4 years old

# HAPPY BIRTHDAY TO YOU!



## Birthday SHOUTOUT



Robyn, turning 3 years old



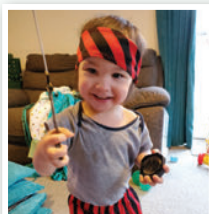
Teddy Rex Bedford, turning 2



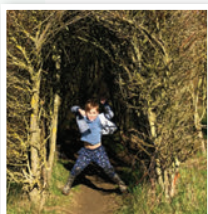
Toby John Gurney, turning 1



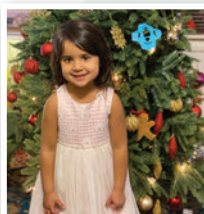
William and Sam, turning 2



Alastair Brennan, turning 2



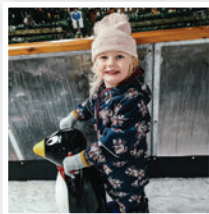
Alessio Pignoli, turning 5



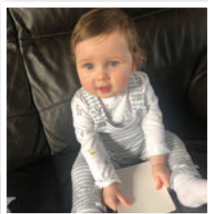
Ameera Azam, turning 5



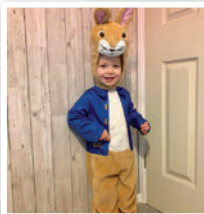
Amelia Ojimba, turning 2



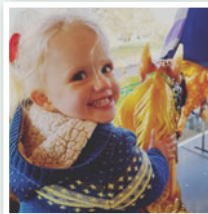
Arabella May Wade,  
turning 5



Archie, turning 1



Archie Langley, turning 2



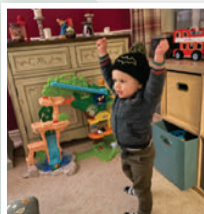
Ava Martin, turning 3



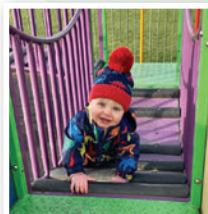
Ayla Jeyes, turning 3



Charlie, turning 1



Elliott Russell, turning 2



Hugh, turning 1

# 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

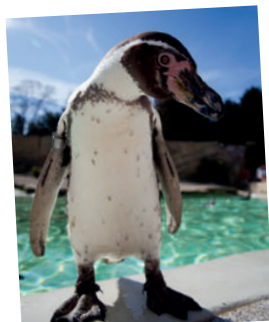
Over 12 million visitors have enjoyed the Cotswold Wildlife Park & Gardens since its official opening in March 1970.

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](http://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](http://www.toddle.fun/toddlemodels).  
The winner will be chosen at random by Toddle About.*



# 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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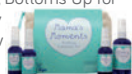
### CONFIDENCE CARDS FOR KIDS

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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](http://www.toddle.fun/vip)**

*Review has been edited - read the full review at [www.toddle.club/bailey](http://www.toddle.club/bailey)*

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# 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 Chai 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 [@myfussyeater.com](https://www.myfussyeater.com) Check out [www.myfussyeater.com](https://www.myfussyeater.com) or Instagram [@myfussyeater](https://www.instagram.com/myfussyeater)



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# CRAFT ACTIVITY: PASTA STAMPS

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](https://www.youtube.com/channel/UCb0ilandsandcrafts), Facebook /[bobilandsandcrafts](https://www.facebook.com/bobilandsandcrafts), Instagram @[bobilands\\_crafts](https://www.instagram.com/bobilands_crafts). For homemade edible playdough visit: [youtu.be/RQhgsealpxY](https://youtu.be/RQhgsealpxY)

## JOIN THE BUSINESS MUMS!

I am looking for ambitious women who are serious about making a difference or a change to their lives.



EXPERIENCE IN ANY OF THE FOLLOWING WOULD BE AN ASSET, ALTHOUGH NOT ESSENTIAL:

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For the right candidate there is the opportunity to earn up to £5,000+ pm, company car scheme, international travel and profit share. Working within a friendly and successful team you will receive full support and mentoring. So if you're looking for a flexible secondary income, wish to gain financial security as quickly as possible or have been adversely affected by the current Covid situation, then I would be interested in speaking with you.

Call Lynne on **07875 422993** for an informal chat.

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During this unforgettable driving experience you will get to choose two supercars from a list that includes: A **Lamborghini Gallardo, Ferrari California, Nissan GTR, Aston Martin V8 Vantage, Porsche GT3, Audi R8 and the BMW i8** - so the only difficult bit about this day will be trying to narrow down this impressive list to just two!

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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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[www.wonderbubz.com](http://www.wonderbubz.com)



## KID COACH APP, FROM £3.33 P/M

The KidCoachApp provides hundreds of stimulating conversation starters, to get your kids "talking, thinking and feeling". This develops the "softer" skills like creativity, critical thinking and resilience that children need to be happy and successful in tomorrow's fast-changing world. 2 week free trial.

[www.kidcoach.app](http://www.kidcoach.app)



## TEXTURED SENSORY STACKING BLOCKS, £23

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[www.chewiecat.co.uk](http://www.chewiecat.co.uk)



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[www.snuz.co.uk](http://www.snuz.co.uk)

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[www.toddle.fun/vip](http://www.toddle.fun/vip)



## 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](http://www.flexars.com)  
(Review has been edited - see full review at <http://toddle.club/flexars-review>).

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[musiclandoxford@gmail.com](mailto:musiclandoxford@gmail.com)  
[www.playmusicland.co.uk](http://www.playmusicland.co.uk)

**Oxford Swimming Academy**  
07870 662483  
[abigailhouse@oxfordswimmingacademy.co.uk](mailto:abigailhouse@oxfordswimmingacademy.co.uk)  
[www.oxfordswimmingacademy.co.uk](http://www.oxfordswimmingacademy.co.uk)

**Rugbytots** (Banbury & Towcester)  
0345 313 0286 or [vince@rugbytots.co.uk](mailto:vince@rugbytots.co.uk)  
[www.rugbytots.co.uk](http://www.rugbytots.co.uk)

All trials are subject to availability.



# CELEBRATING BOOKS AND READING

WORLD  
**BOOK  
DAY**

4 MARCH 2021

## YOUR REVIEWS OF THE LATEST CHILDREN'S BOOKS

JOIN THE BIGGEST  
EVER BOOK CELEBRATION...

To celebrate World Book Day this year, we asked our **VIP Club Members** to review some of the latest children's books to hit the market. Read the full reviews and many more at [www.toddle.fun/reviews](http://www.toddle.fun/reviews)



### 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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## Win a 'Treat Your Tots' break with Bridge Leisure



We are offering one lucky winner the chance to enjoy a **'Treat your Tots'** package break at one of Bridge Leisure Parks' four holiday parks:

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The winner will get to enjoy a three-night stay (Friday-Monday) or a four-night stay (Monday-Friday) in a Luxury 2-bedroom Caravan (sleeps 6) at the holiday park of their choice.



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**Enter at: [www.toddle.fun/bridgeleisure](http://www.toddle.fun/bridgeleisure)**

**Competition closes midnight on [Sun 6th June 2021](#).**

For more information about Bridge Leisure Holidays, including locations of their holiday parks, accommodation and facilities, visit: [www.toddle.club/bridgeleisure](http://www.toddle.club/bridgeleisure)

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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](http://www.infinitecouple.com)***







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lion



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frog



sun

sun



cat

cat



bear

bear



flag

flag

Now can you find them in the picture ....



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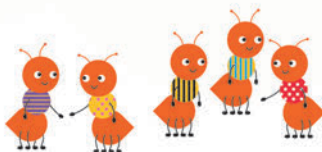
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## Numbers

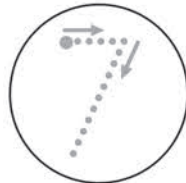
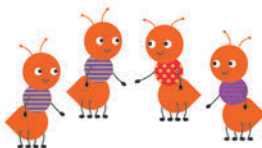


The number before is ....



Circle which 6 ants are the same?

The number after is ....



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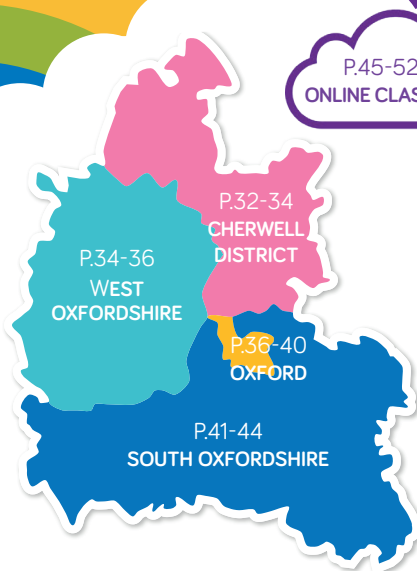
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# Daily Activity Planner

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

## CHERWELL DISTRICT AREA



P.45-52  
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## MONDAY

### MUSIC & SIGNING

#### Monkey Music Banbury and Bicester

Langford Village Community Hall, 8 Nightingale Place, Bicester, OX26 6XX. 01865 428420.

[www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

- **Jiggety-Jig:** 9:30 - 10:00. **Ages:** 2 - 4 yrs.
- **Heigh-Ho:** 10:15 - 10:45. **Ages:** 1 - 2 yrs.
- **Rock'n'Roll:** 11:00 - 11:30, 11:45 - 12:15 & 12:45 - 13:15.

**Ages:** 3 mths - 1 yrs.

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

**Dates:** 19 Apr - 24 May & 7 Jun - 19 Jul.

### PHYSICAL FUN

#### Little Kickers MK

Wykham Park Academy, Ruskin Road, Banbury, OX16 9HY.

01494 911133. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Little Kicks:** 8:45 - 9:30. **Ages:** 1 ½ yrs - 2 ½ yrs.
- **Junior Kickers:** 9:35 - 10:20. **Ages:** 2 ½ yrs - 3 ½ yrs.
- **Mighty Kickers:** 10:25 - 11:10. **Ages:** 3 ½ yrs - 5 yrs.

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

**Dates:** 12 Apr - 19 Jul.

### SWIMMING

#### Water Babies Bucks & Beds

Frank Wise School, Homebeam Close, Banbury, OX16 9RL.

01295 709221. [www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 16:00 - 18:00. **Ages:** 0 - 4 yrs. **Cost:** £17 per session (*booking essential*). **Dates:** 12 Apr - 14 Jun.

## HEALTH & WELLNESS

### Lisa Valentine Yoga

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

[www.lisavalentinyoga.co.uk](http://www.lisavalentinyoga.co.uk).

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

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

**Dates:** 12 Apr - 24 May.

BOOK NOW

## TUESDAY

### SWIMMING

#### Water Babies Bucks & Beds

Frank Wise School, Homebeam Close, Banbury, OX16 9RL.

01295 709221. [www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 16:00 - 18:00. **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.

[lisavalentinyoga.co.uk](http://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

## Are you running classes or events?

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[togethertimeoxfordshire@gmail.com](mailto:togethertimeoxfordshire@gmail.com)

## WEDNESDAY

### MUSIC & SIGNING

#### Monkey Music Banbury and Bicester

West Bicester Community Centre, Shakespeare Drive, Bicester, OX26 2GJ. 01865 428420. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

- **Heigh-Ho:** 10:15 - 10:45. **Ages:** 1 - 2 yrs.
- **Rock'n'Roll:** 11:00 - 11:30. **Ages:** 3 - 12 mths

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

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

#### Sing and Sign Oxford

Kidlington: Exeter Close Pavillion, Crown Road, Kidlington, OX5 1AG. 07795 005832. [www.singandsign.co.uk](http://www.singandsign.co.uk).

- **Sing and Sign Stage 2:** 10:00 - 10:40.

*Sing and Sign Stage 2 - walking to talking*

**Ages:** 13 mths - 18 mths.

- **Sing and Sign Stage 1:** 11:00 - 11:40.

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

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

- **Sing and Sign Babes:** 12:00 - 12:40.

*Sing and Sign Babes: 1-6 months*

**Ages:** 1 - 6 mths. **Cost:** £6 per session (booking essential).

**Dates:** 28 Apr - 26 May & 9 Jun - 7 Jul.

#### Lisa Valentine Yoga

The Core Zone, Stone Barn, Burgess Farm, Farthinghoe Road, Middleton Cheney, nr Banbury, OX17 2NE. 07957 215495. [lisavalentinyoga.co.uk](http://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

### PARENTS & TOTS

#### Little Leaves Forest School

Stratfield Brake Woodland, Nr Stratfield Brake Sports Ground, Off Frieze Way / A4260, Kidlington, OX5 1UP.

- **Preschool Nature Sessions:** 9:30 - 11:00 & 10:30 - 12:00.

**Ages:** 1 yrs - 4 yrs 11 mths. **Cost:** £6 per session (booking essential). **Dates:** 22 Apr - 27 May.

### MUSIC & SIGNING

#### Monkey Music Banbury and Bicester

Bloxham Ex-Servicemen's Club, High Street, Bloxham, Banbury, OX15 4LU. 01865 428420.

[www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

*Baby and Toddler Music Classes*

- **Heigh-Ho:** 9:30 - 10:00. **Ages:** 1 - 2 yrs.
- **Jiggety-Jig:** 10:15 - 10:45. **Ages:** 2 - 4 yrs.
- **Rock'n'Roll:** 11:00 - 11:30. **Ages:** 3 mths - 1 yrs.

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

**Dates:** 22 Apr - 29 Apr, 13 May - 27 May & 10 Jun - 15 Jul.

### HEALTH & WELLNESS

#### Lisa Valentine Yoga

The Core Zone, Stone Barn, Burgess Farm, Farthinghoe Road, Middleton Cheney, OX17 2NE. 07957 215495. [www.lisavalentinyoga.co.uk](http://www.lisavalentinyoga.co.uk).

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

**Cost:** £11 per class (booking essential). **Dates:** 15 Apr - 27 May.

[BOOK NOW](#)

### PREGNANCY

#### Lisa Valentine Yoga

The Core Zone, Stone Barn, Burgess Farm, Farthinghoe Road, Middleton Cheney, OX17 2NE. 07957 215495. [www.lisavalentinyoga.co.uk](http://www.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](http://toddle.fun/free-listing)

## FRIDAY

### MUSIC & SIGNING

#### Monkey Music Banbury and Bicester

Exeter Hall, Oxford Road, Kidlington, OX5 1AB.  
01865 428420. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

- **Heigh-Ho:** 9:20 - 9:50 & 9:50 - 10:20.

*Baby and Toddler Music Class Age 1-2 years*

**Ages:** 1 - 2 yrs.

- **Jiggety-Jig:** 10:50 - 11:20.

*Toddler Music Class Age 2+3*

**Ages:** 2 - 3 yrs.

- **Rock 'n' Roll:** 11:35 - 12:05 & 12:20 - 12:50.

*Baby Music Class Age 3 month+*

**Ages:** 3 mths - 1 yrs.

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

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

## SATURDAY

### PHYSICAL FUN

#### Little Kickers Oxford, Aylesbury & West Oxford

Stratfield Brake Sports Ground, Frieze Way, Kidlington, OX5 1UP. 07503 142496. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Little Kickers:** 8:45 - 9:30. **Ages:** 1 ½ yrs - 2 ½ yrs.
- **Junior Kickers:** 9:35 - 10:20. **Ages:** 1 ½ yrs - 5 yrs.
- **Mighty Kickers:** 10:25 - 11:10. **Ages:** 3 ½ yrs - 5 yrs.

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

**Dates:** 1 May - 17 Jul.

### Rugbytots Banbury, Towcester & Northampton

Wykhams Park Academy, Ruskin Road, Banbury, OX16 9HY.  
0345 313 0286. [www.rugbytots.co.uk](http://www.rugbytots.co.uk).

**Times:** 8:40 - 9:10 & 11:45 - 12:15. **Ages:** 2 yrs - 3 ½ yrs.

**Times:** 9:15 - 10:00 & 10:55 - 11:40. **Ages:** 3 ½ yrs - 5 yrs.

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

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

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

## SWIMMING

### Water Babies Bucks & Beds

Frank Wise School, Homebeam Close, Banbury, OX16 9RL.  
01295 709221. [www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 8:45 - 9:15. **Ages:** 0 - 4 yrs. **Cost:** £17 per session

(*booking essential*). **Dates:** 17 Apr - 19 Jun.

## SUNDAY

### PHYSICAL FUN

#### Rugbytots Banbury

Hanwell Fields Community Centre, Rotary Way, Banbury, OX16 1ER. 0345 313 0286. [www.rugbytots.co.uk](http://www.rugbytots.co.uk).

**Times:** 9:35 - 10:20. **Ages:** 3 ½ yrs - 5 yrs.

**Times:** 10:25 - 10:55. **Ages:** 2 yrs - 3 ½ yrs.

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

**Dates:** 6 Jun - 18 Jul.

## WEST OXFORDSHIRE

## MONDAY

### MUSIC & SIGNING

#### Sing and Sign Oxford

Finstock Village Hall, Well Hill, Finstock, OX7 3BU.  
07795 005832. [www.singandsign.co.uk](http://www.singandsign.co.uk).

- **Sing and Sign Stage 2:** 10:15 - 10:55.

*Sing and Sign Stage 2 - walking to talking*

**Ages:** 13 mths - 18 mths.

- **Sing and Sign Stage 1:** 11:15 - 12:00.

*Sing and Sign Stage 1: 6-14 months*

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

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

**Dates:** 26 Apr - 24 May & 7 Jun - 5 Jul.

### Tots Music

High Street Methodist Church, 40 High Street, Witney, OX28 6HG. 07957185753. [Helenjosephinemars.wixsite.com](http://Helenjosephinemars.wixsite.com).

- **Tots Music:** 10:00 - 11:00.

*Children's fun music group*

**Ages:** 6 mths - 5 yrs. **Cost:** £4 per session (*drop in*).

**Dates:** 7 Jun - 19 Jul.

## SENSORY & DEVELOPMENT

### Baby College West Oxfordshire

The Yoga Room, Balance Studios, 32 Bridge Street, Witney, OX28 1HY. 07736 435 771. [www.babycollege.co.uk](http://www.babycollege.co.uk).

- **Juniors Class:** 9:30 - 10:15. **Ages:** 1 yrs 4 mths - 3 yrs.
- **Toddlers Class:** 10:30 - 11:15. **Ages:** 8 mths - 1 yrs 4 mths.
- **Infants Class:** 11:30 - 12:15. **Ages:** 0 - 8 mths.

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

**Dates:** 19 Apr - 24 May & 7 Jun - 12 Jul.

BOOK NOW

## Are you running classes or events?

Advertise them on the Toddle About website for FREE at [toddle.fun/free-listing](http://toddle.fun/free-listing)

## SWIMMING

### Oxford Swimming Academy

Lincoln Farm Park, High Street, Standlake, Witney, OX29 7RH.  
07870 662483. [www.oxfordswimmingacademy.co.uk](http://www.oxfordswimmingacademy.co.uk).

30 min lessons. Free trials available.

- **Baby & Preschool Classes: 9:30 - 11:30. Ages:** 3 mths - 10 yrs.
- **Mainstream Classes: 16:00 - 18:30. Ages:** 4 - 13 yrs.

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

**Dates:** 12 Apr - 3 May.

## TUESDAY

## MUSIC & SIGNING

### Monkey Music Banbury and Bicester

Burwell Hall, 357 Thorney Leys, Witney, OX28 5NP.

01865 428420. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

*Baby and Toddler Music Classes*

- **Heigh-Ho: 9:30 - 10:00. Ages:** 1 - 2 yrs.
- **Jiggety-Jig: 10:15 - 10:45. Ages:** 2 - 4 yrs.
- **Rock'n'Roll: 11:00 - 11:30 & 11:45 - 12:15. Ages:** 3 - 12 mths.

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

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

## SWIMMING

### Oxford Swimming Academy

Lincoln Farm Park, High Street, Standlake, Witney, OX29 7RH.  
07870 662483. [www.oxfordswimmingacademy.co.uk](http://www.oxfordswimmingacademy.co.uk).

- **Baby & Preschool Classes: 9:30 - 11:30.**

**Ages:** 3 mths - 10 yrs.

- **Mainstream Classes: 16:00 - 19:30.**

30 min lessons. Free trials available.

**Ages:** 4 - 13 yrs.

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

**Dates:** 13 Apr - 4 May.

## WEDNESDAY

## MUSIC & SIGNING

### Monkey Music Banbury and Bicester

Glyme Hall, Burford Road, Chipping Norton, OX7 5DZ.

01865 428420. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

*Baby and Toddler Music Classes*

- **Heigh-Ho: 9:30 - 10:00. Ages:** 1 - 2 yrs.
- **Jiggety-Jig: 10:15 - 10:45. Ages:** 2 - 4 yrs.
- **Rock'n'Roll: 11:00 - 11:30. Ages:** 3 mths - 1 yrs.

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

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

## SENSORY & DEVELOPMENT

### Baby College West Oxfordshire

The High Street Methodist Church, 40 High Street, Witney,  
OX28 6HG. 07736 435 771. [www.babycollege.co.uk](http://www.babycollege.co.uk).

- **Juniors Class: 9:30 - 10:15. Ages:** 1 yrs 4 mths - 3 yrs.
- **Toddlers Class: 10:30 - 11:15. Ages:** 8 mths - 1 yrs 4 mths.
- **Infants Class: 11:30 - 12:15. Ages:** 0 - 8 mths.

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

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

BOOK NOW

## PHYSICAL FUN

### Little Kickers Oxford & Aylesbury

Carterton Recreation ground, 1 Arkell Gardens, Carterton,  
OX18 3DD. 07503 142496. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Little Kicks: 9:30 - 10:15. Ages:** 1 ½ yrs - 2 ½ yrs.
- **Junior Kickers: 10:30 - 11:15. Ages:** 2 ½ yrs - 3 ½ yrs.

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

**Dates:** 14 Apr - 14 Jul.

## SWIMMING

### Oxford Swimming Academy

Lincoln Farm Park, High Street, Standlake, Witney, OX29 7RH.  
07870 662483. [www.oxfordswimmingacademy.co.uk](http://www.oxfordswimmingacademy.co.uk).

30 min lessons. Free trials available.

- **Baby & Preschool Classes: 9:30 - 11:30. Ages:** 3 mths - 10 yrs.
- **Mainstream Classes: 16:00 - 19:30. Ages:** 4 - 13 yrs.

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

**Dates:** 14 Apr - 5 May.

## THURSDAY

## MUSIC & SIGNING

### Sing and Sign Oxford

Chipping Norton: Glyme Hall,, Burford Road, Chipping  
Norton, OX7 5DY. 07795 005832. [www.singandsign.co.uk](http://www.singandsign.co.uk).

- **Sing and Sign Stage 2: 9:45 - 10:25. For walking to talking.**

**Ages:** 13 mths - 18 mths. **Cost:** £8.50 per session (*booking essential*).

- **Sing and Sign Babes: 12:15 - 12:55.**

**Ages:** 1 - 6 mths. **Cost:** £6 per session (*booking essential*).

- **Sing and Sign Stage 1: 11:00 - 11:40.**

**Ages:** 6 mths - 1 yrs 2 mths. **Cost:** £8.50 per session (*booking essential*).

**Dates:** 29 Apr - 27 May & 10 Jun - 8 Jul.

## DANCE & DRAMA

### Atomic Dance

Long Compton Village Hall, Main Street, Long Compton,  
CV36 5JJ. 07392348155. [www.atomicdance.co.uk](http://www.atomicdance.co.uk).

- **Mini Combo: 16:15 - 17:15.**

**Ages:** 5 yrs - 7 ½ yrs. **Cost:** £6 per session (*booking essential*).

**Dates:** 15 Apr - 15 Jul.

## Are you running classes or events?

Advertise them on the Toddle About website for FREE at [toddle.fun/free-listing](http://toddle.fun/free-listing)

## PHYSICAL FUN

### Little Kickers Oxford, Aylesbury & West Oxford

Witney Community Primary School, Hailey Road, Witney, OX28 1HL. 07503 142496. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- Junior Kickers: 15:30 - 17:45. **Ages:** 2 ½ yrs - 3 ½ yrs.
- Mighty Kickers: 16:20 - 17:05. **Ages:** 3 ½ yrs - 5 yrs.
- Mega Kickers: 17:15 - 18:00. **Ages:** 5 - 7 yrs.

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

**Dates:** 15 Apr - 15 Jul.

## SWIMMING

### Oxford Swimming Academy

Lincoln Farm Park, High Street, Standlake, Witney, OX29 7RH. 07870 662483. [www.oxfordswimmingacademy.co.uk](http://www.oxfordswimmingacademy.co.uk).

- Baby & Preschool Classes: 13:30 - 14:30.

30 min lessons. Free trials available.

**Ages:** 3 mths - 10 yrs. **Cost:** £11 per session (*booking essential*). **Dates:** 15 Apr - 6 May.

## PREGNANCY

### Birth Baby Balance

West Oxfordshire, 3 Dawls Close, Ascott-under-Wychwood, OX7 6AT. 07909 545484. [www.birthbabybalance.co.uk](http://www.birthbabybalance.co.uk).

- Baby Massage

**Times:** 11:30 - 13:00 & 13:30 - 15:00. **Ages:** 2 - 6 mths.

**Dates:** 29 Apr - 3 Jun.

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

## FRIDAY

## PARENTS & TOTS

### Busy Bees Baby & Toddler Group

Eynsham Baptist Church Hall, Lombard Street, Eynsham, Witney, OX29 4HT. 07800 818625.

**Times:** 9:30 - 11:00. **Ages:** 0 - 5 yrs. **Cost:** £2 per session (*drop in*). **Dates:** 23 Apr - 28 May & 11 Jun - 16 Jul.

## SENSORY & DEVELOPMENT

### Baby College West Oxfordshire

Enstone Parish Hall, The Paddocks, Enstone, Chipping Norton, OX7 4AZ. 07736 435 771. [www.babycollege.co.uk](http://www.babycollege.co.uk).

- Juniors Class: 9:45 - 10:30. **Ages:** 1 yrs 4 mths - 3 yrs.
- Toddlers Class: 10:45 - 11:30. **Ages:** 8 mths - 1 yrs 4 mths.
- Infants Class: 11:45 - 12:30. **Ages:** 0 - 8 mths.

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

**Dates:** 23 Apr - 28 May, 11 Jun - 25 Jun & 9 Jul - 16 Jul.

BOOK NOW

## MUSIC & SIGNING

### Sing and Sign Oxford

Witney: High Street Methodist Church, High, Witney, OX28 6HG. 07795 005832. [www.singandsign.co.uk](http://www.singandsign.co.uk).

- Sing and Sign Stage 2: 9:45 - 10:25. *For walking to talking*. **Ages:** 13 mths - 18 mths.

- Sing and Sign Stage 1: 10:45 - 11:25. **Ages:** 6 - 14 mths.

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

- Sing and Sign Babes: 11:45 - 12:25.

**Ages:** 1 - 6 mths. **Cost:** £6 per session (*booking essential*).

**Dates:** 30 Apr - 28 May & 11 Jun - 9 Jul.

## SWIMMING

### Oxford Swimming Academy

Lincoln Farm Park, High Street, Standlake, Witney, OX29 7RH. 07870 662483. [www.oxfordswimmingacademy.co.uk](http://www.oxfordswimmingacademy.co.uk).

30 min lessons. Free trials available.

- Baby & Preschool Classes: 12:00 - 13:30. **Ages:** 3 mths - 10 yrs.

- Mainstream Classes: 16:00 - 17:30. **Ages:** 4 - 13 yrs.

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

**Dates:** 16 Apr - 7 May.

## SATURDAY

## PHYSICAL FUN

### Little Kickers Oxford & West Oxford

Carterton Recreation ground, 1 Arkell Gardens, Carterton, OX18 3DD. 07503 142496. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- Junior Kickers: 9:40 - 10:25. **Ages:** 2 ½ yrs - 3 ½ yrs.
- Little Kicks: 8:45 - 9:30. **Ages:** 1 ½ yrs - 2 ½ yrs.
- Mighty Kickers: 10:30 - 11:15. **Ages:** 3 ½ yrs - 5 yrs.

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

**Dates:** 17 Apr - 17 Jul.

### Little Kickers Oxford & West Oxford

Witney Community Primary School, Hailey Road, Witney, OX28 1HL. 07503 142496. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- Little Kicks: 8:40 - 9:25 & 13:00 - 13:45.

**Ages:** 1 ½ yrs - 2 ½ yrs.

- Junior Kickers: 9:35 - 10:20 & 13:00 - 13:45.

**Ages:** 2 ½ yrs - 3 ½ yrs.

- Mighty Kickers: 10:30 - 11:15 & 14:00 - 14:45.

**Ages:** 3 ½ yrs - 5 yrs.

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

**Dates:** 17 Apr - 17 Jul.

## SWIMMING

### Oxford Swimming Academy

Lincoln Farm Park, High Street, Standlake, Witney, OX29 7RH. 07870 662483. [www.oxfordswimmingacademy.co.uk](http://www.oxfordswimmingacademy.co.uk).

- Mainstream Classes: 9:00 - 12:30.

30 min lessons. Free trials available.

**Ages:** 4 - 13 yrs. **Cost:** £11 per session (*booking essential*).

**Dates:** 17 Apr - 1 May.

## Are you running classes or events?

Advertise them on the Toddle About website for FREE at [toddle.fun/free-listing](http://toddle.fun/free-listing)



## SUNDAY

### PHYSICAL FUN

#### Little Kickers Oxford & West Oxford

Witney Community Primary School, Hailey Road, Witney, OX28 1HL. 07503 142496. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- Little Kicks: 9:05 - 9:50. **Ages:** 1 ½ yrs - 2 ½ yrs.
- Junior Kickers: 10:00 - 10:45. **Ages:** 2 ½ yrs - 3 ½ yrs.
- Mighty Kickers: 10:55 - 11:40. **Ages:** 3 ½ yrs - 5 yrs.

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

**Dates:** 18 Apr - 18 Jul.

#### Rugbytots Banbury

Chipping Norton Leisure Centre, Burford road, Chipping Norton, OX7 5DY. 0345 313 0286. [www.rugbytots.co.uk](http://www.rugbytots.co.uk).

**Times:** 8:15 - 8:45. **Ages:** 2 yrs - 3 ½ yrs.

**Times:** 8:50 - 9:35. **Ages:** 3 ½ yrs - 5 yrs.

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

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

## OXFORD CITY AREA

## MONDAY

### PARENTS & TOTS

#### South Oxford Family Room

Grandpont Nursery School & Childcare, South Oxford Family Room, 47, Whitehouse Road, Oxford, OX1 4QH. 01865 254875. [www.grandpontnurseryschool.co.uk](http://www.grandpontnurseryschool.co.uk).

- Stay and Play with Story Time: 9:30 - 12:00.

**Ages:** Pregnancy - 5 yrs. **Cost:** £2 per session (*drop in*).

**Dates:** 12 Apr - 26 Apr, 10 May - 24 May & 7 Jun - 19 Jul.

### MUSIC & SIGNING

#### Monkey Music Oxford

NOA Community Centre, Diamond Place, Summertown, Oxford, OX2 7DP. 01235 519806. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

- Monkey Music Classes

*Award-winning preschool music classes*

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

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

**Times:** 11:30 - 12:00. **Ages:** 3 mths - 1 yrs.

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

**Dates:** 19 Apr - 26 Apr, 10 May - 24 May & 7 Jun - 19 Jul.

## SENSORY & DEVELOPMENT

#### Baby College Oxford

The Old Schoolhouse, Magdalen Road Church, Hertford Street, Oxford, OX4 3AJ. 01865421879. [www.babycollege.co.uk](http://www.babycollege.co.uk).

- Junior Class: 10:00 - 10:40. **Ages:** 1 ½ yrs - 3 yrs.
- Toddler Class: 11:00 - 11:40. **Ages:** 9 mths - 1 ½ yrs.
- Infant Class: 12:00 - 12:40. **Ages:** 0 - 9 mths.

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

**Dates:** 19 Apr - 26 Apr, 10 May - 24 May & 7 Jun - 19 Jul.

- Baby Massage Course: 13:15 - 14:15.

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

**Dates:** 19 Apr - 26 Apr, 10 May & 24 May.

BOOK NOW

Fun development classes  
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Contact Bea or Donna 07986 990024  
Book online at [www.babycollege.co.uk](http://www.babycollege.co.uk)

### PHYSICAL FUN

#### Little Kickers Oxford & West Oxford

Oxsrads Ltd Leisure Centre Court Place Farm, Marsh Lane Marston, Oxford, OX3 0NQ. 07503 142496. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- Little Kicks: 9:30 - 10:15. **Ages:** 1 ½ yrs - 2 ½ yrs.

- Junior Kickers: 10:30 - 11:15. **Ages:** 2 ½ yrs - 3 ½ yrs.

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

**Dates:** 12 Apr - 19 Jul.

#### Little Kickers Oxford & West Oxford

Cherwell School (South Site Gym), Marston Ferry Road, Summertown, Oxford, OX2 7EE. 07503 142496. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- Mighty Kickers: 16:30 - 17:15. **Ages:** 3 ½ yrs - 5 yrs.

- Mega Kickers: 17:20 - 18:05. **Ages:** 5 - 7 yrs.

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

**Dates:** 12 Apr - 19 Jul.

## Are you running classes or events?

Advertise them on the Toddle About website for FREE at [toddle.fun/free-listing](http://toddle.fun/free-listing)

## TUESDAY

### SENSORY & DEVELOPMENT

#### Baby College Oxford

Seacourt Hall Botley, 3 Church Way, Oxford, OX2 9SX.  
01865421879. [www.babycollege.co.uk](http://www.babycollege.co.uk).

- Junior Class: 9:45 - 10:25.

**Dates:** 20 Apr - 6 Jul.

- Toddler Class: 10:45 - 11:25.
- Infant Class: 11:45 - 12:25.

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

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

[BOOK NOW](#)

### PHYSICAL FUN

#### Betty Bloom Dance

Seacourt Hall, 3 Church Way, Botley, Oxford, OX2 9TH.  
+44 7785 232862. [www.bettybloomdance.co.uk](http://www.bettybloomdance.co.uk).

- Violets Class: 15:30 - 16:05.

*For Parents and Toddlers*

**Ages:** 0 - 4 mths. **Cost:** £5 per session (*booking essential*).

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

#### Little Kickers Oxford & Aylesbury

Headington - Bury Knowle Park, 178 London Rd, Headington, Oxford, OX3 9ED. 07503 142496. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- Little Kickers: 15:45 - 16:30. **Ages:** 1 ½ yrs - 2 ½ yrs.
- Junior Kickers: 15:45 - 16:30. **Ages:** 2 ½ yrs - 3 ½ yrs.
- Mighty Kickers: 16:35 - 17:20. **Ages:** 3 ½ yrs - 5 yrs.
- Mega Kickers: 16:35 - 17:20. **Ages:** 5 - 7 yrs.

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

**Dates:** 13 Apr - 20 Jul.

## WEDNESDAY

### MUSIC & SIGNING

#### Monkey Music Oxford

The Coach House, Quarry Road, Headington, OX3 8NU.  
01235 519806. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

- **Monkey Music Classes**

*Award-winning preschool music classes*

**Times:** 9:15 - 9:45 & 10:00 - 10:30. **Ages:** 1 - 2 yrs.

**Times:** 10:45 - 11:15. **Ages:** 2 - 3 yrs.

**Times:** 11:30 - 12:00. **Ages:** 3 mths - 1 yrs.

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

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



### Award winning music classes for babies & young children

Monkey Music Oxford  
E: [oxford@monkeymusic.co.uk](mailto:oxford@monkeymusic.co.uk)  
T: 01235 519806

ABINGDON on Monday all day  
SUMMERTOWN on Monday mornings  
MILLETS FARM CENTRE on Wednesday all day  
HEADINGTON on Wednesday mornings  
LIVE STREAMED CLASSES on Thursday mornings  
NORTH OXFORD on Friday all day  
WALLINGFORD on Friday mornings

Nurturing a lifetime of music [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk)



### SENSORY & DEVELOPMENT

#### Baby College Oxford

North Oxford Association Summertown, Diamond Place, Summertown (Wed), Oxford, OX2 7DP. 01865421879. [www.babycollege.co.uk](http://www.babycollege.co.uk).

- Junior Class: 9:45 - 10:25. **Ages:** 1 ½ yrs - 3 yrs.
- Toddler Class: 10:45 - 11:25. **Ages:** 9 mths - 1 ½ yrs.
- Infant Class: 11:45 - 12:25. **Ages:** 0 - 9 mths.

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

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

[BOOK NOW](#)

### SWIMMING

#### Oxford Swimming Academy

Headington School, Headington Road, Headington, Oxford, OX3 7TD. 07870 662483.  
[www.oxfordswimmingacademy.co.uk](http://www.oxfordswimmingacademy.co.uk).

- **Mainstream Classes:** 18:15 - 19:15.

30 min lessons. Free trials available.

**Ages:** 4 - 13 yrs. **Cost:** £11 per session (*booking essential*).

**Dates:** 14 Apr - 5 May.

### Are you running classes or events?

Advertise them on the Toddle About website for FREE at [toddle.fun/free-listing](http://toddle.fun/free-listing)



**Sing and Sign Babels**  
1-6 months old

Discover how your baby is learning to communicate

Connect with your baby through music, songs and games

Enjoy music together in our fun, interactive classes.

Help your baby/toddler communicate BEFORE speech

**Sing and Sign**  
6 months to talking

What does your little one want to tell you?

Classes in Oxford, Kidlington and West Oxfordshire  
Contact Emily: [oxford@singandsign.co.uk](mailto:oxford@singandsign.co.uk)



For Music classes with a difference, come to Musicland Oxford (Risinghurst). Ages 2-8.

**Transform the way your child learns music!**

[www.musiclandoxford.co.uk](http://www.musiclandoxford.co.uk)



## THURSDAY

### MUSIC & SIGNING

#### Sing and Sign Oxford

Cowley: Ark-T, Ark-T, Crowell Road, Oxford, OX4 3RN.

07795 005832. [www.singandsign.co.uk](http://www.singandsign.co.uk).

- **Sing and Sign Stage 2: 10:00 - 10:40.** For walking to talking

**Ages:** 13 mths - 18 mths.

- **Sing and Sign Stage 1: 11:00 - 11:40.** **Ages:** 6 - 14 mths.

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

- **Sing and Sign Babels: 12:00 - 12:40.** **Ages:** 1 - 6 mths.

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

**Dates:** 29 Apr - 27 May & 10 Jun - 8 Jul.

### SENSORY & DEVELOPMENT

#### Baby College Oxford

All Saints Church House Headington,

39-41 New High Street, Oxford, OX3 7AL. 01865 421879.

[www.babycollege.co.uk](http://www.babycollege.co.uk).

- **Junior Class: 9:45 - 10:25.** **Ages:** 1 ½ yrs - 3 yrs.
- **Toddler Class: 10:45 - 11:25.** **Ages:** 9 mths - 1 ½ yrs.
- **Infant Class: 11:45 - 12:25.** **Ages:** 0 - 9 mths.

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

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

[BOOK NOW](#)

## FRIDAY

### PARENTS & TOTS

#### South Oxford Family Room

Grandpont Nursery School & Childcare, South Oxford Family Room, 47, Whitehouse Road, Oxford, OX1 4QH.

01865 254875. [www.grandpontnurseryschool.co.uk](http://www.grandpontnurseryschool.co.uk).

- **Stay and Play with Story Time: 9:30 - 12:00.**

**Ages:** Pregnancy - 5 yrs. **Cost:** £2 per session (drop in).

**Dates:** 16 Apr - 16 Jul.

## MUSIC & SIGNING

#### Monkey Music Oxford

St. Margaret's Institute, Polsead Road, Oxford, OX2 6TN.

01235 519806. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

- **Monkey Music Classes**

Award-winning preschool music classes

**Times:** 9:30 - 10:00, 11:00 - 11:30 & 12:40 - 13:10. **Ages:** 2 - 3 yrs.

**Times:** 10:15 - 10:45 & 15:00 - 15:30. **Ages:** 1 - 2 yrs.

**Times:** 11:45 - 12:15 & 14:00 - 14:30. **Ages:** 3 - 4 yrs.

**Times:** 15:45 - 16:15. **Ages:** 3 mths - 1 yrs.

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

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

## SENSORY & DEVELOPMENT

#### Baby College Oxford

The Old Schoolhouse, Magdalen Road Church, Hertford

Street, Oxford, OX4 3AJ. 01865421879.

[www.babycollege.co.uk](http://www.babycollege.co.uk).

- **Baby Massage Course: 13:15 - 14:15.**

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

**Dates:** 23 Apr - 14 May.

- **Toddler Class: 10:00 - 10:40.** **Ages:** 1 - 2 yrs.

- **Infant Class: 11:00 - 11:40 & 12:00 - 12:40.** **Ages:** 0 - 6 mths.

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

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

[BOOK NOW](#)

## PHYSICAL FUN

#### Little Kickers Oxford & Aylesbury

Cutteslowe Park, Elsfield way, Oxford, OX2 8NP.

07503 142496. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Little Kicks: 15:45 - 16:30.** **Ages:** 1 ½ yrs - 2 ½ yrs.

- **Junior Kickers: 15:45 - 16:30.** **Ages:** 2 ½ yrs - 3 ½ yrs.

- **Mighty Kickers: 16:35 - 17:20.** **Ages:** 3 ½ yrs - 5 yrs.

- **Mega Kickers: 16:35 - 17:20.** **Ages:** 5 - 7 yrs.

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

**Dates:** 16 Apr - 16 Jul.

## Are you running classes or events?

Advertise them on the Toddle About website for FREE at [toddle.fun/free-listing](http://toddle.fun/free-listing)

## SATURDAY

### MUSIC & SIGNING

#### Musicland Oxford

Risinghurst Community Centre, Kiln Lane, Oxford, OX3 8HA.  
07979 813252. [www.musiclandoxford.co.uk](http://www.musiclandoxford.co.uk).

- **Scutterbugs:** 10:00 - 10:30 & 10:45 - 11:15.

*A creative and fun way to learn basic music skills*

**Ages:** 2 - 5 yrs. **Cost:** £6 per session (*booking essential*).

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

### SENSORY & DEVELOPMENT

#### NTC De Droomtorens

St. Ebbe's Primary School, Whitehouse Road, Oxford,  
OX1 4NA. 07770878536. [www.dedroomtorens.org.uk](http://www.dedroomtorens.org.uk).

- **Ouder- en Kindgroep:** 10:00 - 12:00.

*Dutch speaking group - play freely, discover, meet & be creative!*

**Ages:** 1 mths - 4 yrs. **Cost:** Free (*drop in*).

**Dates:** 24 Apr, 15 May, 12 Jun & 3 Jul.

### PHYSICAL FUN

#### Betty Bloom Dance

Sandhills School, Terrett Ave, (Entrance via Community Hall),  
Headington, OX3 8FN. +44 7785 232862.

[www.bettybloombdance.co.uk](http://www.bettybloombdance.co.uk).

- **Violets Class:** 9:15 - 9:50. *For Parents and Toddlers*

**Ages:** 0 - 4 mths. **Cost:** £5 per session (*booking essential*).

**Dates:** 17 Apr - 22 May & 5 Jun - 10 Jul.

#### Little Kickers Oxford & Aylesbury

Oxrad Ltd Leisure Centre Court Place Farm, Marsh Lane  
Marston, Oxford, OX3 0NQ. 07503 142496.

[www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Mighty Kickers:** 8:40 - 9:25 & 10:30 - 11:15.

**Ages:** 3 ½ yrs - 5 yrs

- **Junior Kickers:** 9:35 - 10:20. **Ages:** 2 ½ yrs - 3 ½ yrs.

- **Mega Kickers:** 11:20 - 12:05. **Ages:** 5 - 7 yrs.

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

**Dates:** 17 Apr - 17 Jul.

#### Little Kickers Oxford & Aylesbury

Cherwell School (South Site Gym), Marston Ferry Road,  
Summertown, Oxford, OX2 7EE. 07503 142496.

[www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Little Kicks:** 9:10 - 9:55. **Ages:** 1 ½ yrs - 2 ½ yrs.

- **Junior Kickers:** 10:05 - 10:50. **Ages:** 2 ½ yrs - 3 ½ yrs.

- **Mighty Kickers:** 11:00 - 11:45. **Ages:** 3 ½ yrs - 5 yrs.

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

**Dates:** 17 Apr - 17 Jul.

### SWIMMING

#### Oxford Swimming Academy

Headington School, Headington Road, Oxford, OX3 7TD.  
07870 662483. [www.oxfordswimmingacademy.co.uk](http://www.oxfordswimmingacademy.co.uk).

- **Mainstream Classes:** 14:00 - 18:00.

*30 min lessons. Free trials available.*

**Ages:** 4 - 13 yrs. **Cost:** £11 per session (*booking essential*).

**Dates:** 17 Apr - 1 May.



## Little Kickers®

**Football fun** for children  
aged 18 months - 7 years.

"Learning the FUNdamentals of Football"

[www.LittleKickers.co.uk](http://www.LittleKickers.co.uk)

[facebook.com/LittleKickers](https://facebook.com/LittleKickers)

[Twitter: @LittleKickers](https://twitter.com/LittleKickers)

## SUNDAY

### PHYSICAL FUN

#### Little Kickers Oxford & Aylesbury

Oxrad Ltd Leisure Centre Court Place Farm, Marsh Lane  
Marston, Oxford, OX3 0NQ. 07503 142496.

[www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Little Kicks:** 9:05 - 9:50. **Ages:** 1 ½ yrs - 2 ½ yrs.

- **Junior Kickers:** 10:05 - 10:50. **Ages:** 2 ½ yrs - 3 ½ yrs.

- **Mighty Kickers:** 11:00 - 11:45. **Ages:** 3 ½ yrs - 5 yrs.

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

**Dates:** 18 Apr - 18 Jul.

#### Little Kickers Oxford & Aylesbury

Cherwell School (South Site Gym), Marston Ferry Road,  
Summertown, Oxford, OX2 7EE. 07503 142496.

[www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Mega Kickers:** 9:00 - 9:45. **Ages:** 5 - 7 yrs.

- **Junior Kickers:** 9:55 - 10:40. **Ages:** 2 ½ yrs - 3 ½ yrs.

- **Mighty Kickers:** 10:50 - 11:35. **Ages:** 3 ½ yrs - 5 yrs.

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

**Dates:** 18 Apr - 18 Jul.

## Are you running classes or events?

Advertise them on the Toddle About website for FREE at [toddle.fun/free-listing](http://toddle.fun/free-listing)



## Little Kickers Oxford & Aylesbury

Headington - Bury Knowle Park, 178 London Rd, Headington, Oxford, OX3 9ED. 07503 142496. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- Little Kicks: 13:10 - 13:55. **Ages:** 1 ½ yrs - 2 ½ yrs.
- Junior Kickers: 13:10 - 13:55. **Ages:** 2 ½ yrs - 3 ½ yrs.
- Mighty Kickers: 14:00 - 14:45. **Ages:** 3 ½ yrs - 5 yrs.
- Mega Kickers: 14:00 - 14:45. **Ages:** 5 - 7 yrs.

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

**Dates:** 18 Apr - 18 Jul.

## Little Kickers Oxford & Aylesbury

Sandhills Community Primary School, Terrett Avenue, Sandhills, Headington, OX3 8FN. 07503 142496. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- Little Kicks: 8:45 - 9:30. **Ages:** 1 ½ yrs - 2 ½ yrs.
- Junior Kickers: 8:45 - 9:30. **Ages:** 2 ½ yrs - 3 ½ yrs.
- Mighty Kickers: 9:40 - 10:25. **Ages:** 3 ½ yrs - 5 yrs.
- Mega Kickers: 10:30 - 11:15. **Ages:** 5 - 7 yrs.

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

**Dates:** 18 Apr - 18 Jul.

## SOUTH OXFORDSHIRE AREA

## MONDAY

### PARENTS & TOTS

#### First Steps Family Hub

First Steps Chalgrove and Watlington Family Hub, High Street, Chalgrove, OX44 7ST. 01865 400234. [www.firststepshub.org.uk](http://www.firststepshub.org.uk).

- **Tea & Tinies:** 10:00 - 11:00.

Book via Messenger or email [info@firststepshub.org.uk](mailto:info@firststepshub.org.uk)

**Ages:** 0 - 1 yrs. **Cost:** £2 per session (*booking essential*).

**Dates:** 19 Apr - 12 Jul.

### MUSIC & SIGNING

#### Abingdon Music Centre

Abingdon Music Centre, Music Building, Larkmead School, Faringdon Road, Abingdon, OX14 1RF. 07934 364940. [www.abingdonmusic.org.uk](http://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.

#### Boogie Mites South Oxfordshire

Grove Village Hall, Main Street, Grove, OX12 7JY. 07876 030129. [www.facebook.com/BoogieMitesSouthOxon](https://www.facebook.com/BoogieMitesSouthOxon)

Discover the brain-boosting power of active music-making!

- **Toddlers:** 10:00 - 10:30. **Ages:** 1 - 3 yrs.
- **Birth to Crawling:** 11:00 - 11:30. **Ages:** 0 - 1 yrs.

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

**Dates:** 10 May - 24 May & 7 Jun - 12 Jul.

#### Monkey Music Oxford

Christ Church Hall, Northcourt Road, Abingdon, OX14 1PL. 01235 519806. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

- **Monkey Music Classes**

Award-winning preschool music classes

**Times:** 9:15 - 9:45, 10:00 - 10:30 & 15:00 - 15:30. **Ages:** 1 - 2 yrs.

**Times:** 10:45 - 11:15 & 15:45 - 16:15. **Ages:** 2 - 3 yrs.

**Times:** 11:30 - 12:00. **Ages:** 3 - 4 yrs.

**Times:** 12:30 - 13:00 & 14:15 - 14:45. **Ages:** 3 mths - 1 yrs.

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

**Dates:** 19 Apr - 26 Apr, 10 May - 24 May & 7 Jun - 19 Jul.



- Family groups
- Active music-making
- Preschool & nursery sessions
- Early Years Practitioner training

Find out more! Email: [lizziel@boogiemites.co.uk](mailto:lizziel@boogiemites.co.uk)  
 @BoogieMitesSouthOxon

## SENSORY & DEVELOPMENT

### Sutton Courtenay Environmental Education Centre, BBOWT

Sutton Courtenay Environmental Education Centre, Sutton Courtenay, Abingdon, OX14 4TE. 01235 862024. [www.bbowl.org.uk](http://www.bbowl.org.uk).

- **Nature Tots:** 9:30 - 11:00 & 12:30 - 14:00.

**Ages:** 1 ½ yrs - 4 yrs. **Cost:** £7 per session (*booking essential*).

**Dates:** 17 May, 14 Jun & 12 Jul.

## TUESDAY

### PARENTS & TOTS

#### First Steps Chalgrove and Watlington Family Hub

St Leonards Church, Pyrton Lane, Watlington, OX49 5LX. 01865 400234. [www.firststepshub.org.uk](http://www.firststepshub.org.uk).

- **Tea & Tinies:** 10:00 - 11:00.

Book via Messenger or email [info@firststepshub.org.uk](mailto:info@firststepshub.org.uk)

**Ages:** 0 - 1 yrs. **Cost:** £2 per session (*booking essential*).

**Dates:** 20 Apr - 13 Jul.

## Are you running classes or events?

Advertise them on the Toddle About website for FREE at [toddle.fun/free-listing](https://toddle.fun/free-listing)

## MUSIC & SIGNING

### Abingdon Music Centre

Christ Church, Abingdon, Northcourt Road, Abingdon, OX14 1PL. 07934 364940. [www.abingdonmusic.org.uk](http://www.abingdonmusic.org.uk).

- **Mini Music Makers**

*Making music fun! Pay as you go class.*

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

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

**Cost:** £4.85 per session (*drop in*).

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

### Sing and Sign Oxford

Botley: Dean Court Community Centre, Pinnocks Way, Oxford, OX2 9DG. 07795 005832. [www.singandsign.co.uk](http://www.singandsign.co.uk).

- **Sing and Sign Stage 2: 10:00 - 10:40.** *For walking to talking*

**Ages:** 13 mths - 18 mths. **Dates:** 27 Apr - 6 Jul.

- **Sing and Sign Stage 1: 11:00 - 11:45.** **Ages:** 6 - 14 mths.

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

- **Sing and Sign Babes: 12:00 - 12:40.** **Ages:** 1 - 6 mths.

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

**Dates:** 27 Apr - 25 May & 8 Jun - 6 Jul.

## WEDNESDAY

## MUSIC & SIGNING

### Abingdon Music Centre

Abbey Baptist Church, Abingdon, Checker Walk, Abingdon, OX14 3JB. 07934 364940. [www.abingdonmusic.org.uk](http://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.

### Boogie Mites South Oxfordshire

West Hendred Village Hall, Ginge Road, West Hendred, OX12 8RP. 07876 030129. [www.fb.com/BoogieMitesSouthOxon](http://www.fb.com/BoogieMitesSouthOxon)

*Discover the brain-boosting power of active music-making!*

- **Toddlers: 10:00 - 10:30.** **Ages:** 1 - 3 yrs.

- **Birth to Crawling: 11:00 - 11:30.** **Ages:** 0 - 1 yrs.

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

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

### Monkey Music Oxford

Sprouts Play Barn, Millets Farm Centre, Frilford, Abingdon, OX13 5HB. 01235 519806. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

- **Monkey Music Classes**

*Award-winning preschool music classes*

**Times:** 9:40 - 10:10. **Ages:** 3 - 4 yrs.

**Times:** 10:30 - 11:00 & 12:00 - 12:30. **Ages:** 2 - 3 yrs.

**Times:** 11:15 - 11:45, 12:45 - 13:15 & 15:00 - 15:30.

**Ages:** 1 - 2 yrs.

**Times:** 14:15 - 14:45 & 15:45 - 16:15. **Ages:** 3 mths - 1 yrs.

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

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



**Betty Bloom Dance**

**First class is free!**

**Presents...**

### Dance Classes for Toddlers

Simple routines, fab music, dress-up, yoga, role-play, props, games and lots of fun.

Classes in Oxford and South Oxfordshire!

**Come and have a blast!**



To reserve a place, please get in touch!

[bettybloomdance@gmail.com](mailto:bettybloomdance@gmail.com) 07785 232862

[www.bettybloomdance.co.uk](http://www.bettybloomdance.co.uk)

## SWIMMING

### Oxford Swimming Academy

Radley College Pool, Kennington Road, Radley, Abingdon, OX14 2HR. 07870 662483.

[www.oxfordswimmingacademy.co.uk](http://www.oxfordswimmingacademy.co.uk).

- **Baby & Preschool Classes: 9:30 - 12:00.**

*30 min lessons. Free trials available.*

**Ages:** 4 mths - 4 yrs 9 mths. **Cost:** £11 per session (*booking essential*). **Dates:** 21 Apr - 14 Jul.

## THURSDAY

## PARENTS & TOTS

### First Steps Chalgrove and Watlington

#### Family Hub

First Steps Chalgrove and Watlington Family Hub, High Street, Chalgrove, OX44 7ST. 01865 400234. [www.firststepshub.org.uk](http://www.firststepshub.org.uk).

- **Stay and Play: 10:00 - 11:00.**

*Book via Messenger or email [info@firststepshub.org.uk](mailto:info@firststepshub.org.uk)*

**Ages:** 0 - 4 yrs. **Cost:** £2 per session (*booking essential*).

**Dates:** 22 Apr - 15 Jul.

## Are you running classes or events?

Advertise them on the Toddle About website for FREE at [toddle.fun/free-listing](http://toddle.fun/free-listing)

## MUSIC & SIGNING

### Abingdon Music Centre

Music Building, Larkmead School, Faringdon Road, Abingdon, OX14 1RF. 07934 364940. [www.abingdonmusic.org.uk](http://www.abingdonmusic.org.uk).

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

*Making music fun! £4.40/session (£3.90 babies). Pay termly. Ages:* 1 ½ yrs - 2 ½ yrs. **Cost:** £4.40 per session (*booking essential*). **Dates:** 22 Apr - 27 May & 10 Jun - 15 Jul.

## DANCE & DRAMA

### Stagecoach Theatre Arts School

Valley Road School, Valley Road, Henley on Thames, RG9 1RR. 01494 533203. [www.stagecoach.co.uk](http://www.stagecoach.co.uk).

- **Early Stages:** 16:30 - 18:00.

*30 mins each of singing, dance and drama per week*

**Ages:** 4 - 6 yrs. **Cost:** £14 per session (*booking essential*).

**Dates:** 22 Apr - 8 Jul.

## PHYSICAL FUN

### Betty Bloom Dance

Steventon Village Hall, The Green, Steventon, OX13 9RR. +44 7785 232862. [www.bettybloomdance.co.uk](http://www.bettybloomdance.co.uk).

- **Violets Class:** 15:30 - 16:05.

*For Parents and Toddlers*

**Ages:** 0 - 4 mths. **Cost:** £5 per session (*booking essential*).

**Dates:** 22 Apr - 29 Apr, 13 May - 27 May & 10 Jun - 15 Jul.

### Little Kickers Oxford & Aylesbury

Lord William's School, Oxford Road, Thame, OX9 2AQ. 07503 142496. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Mighty Kickers:** 16:25 - 17:10. **Ages:** 3 ½ yrs - 5 yrs.

- **Mega Kickers:** 17:00 - 17:45. **Ages:** 5 - 7 yrs.

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

**Dates:** 15 Apr - 15 Jul.

## SWIMMING

### Oxford Swimming Academy

Radley College Pool, Kennington Road, Radley, Abingdon, OX14 2HR. 07870 662483.

[www.oxfordswimmingacademy.co.uk](http://www.oxfordswimmingacademy.co.uk).

- **Baby & Preschool Classes:** 9:30 - 12:00.

*30 min lessons. Free trials available.*

**Ages:** 4 mths - 4 yrs 9 mths. **Cost:** £11 per session (*booking essential*).

**Dates:** 22 Apr - 15 Jul.

### Oxford Swimming Academy

Harwell School, The Styles, Harwell, OX11 0HX. 07870 662483. [www.oxfordswimmingacademy.co.uk](http://www.oxfordswimmingacademy.co.uk).

**Times:** 16:00 - 18:30. **Ages:** 2 yrs 5 mths - 8 yrs.

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

**Dates:** 22 Apr - 20 May.

## FRIDAY

## PARENTS & TOTS

### First Steps Chalgrove and Watlington

#### Family Hub

First Steps Chalgrove and Watlington Family Hub, High Street, Chalgrove, OX44 7ST. 01865 400234. [www.firststepshub.org.uk](http://www.firststepshub.org.uk).

- **Stay and Play:** 10:00 - 11:00.

*Book via Messenger or email [info@firststepshub.org.uk](mailto:info@firststepshub.org.uk)*

**Ages:** 0 - 4 yrs. **Cost:** £2 per session (*booking essential*).

**Dates:** 23 Apr - 16 Jul.

## MUSIC & SIGNING

### Abingdon Music Centre

Abbey Baptist Church, Abingdon, Checker Walk, Abingdon, OX14 3JB. 07934 364940. [www.abingdonmusic.org.uk](http://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.

### Monkey Music Oxford

Centre 70, Kincroft, Wallingford, OX10 0DT. 01235 519806. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

*Award-winning preschool music classes*

- **Heigh-Ho:** 9:15 - 9:45, 10:00 - 10:30 & 11:30 - 12:00.

**Ages:** 1 - 2 yrs.

- **Jiggety-Jig:** 10:45 - 11:15. **Ages:** 2 - 3 yrs.

- **Rock'n'Roll:** 12:15 - 12:45. **Ages:** 3 mths - 1 yrs.

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

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

## SENSORY & DEVELOPMENT

### Sutton Courtenay Environmental

#### Education Centre, BBOWT

Sutton Courtenay Environmental Education Centre, Sutton Courtenay, Abingdon, OX14 4TE. 01235862024. [www.bbowl.org.uk](http://www.bbowl.org.uk).

- **Nature Tots:** 9:30 - 11:00 & 12:30 - 14:00.

**Ages:** 1 ½ yrs - 4 yrs. **Cost:** £7 per session (*booking essential*).

**Dates:** 21 May, 18 Jun & 16 Jul.

## SWIMMING

### Oxford Swimming Academy

Kingfisher School, Radley Road, Abingdon, OX14 3RR. 07870 662483. [www.oxfordswimmingacademy.co.uk](http://www.oxfordswimmingacademy.co.uk).

- **Mainstream Classes:** 17:30 - 20:00.

*30 min lessons. Free trials available.*

**Ages:** 3 - 10 yrs. **Cost:** £11 per session (*booking essential*).

**Dates:** 16 Apr - 7 May & 16 Apr - 7 May.

## Are you running classes or events?

Advertise them on the Toddle About website for FREE at [toddle.fun/free-listing](http://toddle.fun/free-listing)

## SATURDAY

### DANCE & DRAMA

#### Stagecoach Theatre Arts School

Valley Road School, Valley Road, Henley on Thames,  
RG9 1RR. 01494 533203. [www.stagecoach.co.uk](http://www.stagecoach.co.uk).

- **Early Stages:** 9:30 - 11:00 & 11:30 - 13:00.

30 mins each of singing, dance and drama per week

**Ages:** 4 - 6 yrs. **Cost:** £14 per session (booking essential).

**Dates:** 24 Apr - 10 Jul.

### PHYSICAL FUN

#### Little Kickers Oxford, Aylesbury & West Oxford

Lord William's School, Oxford Road, Thame, OX9 2AQ.  
07503 142496. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Little Kicks:** 8:40 - 9:25. **Ages:** 1 ½ yrs - 2 ½ yrs.
- **Junior Kickers:** 9:35 - 10:20. **Ages:** 2 ½ yrs - 3 ½ yrs.
- **Mighty Kickers:** 10:30 - 11:15. **Ages:** 3 ½ yrs - 5 yrs.
- **Mega Kickers:** 11:20 - 12:05. **Ages:** 5 - 7 yrs.

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

**Dates:** 17 Apr - 17 Jul.

### SWIMMING

#### Oxford Swimming Academy

Harwell School, The Styles, Harwell, OX11 0HX.  
07870 662483. [www.oxfordswimmingacademy.co.uk](http://www.oxfordswimmingacademy.co.uk).

**Times:** 9:00 - 12:00. **Ages:** 2 yrs 5 mths - 8 yrs.

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

**Dates:** 24 Apr - 26 Jun.

## SUNDAY

### PHYSICAL FUN

#### Little Kickers Oxford & Aylesbury

Lord William's School, Oxford Road, Thame, OX9 2AQ.  
07503 142496. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Junior Kickers:** 9:40 - 10:25.

**Ages:** 2 ½ yrs - 3 ½ yrs.

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

**Dates:** 18 Apr - 18 Jul.

#### Little Kickers Oxford & Aylesbury

Faringdon, TBC. 07503 142496.

[www.littlekickers.co.uk](http://www.littlekickers.co.uk).

**Times:** 8:40 - 11:00. **Ages:** 1 ½ yrs - 5 yrs.

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

**Dates:** 18 Apr - 18 Jul.

#### Little Kickers Oxford & Aylesbury

Lord William's School, Oxford Road, Thame, OX9 2AQ.  
07503 142496. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Little Kicks:** 8:45 - 9:30. **Ages:** 1 ½ yrs - 2 ½ yrs.
- **Mighty Kickers:** 10:35 - 11:20. **Ages:** 3 ½ yrs - 5 yrs.

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

**Dates:** 18 Apr - 18 Jul.

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### Are you running classes or events?

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# Online Activity Guide

toddle<sup>about</sup>  
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](http://www.epicdad.co.uk).

• **EPIC Dad Chat:** 19:00 - 20:00.

[www.facebook.com/EPIC-Dad-1827266040860933/](https://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](http://www.suffolklibraries.co.uk).

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

[www.facebook.com/southwoldlibrary](https://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.yogawithlizzy.co.uk).

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

[www.facebook.com/YogaWalks](http://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](http://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](http://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](http://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](http://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](http://www.suffolklibraries.co.uk).

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

[www.facebook.com/southwoldlibrary](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.yogawithlizzy.co.uk).

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

[www.facebook.com/YogaWalks](https://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](http://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](http://www.birchbabybalance.co.uk).

• **KGHypnobirthing 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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.yogawithlizzy.co.uk).

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

[www.facebook.com/YogaWalks](http://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](http://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](http://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

Birth Right Hypnobirthing, online, online, online, online.

07817 233480. [www.birtright-hypnobirthing.co.uk](http://www.birtright-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](http://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](http://www.suffolklibraries.co.uk).

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

[www.facebook.com/southwoldlibrary](http://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](http://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](http://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](http://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](http://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](http://www.robotreg.co.uk).

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

[www.robotreg.co.uk/pages/manningtree-clacton-north-colch](http://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](http://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](http://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](http://www.yogawithlizzy.co.uk).

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

[www.facebook.com/YogaWalks](http://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](http://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](http://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](http://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](http://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](http://www.suffolklibraries.co.uk).

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

[www.facebook.com/southwoldlibrary](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://lisavalentinyoga.co.uk).

- **Yoga Online:** Monthly Subscription.

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

BOOK NOW

### Yoga With Lizzy

07950 573719. [www.yogawithlizzy.co.uk](http://www.yogawithlizzy.co.uk).

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

[www.facebook.com/YogaWalks](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.singandsign.co.uk).

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

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

**Dates:** 26 Apr - 27 Jun.

### PREGNANCY

#### Yogabellies with Donna

07498 205256. <http://>

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

*Yoga classes for expectant mums*

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

**Dates:** 18 Apr - 9 May.

### STORY TIME

#### Independent Usborne Leader

07739 287168. [www.thebookballoon.co.uk](http://www.thebookballoon.co.uk).

• **Story Time Online:** 19:00 - 19:20.

*Story Time Online with Busy Bee Books*

**Cost:** Free (*drop in*). **Dates:** 18 Apr - 4 Jul.

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the most important thing is to  
let people know you are  
doing the right thing”

- JOHN D. ROCKEFELLER

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