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# toddle

about

MK & Bucks

April - June 2021

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**WE LOOK FORWARD TO HEARING FROM YOU**

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

# 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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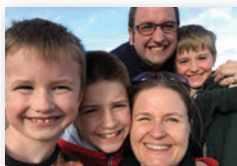
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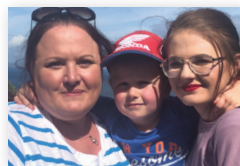
## MEET THE TEAM



Tim & Ruth - Chief Editors



Alec - Chief Techie



Lorraine - Advertising & Customer Support

**14,000 copies** of Toddle About are distributed every quarter all over Buckinghamshire, including Milton Keynes, Buckingham, Aylesbury, High Wycombe, Princes Risborough, Amersham, Marlow and surrounding areas.

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Toddle About, Unit 3, Yorks Farm Business Centre, Watling Street, Towcester, Northamptonshire, NN12 8EU. Call us on 01908 596050.

Follow us for daily updates!



# Bite SIZED NEWS



## Tot Bop is Back

Tot Bop have re-launched their live dance classes for ages 1-9 in Herts, Beds & Bucks, including a new Saturday venue in Aston Clinton, and are delighted to have real humans in front of them again! COVID-safe procedures have been implemented with reduced capacity in each class but keeping all the fun, moves and grooves. And their amazing online classes continue too. Imaginative and educational, their online classes use animation to enhance learning and create magical worlds.

**Book online at [www.totbop.co.uk](http://www.totbop.co.uk) or e-mail [info@totbop.co.uk](mailto:info@totbop.co.uk). P.43**



## Beautiful Family Portraits

As a freelance photographer Laura creates images you can hold onto forever:

**Studio Photography:** You'll love her studio; it's bright and comfortable. Take your things and she'll make you feel at home.

**Location Photography:** When it's a milestone event, a special celebration, or maybe just a favourite spot – let her come to you.

**To talk, call Laura on 01280812573. [www.LC-photography.com](http://www.LC-photography.com).**

*Book before June 2021 and quote TODDLE ABOUT to get an extra print FREE. P.13*



## Development Classes for Lockdown Babies

Baby College are incredibly excited about restarting their baby development classes and welcoming all new parents onto their mats. Lockdown has been an incredibly worrying time for new parents, so at Baby College parents have an opportunity to learn Parenting Insights, meet other parents, tummy time ideas, baby massage, baby yoga, Makaton signing, sensory play and movement activities for physical and neurological development... and much more! Classes return in April.

**Book at [babycollege.co.uk](http://babycollege.co.uk) or email [kate@babycollege.co.uk](mailto:kate@babycollege.co.uk). P.37**

## Monkey Music Classes Return

Award-winning Monkey Music classes are back and in new venues for the summer term. These wonderful classes introduce music to babies and toddlers, whilst encouraging social, physical, language and musical development within a fun, stimulating and friendly environment. COVID secure classes are now running in High Wycombe, Haddenham, Waddesdon, Wendover, and Tring. Your first class is free!

**Contact [aylesbury@monkeymusic.co.uk](mailto:aylesbury@monkeymusic.co.uk) or 01494 819138. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk). P.41**



## Fostering an Active Imagination

Toddler Sense is for children from 13 months to four years. It's designed to foster a love of exercise in children, and every activity has been created to stimulate the imagination, helping children develop vital social, emotional, intellectual and creative skills. Each week is different; one week you might zoom to the stars, another dig for dinosaurs or dive down to explore the bottom of the blue lagoon!

**[toddlersense.com/milton-keynes/home](http://toddlersense.com/milton-keynes/home). 10% off when you book a 5-week block. P.38**







Nestled in 35 acres of glorious countryside on the Oxfordshire, Buckinghamshire and Northamptonshire borders, Beachborough is an exciting and independent preparatory school that blends innovation and opportunity with traditional values to create an environment where children thrive. Beachborough is open to girls and boys from 2½ to 13. If you would like to arrange an individual tour, the Admissions Manager, Ms. Lucy Glynn, would be delighted to find a suitable date for you to visit.

Contact [admissions@beachborough.com](mailto:admissions@beachborough.com) or visit [www.beachborough.com](http://www.beachborough.com). **P.8**

### Antenatal Classes for New & Old Hands

There's a new antenatal class in town and it's not only for first time parents, but has a class just for 2nd, 3rd or 4th timers!

**Our Baby Club** promises zero-judgement sessions helping you get back into newborn mode, give advice on preparing your toddler for the new arrival and tips on managing with two or more - as well as a great chance to make new friends expecting around the same time as you.



Check out the Beaconsfield and Marlow classes at [www.ourbabyclub.com](http://www.ourbabyclub.com) or contact [melarundel@ourbabyclub.com](mailto:melarundel@ourbabyclub.com).

**P.19**



### Free Bubbles for Baby Chimps

Baby Chimps classes, based weekly in Milton Keynes are calm, fun music sessions tailor-made for non-walking babies. Bring a mat and your props (details provided when booking) and enjoy 35 minutes of interactive musical fun with your little one, followed by 15 minutes to chat to other new parents. COVID regs apply. £6 per class

Book online at [www.ccchimps.com/milton-keynes-booking](http://www.ccchimps.com/milton-keynes-booking) or email [ness@ccchimps.com](mailto:ness@ccchimps.com) or WhatsApp 07917683330 for info. Free Bubbles for new bookings quoting Toddleabout **P.37**

### Magic Flourishes at New Hampstead Gate Nursery

From award-winning environmental initiatives to ethically sourced home-cooked meals and snacks, the newly-opened Hampstead Gate Day Nursery in Milton Keynes is committed to giving children the best possible start in life. For children aged between six weeks and nearly five years, individuality is actively celebrated and interests are nurtured with the addition of state of the art ICT, toys and learning spaces, as well as an eco-curriculum that supports the setting's pledge to be green with engaging activities such as vegetable planting.



[www.childbasepartnership.com/hampstead-gate-day-nursery](http://www.childbasepartnership.com/hampstead-gate-day-nursery). **P.2**

# 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.

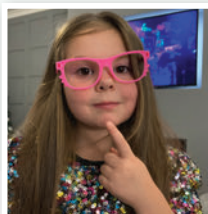
Special Congratulations go to Huxley Jack Salhotra, who has won a fabulous [Bikloon Vintage Metal Balance Bike](#), courtesy of Janod.

Happy Birthday Huxley!



Winner

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



Ada Kehoe, turning 5



Charlie Margaret & Roxanna Pearl Talbot-Ashby, turning 4



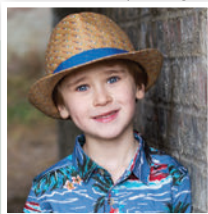
Robyn Lauder, turning 3



Freddie Walker, turning 3



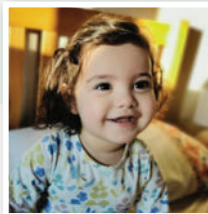
George Ewers, turning 4



Gillen, turning 6 years old



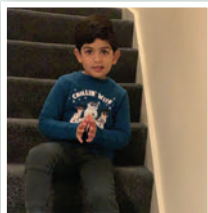
Isabella Kostecki, turning 6



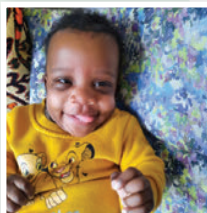
Isla Nathan, turning 2



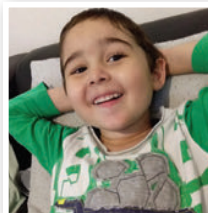
Jack Bates, turning 2



Rohaam Umar, turning 5



Ntanda Kareem, turning 1



Osiris Daniel, turning 5

# 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.

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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.*





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Beachborough School, Westbury, Brackley, NN13 5LB



# 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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*"I always wanted to take the first step of being my own boss and being able to balance work and family life. Toddle About offered me exactly that! As a parent myself, I've always been passionate about the magazine and I couldn't be happier and more proud of my growing business. The support I am getting from head office is fantastic and this new venture allowed me to grow personally as well as professionally. Becoming a Toddle About franchisee was the best decision I made!"*

**Pia Howe - Toddle About Suffolk Franchisee**



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## VIP CLUB READER REVIEW:

# Leapfrog Speak and Learn Puppy

Written by Hayley Illing.



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

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

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

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

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

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

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

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

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

Subscribe to Toddle About and you can do the same! **More info at [www.toddle.fun/vip](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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# Time to Spring Outside!



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

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

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

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

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

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

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

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

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

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



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

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

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

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



# AN AKELEY EDUCATION CAN TAKE YOU ANYWHERE

Your educational adventure starts here. Akeley Wood School welcomes children from 12 months to 18 years. Come to our Reception Open Afternoon on Wednesday 21<sup>st</sup> April at 4.30pm. Please contact our Admissions Team on 01280 828122 or [admissions@akeleywoodschool.co.uk](mailto:admissions@akeleywoodschool.co.uk) for more information.

**AKELEYWOODSCHOOL.CO.UK**



AKELEY WOOD SCHOOL



# Win a Super Car Driving Experience

Treat Dad to a Father's Day he won't forget



To celebrate Father's Day this year, we are giving one lucky winner the chance to win a **Super Car Driving Experience (2 car) worth £99**.

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!

Once the safety brief is complete and you're comfortable, it's time to hit the track for three adrenaline pumping miles where not only will you witness the superb handling of each vehicle, but you can pit them against each other and decide which is superior!

With tracks in **London, Lincolnshire and Essex**, this is something everyone can enjoy...

This track day can be taken as a driving experience or as a passenger ride.

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

Competition closes midnight on **Sun 30th May 2021**.

This competition is sponsored by Experience Days:  
**[www.experiencedays.co.uk](http://www.experiencedays.co.uk)**

**Experience Days**  
Make Every Gift You Give an Experience™

T&C's apply - all online at [www.toddle.fun/supercar](http://www.toddle.fun/supercar)

Follow us for  
daily updates!





# 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 or 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 /[bobilandartsandcrafts](https://www.facebook.com/bobilandartsandcrafts), Instagram @[bobiland\\_arts\\_crafts](https://www.instagram.com/bobiland_arts_crafts). For homemade edible playdough visit: [youtu.be/RQhgsealpxY](https://youtu.be/RQhgsealpxY)



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# PARENTING AFTER AN AUTISM SPECTRUM DISORDER DIAGNOSIS

*By Shelley F. Knight*



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

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

## • UNCONDITIONAL LOVE

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

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

## • TAKE YOUR TIME

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

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



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

### • THE POWER OF NOW

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

### • YOU ARE NOT ALONE

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

### • AN IMPERFECT BALANCE

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

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

### • HELP OTHERS TO HELP YOU

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



## • RALLY UP THE TROOPS

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

## • SELF-CARE

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

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

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

## • CHOOSE YOUR BATTLES

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

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

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



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

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## 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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4 MARCH 2021

## YOUR REVIEWS OF THE LATEST CHILDREN'S BOOKS

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### THE KING WITH DIRTY FEET

BY SALLY POMME CLAYTON

**Reviewer:** Mandy Ali

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

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



### PINK!

BY LYNNE RICKARDS

**Reviewer:** Louise Holman

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



### THE ADVENTURES OF CAPTAIN BOBO

BY R.D. DIKSTRA & KAY HUTCHISON

**Reviewer:** Agnieszka Krawczyk

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



### NEWT IN A SUIT

BY ANDREW WEALE

**Reviewer:** Tara Morris

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



### PROFESSOR VON SCHMELL AND HIS FART POWERED BIKE

BY LEON HOWLETT

**Reviewer:** Catia Rodrigues

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



### HARRY THE KARATE MONKEY

BY STUART SIMMONDS AND BILL GREENHEAD

**Reviewer:** Tracy Fagg

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





## DONUT TOUCH!

BY SEB DAVEY

**Reviewer:** Beverley Morris

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



## TIME FOR BED, ZIPPY

BY KELLIE JONES

**Reviewer:** Charlotte Clancy

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



## BUSY STORYTIME

BY CAMPBELL BOOKS

**Reviewer:** Sophie Knott

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



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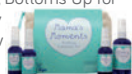
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A young girl with long blonde hair, wearing a white tutu and a dark top, is captured in a joyful spin. She is barefoot on a light-colored tiled floor. The background features large windows that let in bright, warm sunlight, creating a soft, ethereal glow around her. The overall mood is one of innocence and freedom.

# 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.

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cat

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## Numbers

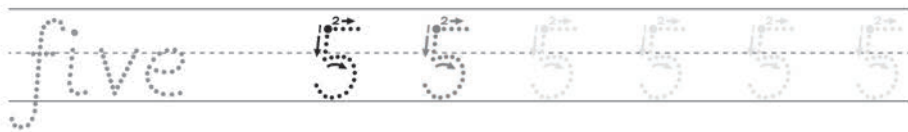
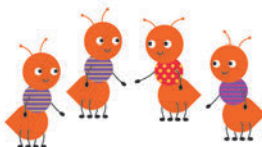


The number before is ....



Circle which 6 ants are the same?

The number after is ....



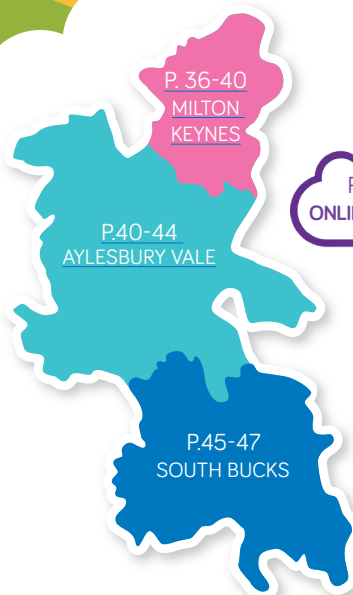
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### SENSORY & DEVELOPMENT

#### Baby College Milton Keynes & Buckingham

Old Bath House, MK, 205 Stratford Road, Wolverton, Milton Keynes, MK12 5LY. 07976 484212. [www.babycollege.co.uk](http://www.babycollege.co.uk).

- Junior Class: 9:30 - 10:10.
- Toddler Class: 10:30 - 11:10.
- Infant Class: 11:30 - 12:10.

**Cost:** £7 per session (booking essential).  
**Dates:** 12 Apr - 24 May & 7 Jun - 19 Jul.

BOOK NOW

#### Phonics with Robot Reg Milton Keynes

Middleton Pavilion, Worrelle Ave, Middleton, Milton Keynes, MK10 9AD. 07809459648. [www.robotreg.co.uk](http://www.robotreg.co.uk).

- MINIS Phonics: 12:30 - 13:15.

*With songs, role play & dancing*

**Ages:** 1 yrs - 2½ yrs. **Dates:** 19 Apr - 26 Apr, 10 May - 24 May & 7 Jun - 12 Jul.

- Pre-school Phonics: 13:15 - 14:00.

**Ages:** 2½ yrs - 4 yrs 11 mths. **Dates:** 19 Apr - 26 Apr, 10 May - 24 May & 7 Jun - 28 Jun.

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

#### Toddler Sense Milton Keynes

Moulsoe Millenium Hall, Next door to the Carrington Arms, Newport Pagnell, MK16 0HB. 07972798017. [www.toddlersense.com](http://www.toddlersense.com).

**Times:** 10:00 - 11:00. **Ages:** 13 mths - 2 yrs.

**Times:** 11:45 - 12:45 & 13:30 - 14:30. **Ages:** 13 mths - 5 yrs.

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

**Dates:** 12 Apr - 10 May.

### PARENTS & TOTS

#### Cornerstone Toddlers

Cornerstone Church, 300 Saxon Gate West, Milton Keynes, MK9 2ES. 01908 237777 or 07854 762676. [www.cornerstonemk.co.uk](http://www.cornerstonemk.co.uk).

**Times:** 10:00 - 11:45. **Ages:** 0 - 4 yrs. **Cost:** £1.50 per session (drop in). **Dates:** 21 Jun - 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)

Fun development classes  
for parents and their 0-3 years old



**Baby College**  
Inspiring Play Together

Play ♥ Move ♥ Learn

COVID19  
secure  
classes

Classes held across Buckinghamshire  
Book online at [www.babycollege.co.uk](http://www.babycollege.co.uk)



**Cha Char Chimps**  
Thursday **BABY GROUP**  
Milton Keynes

Weekly entertainment for non-walking  
babies. Action songs, props, puppets.  
Fun & COVID safe environment.

**Book online at:**  
[ccchimps.com/milton-keynes-booking-sasha](http://ccchimps.com/milton-keynes-booking-sasha)  
or email [ness@ccchimps.com](mailto:ness@ccchimps.com)

## SWIMMING

### Water Babies Bucks & Beds

Holiday Inn Hotel, 500 Saxon Gate West, Milton Keynes,  
MK9 2HQ. 01295 709221.  
[www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 10:00 - 10:30. **Ages:** 0 - 4 yrs. **Cost:** £17 per session  
(booking essential). **Dates:** 12 Apr - 14 Jun.

## SWIMMING

### Water Babies Bucks & Beds

Clophill Pool, 22 Back Street, Clophill, MK45 4BY.  
01295 709221. [www.waterbabies.co.uk](http://www.waterbabies.co.uk).

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

### Water Babies Bucks & Beds

Wolverton Swimming & Fitness Centre, Addington Avenue,  
Stratford Park, Wolverton, MK12 5GH. 01295 709221.  
[www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 9:00 - 9:30. **Ages:** 0 - 4 yrs. **Cost:** £17 per session  
(booking essential). **Dates:** 13 Apr - 15 Jun.

## TUESDAY

## MUSIC & SIGNING

### Cha Char Chimps CIC

Bath House, Stratford Road, Wolverton, MK12 5RL.  
[www.ccchimps.com](http://www.ccchimps.com).

**Times:** 9:45 - 10:35 & 10:45 - 11:35. **Cost:** £6 (booking  
essential). **Dates:** 13 Apr, 20 Apr & 27 Apr.

BOOK NOW

## WEDNESDAY

## MUSIC & SIGNING

### Cha Char Chimps - MK South

Longueville Hall, Whaddon Rd, Newton Longville, Milton  
Keynes, MK17 0AT. 07736 449746. [www.ccchimps.com](http://www.ccchimps.com).

**Times:** 10:00 - 11:00. **Cost:** £6 (booking essential). **Dates:** 14  
Apr, 21 Apr, 28 Apr, 5 May, 12 May, 19 May, 26 May, 2 Jun, 9  
Jun, 16 Jun, 23 Jun & 30 Jun.

BOOK NOW

## SENSORY & DEVELOPMENT

### Toddler Sense Milton Keynes

Moulsoe Millenium Hall, Next door to the Carrington  
Arms, Newport Pagnell, MK16 0HB. 07972798017. [www.toddlersense.com](http://www.toddlersense.com).

**Times:** 9:30 - 10:30, 11:15 - 12:15 & 13:45 - 14:45.

**Ages:** 13 mths - 5 yrs. **Cost:** £8 per session (booking  
essential). **Dates:** 13 Apr - 11 May.

### Baby College Milton Keynes & Buckingham

Newton Leys Pavilion, Furzey Way, Newton Leys, Milton  
Keynes, MK3 5SP. 07976 484212. [www.babycollege.co.uk](http://www.babycollege.co.uk).

- Infant Class: 12:30 - 13:10.
- Toddler Class: 13:30 - 14:10.

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

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

BOOK NOW

## SENSORY & DEVELOPMENT

### Phonics with Robot Reg Milton Keynes

Newton Leys Pavilion, Furzey Way, Milton Keynes, MK3 5SP.  
07809459648. [robotreg.co.uk](http://robotreg.co.uk).

- **MINIS Phonics:** 9:45 - 10:30.

With songs, role play & dancing

**Ages:** 1 yrs - 2½ yrs. **Dates:** 21 Apr - 14 Jul.

- **Pre-school Phonics:** 10:45 - 11:30.

**Ages:** 2½ yrs - 4 yrs 11 mths.

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

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

## 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)





**Attitude School of Dance**

**CLASSES ARE HELD AT  
BROOKSWARD SCHOOL,  
TOWER DRIVE, NEATH HILL  
MILTON KEYNES, MK14 6JZ**

Classes available for 2 -6 year olds.  
View our timetable at:  
[www.attitudedanceschool.co.uk](http://www.attitudedanceschool.co.uk)

OPEN MONDAYS – SATURDAYS  
CLASSES FOR 2 YEARS – ADULTS  
RUSSIAN BALLET, TAP, JAZZ, STREET DANCE,  
CONTEMPORARY, PILATES, FLOW

\*PERFORMANCES, COMPETITIONS, EXAMS, COMMUNITY EVENTS\*

Get in contact with the team on:  
**07722 198057**  
[info@attitudedanceschool.co.uk](mailto:info@attitudedanceschool.co.uk)  
[facebook.com/dancewithatt](https://www.facebook.com/dancewithatt)  
Twitter: @DanceWithAtt  
Instagram: @kgdancestudios

Board of Dance Qualifications  
and Training

## Toddler Sense Milton Keynes

Moulsoe Millenium Hall, Next door to the Carrington Arms,  
Newport Pagnell, MK16 0HB. 07972798017.  
[www.toddlersense.com](http://www.toddlersense.com).

**Times:** 9:15 - 10:15. **Ages:** 13 mths - 2 yrs.

**Times:** 11:15 - 12:15. **Ages:** 13 mths - 5 yrs.

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

**Dates:** 14 Apr - 12 May.

## DANCE & DRAMA

### Baby Bounce

Newton Leys Pavilion, Furzey Way, Milton Keynes, MK3 5SP.  
020 8819 3804. [www.bouncestudios.co.uk](http://www.bouncestudios.co.uk).

**Times:** 13:45 - 14:15. **Ages:** 3 mths - 2 yrs. **Cost:** £6 per session (*booking essential*). **Dates:** 14 Apr - 14 Jul.

## SWIMMING

### Water Babies Bucks & Beds

Wolverton Swimming & Fitness Centre, Addington Avenue,  
Stratford Park, Wolverton, MK12 5GH. 01295 709221.  
[www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 13:45 - 14:15. **Ages:** 0 - 4 yrs. **Cost:** £17 per session (*booking essential*). **Dates:** 14 Apr - 16 Jun.



"Would you like an adventure now,  
or shall we have our tea first?"  
Peter Pan, J. M. Barrie

**Toddler Sense**  
Life as an Adventure

**Woohoo! It's time for Toddler Sense**

A place where structured play goes hand in hand with imagination,  
the freedom to explore, and adventure! Each week has a unique  
theme, creating a whole new world of magical delights.

To find out more:  
**Call** Gemma Bartlett  
**on:** 07972 798 017  
**Email:** [miltonkeynes@toddlersense.co.uk](mailto:miltonkeynes@toddlersense.co.uk)  
**Check f** [facebook.com/toddlersensemiltonkeynes](https://www.facebook.com/toddlersensemiltonkeynes)  
**Classes at:** Moulsoe, Newport Pagnell

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

**Toddler Sense**  
Life as an Adventure

We've done the research, so you can enjoy the fun...

## HEALTH & WELLNESS

### Tranquil Breaths - Hypnobirthing & Yoga

Loughton Memorial Hall, Bradwell Road, Loughton, Milton  
Keynes, MK56JE. 07399 184225. [www.tranquilbreaths.com](http://www.tranquilbreaths.com).

- **Mum & Baby Yoga:** 11:00 - 12:15.

A beautiful yoga class for Mum & Baby to enjoy together

**Ages:** 1 - 9 mths. **Cost:** £11.50 per session (*booking essential*). **Dates:** 14 Apr - 21 Apr.

- **Baby Massage:** 11:45 - 12:45.

A lovely class to bond with your baby.

**Ages:** 0 - 6 mths. **Cost:** £10 per session (*booking essential*).  
**Dates:** 14 Apr.

## THURSDAY

## SENSORY & DEVELOPMENT

### Baby College Milton Keynes & Buckingham

Woburn Sands, MK, The Summerlin Centre, Station Road,  
Woburn Sands, Milton Keynes, MK17 8SG. 07976 484212.  
[www.babycollege.co.uk](http://www.babycollege.co.uk).

- **Toddler Class:** 10:30 - 11:10.

- **Infant Class:** 11:30 - 12:10.

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

**Dates:** 15 Apr - 27 May & 10 Jun - 15 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)

## Phonics with Robot Reg Milton Keynes

Netherfield Meeting Place, Farmborough, Netherfield, Milton Keynes, MK6 4HS. 07809459648. robotreg.co.uk.

- **MINIS Phonics: 9:45 - 10:30.**

*With songs, role play & dancing*

**Ages:** 1 yrs - 2½ yrs. **Dates:** 22 Apr - 15 Jul.

- **Pre-school Phonics: 10:45 - 11:30.**

**Ages:** 2½ yrs - 4 yrs 11 mths. **Dates:** 22 Apr - 29 Apr, 13 May - 27 May & 10 Jun - 15 Jul.

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

## SWIMMING

### Water Babies Bucks & Beds

Clophill Pool, 22 Back Street, Clophill, MK45 4BY. 01295 709221. [www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 9:30 - 10:00. **Ages:** 0 - 4 yrs. **Cost:** £17 per session (*booking essential*). **Dates:** 15 Apr - 17 Jun.

## FRIDAY

## MUSIC & SIGNING

### Cha Char Chimps - MK South

Newton Leys Pavilion, Furzey Way, Newton Leys, MK3 5SP. 07736 449746. [www.cccchimps.com](http://www.cccchimps.com).

**Times:** 10:00 - 11:00. **Dates:** 16 Apr, 23 Apr, 30 Apr, 7 May, 14 May, 21 May, 28 May, 4 Jun, 11 Jun, 18 Jun & 25 Jun.

**Cost:** £6 (*booking essential*).

BOOK NOW

### Cha Char Chimps CIC

Old Stratford Community Hall - Fridays, Deanshanger Rd, Old Stratford, MK19 6NL. [www.cccchimps.com](http://www.cccchimps.com).

**Times:** 9:45 - 10:35 & 10:45 - 11:35. **Cost:** £6 (*booking essential*). **Dates:** 16 Apr, 23 Apr & 30 Apr.

BOOK NOW

## SENSORY & DEVELOPMENT

### Baby College Milton Keynes & Buckingham

Whaddon Jubilee Hall, Stock Lane, Whaddon, Milton Keynes, MK17 0LS. 07976 484212. [www.babycollege.co.uk](http://www.babycollege.co.uk).

- **Junior Class: 9:30 - 10:10.**
- **Toddler Class: 10:30 - 11:10.**
- **Infant Class: 11:30 - 12:10.**

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

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

BOOK NOW

## SWIMMING

### Water Babies Bucks & Beds

Holiday Inn Hotel, Milton Keynes Central, 500 Saxon Gate West, Milton Keynes, MK9 2HQ. 01295 709221.

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

**Times:** 9:30 - 10:00. **Ages:** 0 - 4 yrs. **Cost:** £17 per session (*booking essential*). **Dates:** 16 Apr - 18 Jun.

### Water Babies Bucks & Beds

DW Sports, Stadium Way, West Milton Keynes, MK1 1ST. 01295 709221. [www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 11:00 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** £17 per session (*booking essential*). **Dates:** 16 Apr - 18 Jun.

### Water Babies Bucks & Beds

Wolverton Swimming & Fitness Centre, Addington Avenue, Stratford Park, Wolverton, MK12 5GH. 01295 709221. [www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 11:30 - 12:00. **Ages:** 0 - 4 yrs. **Cost:** £17 per session (*booking essential*). **Dates:** 16 Apr - 18 Jun.

## SATURDAY

## DANCE & DRAMA

### Attitude School of Dance(KGDS)

Brooksward School, Tower Drive, Neath Hill, Milton Keynes, MK14 6JZ. 07950 495869. [www.attitudedanceschool.co.uk](http://www.attitudedanceschool.co.uk).

- **Baby Ballet: 8:30 - 9:00. Ages:** 2 - 4 yrs.  
*Introduction to a basic ballet class for little ones.*
- **Pre-School Ballet: 8:30 - 9:00. Ages:** 4 - 6 yrs.  
*Suitable for beginners.*
- **Weenie Boppers: 9:10 - 9:40. Ages:** 3 - 5 yrs.  
*Mixture of jazz and street dance*
- **Pre-Preliminary Ballet: 10:00 - 10:30. Ages:** 5 - 6 yrs.  
*Also suitable for beginners.*

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

**Dates:** 17 Apr - 3 Jul.

## PHYSICAL FUN

### Little Kickers MK

Oakgrove School, Venturer Gate, Oakgrove, Milton Keynes, MK10 9JQ. 01494 911133. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Little Kicks: 8:30 - 9:15. Ages:** 1½ yrs - 2½ yrs.
- **Junior Kickers: 9:30 - 10:15 & 11:30 - 12:15. Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers: 10:30 - 11:15. Ages:** 3½ yrs - 5 yrs.
- **Mega Kickers: 11:30 - 12:15. Ages:** 5 - 7 yrs.

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

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

### Little Kickers MK

Tickford Park Primary School, Avon Close, Newport Pagnell, MK16 9DH. 01494 911133. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Little Kicks: 8:45 - 9:30. Ages:** 1½ yrs - 2½ yrs.
- **Junior Kickers: 9:35 - 10:20. Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers: 10:25 - 11:10. Ages:** 3½ yrs - 5 yrs.
- **Mega Kickers: 11:15 - 12:00. Ages:** 5 - 7 yrs.

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

**Dates:** 17 Apr - 17 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 MK

Woughton Leisure Centre, Rainbow Drive, Leadenhall,  
Milton Keynes, MK6 5EJ. 01494 911133.  
[www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- Junior Kickers: 8:45 - 9:30. **Ages:** 2½ yrs - 3½ yrs.
- Mighty Kickers: 9:40 - 10:25. **Ages:** 3½ yrs - 5 yrs.
- Mega Kickers: 10:45 - 11:30. **Ages:** 5 - 7 yrs.

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

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

## Little Kickers MK

Brooklands Comm. Sports Pavillion, Countess Way,  
Brooklands, Milton Keynes, MK10 7HN. 01494 911133.  
[www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- Junior Kickers: 9:15 - 10:00. **Ages:** 2½ yrs - 3½ yrs.
- Mighty Kickers: 10:15 - 11:00. **Ages:** 3½ yrs - 5 yrs.

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

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

## SUNDAY

### PHYSICAL FUN

#### Little Kickers MK

Rickley Park School, Rickley Lane, Milton Keynes, MK3 6EW.  
01494 911133. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- Little Kicks: 8:45 - 9:30. **Ages:** 1½ yrs - 2½ yrs.
- Junior Kickers: 9:35 - 10:20. **Ages:** 2½ yrs - 3½ yrs.
- Mighty Kickers: 10:25 - 11:10. **Ages:** 3½ yrs - 5 yrs.
- Mega Kickers: 11:15 - 12:00. **Ages:** 5 - 7 yrs.

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

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

### SWIMMING

#### Water Babies Bucks & Beds

Holiday Inn Hotel, Milton Keynes Central, 500 Saxon Gate  
West, Milton Keynes, MK9 2HQ. 01295 709221.  
[www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 11:30 - 12:00. **Ages:** 0 - 4 yrs. **Cost:** £17 per session  
(*booking essential*). **Dates:** 18 Apr - 20 Jun.

#### Water Babies Bucks & Beds

Wolverton Swimming & Fitness Centre, Addington Avenue,  
Stratford Park, Wolverton, MK12 5GH. 01295 709221.  
[www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 14:30 - 15:00, 15:00 - 18:30 & 17:00 - 17:30. **Ages:** 0 - 4 yrs. **Cost:** £17 per session (*booking essential*).

**Dates:** 18 Apr - 20 Jun.

## AYLESBURY VALE AREA

## MONDAY

### DANCE & DRAMA

#### Tot Bot

Pitstone Village Hall, Vicarage Road, Pitstone, Leighton  
Buzzard, LU7 9EY. 01525 237474 / 07775 582791.  
[www.totbop.co.uk](http://www.totbop.co.uk).

- Tiny Tots: 9:30 - 10:00.

**Ages:** 1 yrs - 2½ yrs. **Cost:** £6.50 per session  
(*booking essential*).

- Baby Boppers: 10:30 - 11:15.

**Ages:** 2½ yrs - 4 yrs. **Cost:** £7.50 per session  
(*booking essential*).

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

#### Tot Bot

Linslade Community Hall, Waterloo Road, Leighton Road,  
LU7 2NR. 01525 237474 / 07775 582791. [www.totbop.co.uk](http://www.totbop.co.uk).

- Baby Boppers: 14:45 - 15:30. **Ages:** 2½ yrs - 4 yrs.
- Funky Monkeys: 16:00 - 16:45. **Ages:** 3½ yrs - 5½ yrs.
- Groovy Movers: 17:15 - 18:00. **Ages:** 5 - 9 yrs.

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

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

### SWIMMING

#### Water Babies Bucks & Beds

MS Centre, Oakwood Close, Wendover, HP22 5GF.  
01295 709221. [www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 9:00 - 9:30. **Ages:** 0 - 4 yrs. **Cost:** £17 per session  
(*booking essential*). **Dates:** 12 Apr - 14 Jun.

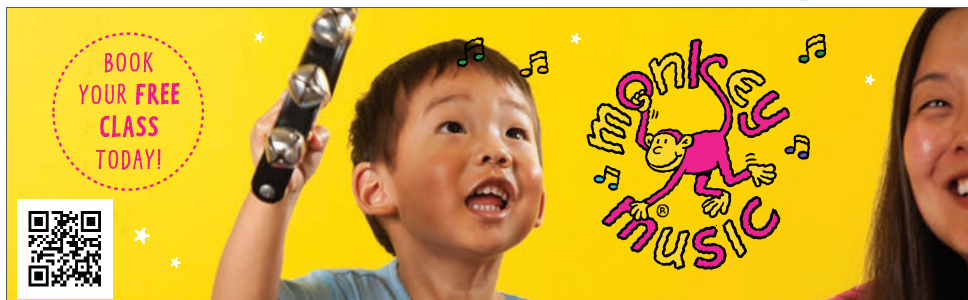
#### Water Babies Bucks & Beds

Buckingham Best Western Hotel, A421 Ring Road South,  
Buckingham, MK18 1RY. 01295 709221.  
[www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 9:30 - 10:00. **Ages:** 0 - 4 yrs. **Cost:** £17 per session  
(*booking essential*). **Dates:** 12 Apr - 14 Jun.

## 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)



## Award winning music classes for babies & young children

Aylesbury & High Wycombe  
**E:** aylesbury@monkeymusic.co.uk  
**T:** 01494 819138

Wrights Meadow Centre, High Wycombe  
 Sands Village Hall, High Wycombe  
 Tring Park Cricket Club  
 Wendover Guide Hut  
 St Mary's Centre, Haddenham  
 Waddesdon Community Centre

Nurturing a lifetime of music [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk)  
 New classes opening soon in your local area!



## TUESDAY

### MUSIC & SIGNING

#### Monkey Music Aylesbury & High Wycombe

Wendover Guide Hut, Manor Crescent, Wendover,  
 HP22 6HH. 01494 819138. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

*Award winning music classes for babies and toddlers*

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

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

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

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

### DANCE & DRAMA

#### Tot Bop

Fairford Leys Church Hall, Hampden Square, Aylesbury,  
 HP19 7HT. 01525 237474 / 07775 582791.  
[www.totbop.co.uk](http://www.totbop.co.uk).

- **Tiny Tots:** 9:20 - 9:50 & 11:15 - 11:45.

**Ages:** 1 yrs - 2½ yrs. **Cost:** £6.50 per session  
 (*booking essential*).

- **Baby Boppers:** 10:10 - 10:55.

**Ages:** 2½ yrs - 4 yrs. **Cost:** £7.50 per session  
 (*booking essential*).

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

## SWIMMING

### Water Babies Bucks & Beds

MS Centre, Oakwood Close, Wendover, HP22 5GF.  
 01295 709221. [www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 9:00 - 9:30. **Ages:** 0 - 4 yrs. **Cost:** £17 per session  
 (*booking essential*). **Dates:** 13 Apr - 15 Jun.

### Water Babies Bucks & Beds

Booker Park School, Stoke Leys Close, Off Winterton Drive,  
 Aylesbury, HP21 9ET. 01295 709221.  
[www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 11:30 - 13:30. **Ages:** 0 - 4 yrs. **Cost:** £16.50 per  
 session (*booking essential*). **Dates:** 13 Apr - 15 Jun.

### Water Babies Bucks & Beds

Buckingham Best Western Hotel, A421 Ring Road South,  
 Buckingham, MK18 1RY. 01295 709221.  
[www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 9:30 - 10:00. **Ages:** 0 - 4 yrs. **Cost:** £17 per session  
 (*booking essential*). **Dates:** 13 Apr - 15 Jun.

## 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)



## WEDNESDAY

### MUSIC & SIGNING

#### Monkey Music Aylesbury & High Wycombe

Wendover Guide Hut, Manor Crescent, Wendover, HP22 6HH.  
01494 819138. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

*Award winning music classes for babies and toddlers*

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

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

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

#### Monkey Music Aylesbury & High Wycombe

St Marys Centre, Church End, Haddenham, HP17 8AJ.  
01494 819138. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

*Award winning music classes for babies & toddlers*

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

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

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

### DANCE & DRAMA

#### Tot Bop

Northchurch Social Centre, Bell Lane, Northchurch,  
Berkhamsted, HP4 3RD. 01525 237474 / 07775 582791.  
[www.totbop.co.uk](http://www.totbop.co.uk).

- **Tiny Tots:** 9:30 - 10:00.

**Ages:** 1 yrs - 2½ yrs. **Cost:** £6.50 per session (*booking essential*).

- **Baby Boppers:** 10:30 - 11:15.

**Ages:** 2½ yrs - 4 yrs. **Cost:** £7.50 per session (*booking essential*).

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

#### Tot Bop

Wing Village Hall, 71 Leighton Road, Wing, Leighton Buzzard,  
LU7 0NN. 01525 237474 / 07775 582791. [www.totbop.co.uk](http://www.totbop.co.uk).

- **Tiny Tots:** 9:30 - 10:00.

**Ages:** 1 yrs - 2½ yrs. **Cost:** £6.50 per session (*booking essential*).

- **Baby Boppers:** 10:30 - 11:15.

**Ages:** 2½ yrs - 4 yrs. **Cost:** £7.50 per session (*booking essential*).

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

### SWIMMING

#### Puddleducks Cherwell & Aylesbury

Best Western Hotel, Buckingham Hotel, Ring Road South,  
Buckingham, MK18 1RY. 01869 226223.  
[www.puddleducks.com](http://www.puddleducks.com).

**Times:** 11:00 - 11:30. **Ages:** 6 mths - 1 yrs 3 mths. **Cost:** £14 per session (*booking essential*). **Dates:** 21 Apr - 26 May & 9 Jun - 14 Jul.

#### Water Babies Bucks & Beds

Booker Park School, Stoke Leys Close, Off Winterton Drive,  
Aylesbury, HP21 9ET. 01295 709221. [www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 11:30 - 16:00. **Ages:** 0 - 4 yrs. **Cost:** £16.50 per session (*booking essential*). **Dates:** 14 Apr - 16 Jun.

## THURSDAY

### MUSIC & SIGNING

#### Monkey Music Aylesbury & High Wycombe

Tring Park Cricket Club, (Opposite Tesco), Tring, HP23 6HA.  
01494 819138. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

*Award winning music classes for babies and toddlers*

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

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

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

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

### DANCE & DRAMA

#### Baby Bounce

Lace Hill Sports & Community Centre, Catchpin Street,  
Buckingham, MK18 7RR. 020 8819 3804.  
[www.bouncestudios.co.uk](http://www.bouncestudios.co.uk).

**Times:** 13:30 - 14:30. **Ages:** 3 mths - 2 yrs. **Cost:** £6 per session (*booking essential*). **Dates:** 15 Apr - 15 Jul.

#### Tot Bop

Nora Grace Hall, Faversham Close, Tring, HP23 5BA.  
01525 237474 / 07775 582791. [www.totbop.co.uk](http://www.totbop.co.uk).

- **Tiny Tots:** 9:20 - 9:50 & 11:15 - 11:45.

**Ages:** 1 yrs - 2½ yrs. **Cost:** £6.50 per session (*booking essential*).

- **Baby Boppers:** 10:10 - 10:55.

**Ages:** 2½ yrs - 4 yrs. **Cost:** £7.50 per session (*booking essential*).

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

### SWIMMING

#### Water Babies Bucks & Beds

Booker Park School, Stoke Leys Close, Off Winterton Drive,  
Aylesbury, HP21 9ET. 01295 709221. [www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 12:00 - 16:00. **Ages:** 0 - 4 yrs. **Cost:** £16.50 per session (*booking essential*). **Dates:** 15 Apr - 17 Jun.

#### Water Babies Bucks & Beds

Buckingham Best Western Hotel, A421 Ring Road South,  
Buckingham, MK18 1RY. 01295 709221.  
[www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 10:00 - 10:30 & 10:30 - 11:00. **Ages:** 0 - 4 yrs. **Cost:** £17 per session (*booking essential*).

**Dates:** 15 Apr - 17 Jun.

## 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

### PARENTS & TOTS

#### Weeniebeans

Fairford Leys Community Centre, Hampden Square, Aylesbury, HP19 7HT. 07796683206. [www.weeniebeans.co.uk](http://www.weeniebeans.co.uk).

**Times:** 9:30 - 11:30. **Ages:** 0 - 3 yrs. **Cost:** £2.50 per session (drop in). **Dates:** 23 Apr - 28 May & 11 Jun - 16 Jul.

### MUSIC & SIGNING

#### Monkey Music Aylesbury & High Wycombe

Waddesdon Community Centre, Frederick St, Waddesdon, HP18 0LT. 01494 819138. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

Award winning music classes for babies & toddlers

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

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

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

## DANCE & DRAMA

### Tot Bop

Billington Village Hall, Gaddesden Turn, Leighton Buzzard, LU7 9BW. 01525 237474 / 07775 582791. [www.totbop.co.uk](http://www.totbop.co.uk).

- **Tiny Tots:** 9:20 - 9:50 & 11:15 - 11:45.

**Ages:** 1 yrs - 2½ yrs. **Cost:** £6.50 per session (booking essential).

- **Baby Boppers:** 10:10 - 10:55.

**Ages:** 2½ yrs - 4 yrs. **Cost:** £7.50 per session (booking essential).

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

### Tot Bop

Waddesdon Village Hall, 107 Baker Street, Waddesdon, Aylesbury, HP18 0LQ. 01525 237474 / 07775 582791. [www.totbop.co.uk](http://www.totbop.co.uk).

- **Tiny Tots:** 9:30 - 10:00.

**Ages:** 1 yrs - 2½ yrs. **Cost:** £6.50 per session (booking essential).

- **Baby Boppers:** 10:30 - 11:15.

**Ages:** 2½ yrs - 4 yrs. **Cost:** £7.50 per session (booking essential).

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

## SWIMMING

### Puddle Ducks Cherwell & Aylesbury

Best Western Hotel, Ring Road South, Buckingham, MK18 1RY. 01869 226223. [www.puddleducks.com](http://www.puddleducks.com).

**Times:** 9:30 - 10:00. **Ages:** 0 - 6 mths. **Cost:** £14 per session (booking essential). **Dates:** 23 Apr - 28 May, 11 Jun - 2 Jul & 16 Jul.

### Water Babies Bucks & Beds

MS Centre, Oakwood Close, Wendover, HP22 5GF. 01295 709221. [www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 9:30 - 10:00. **Ages:** 0 - 4 yrs. **Cost:** £17 per session (booking essential). **Dates:** 16 Apr - 18 Jun.

### Water Babies Bucks & Beds

Booker Park School, Stoke Leys Close, Off Winterton Drive, Aylesbury, HP21 9ET. 01295 709221. [www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 12:00 - 16:00. **Ages:** 0 - 4 yrs. **Cost:** £16.50 per session (booking essential). **Dates:** 16 Apr - 18 Jun.

## 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

#### Tot Bop

Pages Park Pavilion, Richmond Road, Leighton Buzzard, LU7 4RF. 01525 237474 / 07775 582791. [www.totbop.co.uk](http://www.totbop.co.uk).

- **Baby Boppers: 8:45 - 9:30. Ages:** 2½ yrs - 3½ yrs.  
**Cost:** £7.50 per session (*booking essential*).
- **Funky Monkeys: 9:50 - 10:35. Ages:** 3½ yrs - 5 yrs.  
**Cost:** £7.50 per session (*booking essential*).
- **Tap Dance Class: 10:55 - 11:25. Ages:** 4 - 9 yrs.  
**Cost:** £6.50 per session (*booking essential*).
- **Groovy Movers: 11:45 - 12:30.**

**Ages:** 5 - 9 yrs. **Cost:** £7.50 per session (*booking essential*).

**Dates:** 17 Apr - 29 May & 12 Jun - 17 Jul.

#### Tot Bop

Your Cafe In The Park, London Road, Aston Clinton, Aylesbury, HP22 5HL. 01525 237474 / 07775 582791.

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

- **Baby Boppers: 9:00 - 9:45. Ages:** 2 yrs 5 mths - 3 yrs 5 mths.  
**Cost:** £7.50 per session (*booking essential*).
- **Funky Monkeys: 10:15 - 11:00. Ages:** 3½ yrs - 5½ yrs.  
**Cost:** £7.50 per session (*booking essential*).
- **Groovy Movers: 11:30 - 12:15. Ages:** 5 - 9 yrs.  
**Cost:** £7.50 per session (*booking essential*).

**Dates:** 17 Apr - 29 May & 12 Jun - 17 Jul.

### PHYSICAL FUN

#### Little Kickers MK

Royal Latin School, Chandos Road, Buckingham, MK18 1AX. 01494 911133. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Junior Kickers: 9:10 - 9:55. Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers: 10:05 - 10:50. Ages:** 3½ yrs - 5 yrs.
- **Little Kicks: 11:00 - 11:45. Ages:** 1½ yrs - 2½ yrs.

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

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

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

Prebendal Farm Community Centre, Somerville Way, off Fowler Road, Aylesbury, HP19 7QT. 07503 142496. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Little Kicks: 8:40 - 9:25 & 11:20 - 12:05. Ages:** 1½ yrs - 2½ yrs.
- **Junior Kickers: 9:35 - 10:20 & 11:20 - 12:05. Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers: 10:30 - 11:15. Ages:** 3½ yrs - 5 yrs.

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

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

### SWIMMING

#### Water Babies Bucks & Beds

Booker Park School, Stoke Leys Close, Off Winterton Drive, Aylesbury, HP21 9ET. 01295 709221. [www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 13:00 - 13:30. **Ages:** 0 - 4 yrs. **Cost:** £17 per session (*booking essential*). **Dates:** 17 Apr - 19 Jun.

## SUNDAY

### PHYSICAL FUN

#### Little Kickers Aylesbury

Edinburgh Playing Field, Churchill Avenue, Aylesbury, HP21 8NG. 07503 142496. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Little Kicks: 8:45 - 9:30. Ages:** 1½ yrs - 2½ yrs.
- **Junior Kickers: 9:35 - 10:20. Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers: 10:25 - 11:10. Ages:** 3½ yrs - 5 yrs.

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

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

#### Little Kickers Aylesbury

Wades Park, 50 Stratton Rd, Princes Risborough, HP27 9AX. 07503 142496. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Little Kicks: 9:30 - 10:15. Ages:** 1½ yrs - 2½ yrs.
- **Junior Kickers: 9:30 - 10:15. Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers: 10:25 - 11:10. Ages:** 3½ yrs - 5 yrs.

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

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

### SWIMMING

#### Puddle Ducks Cherwell & Aylesbury

Best Western Hotel, Buckingham Hotel, Ring Road South, Buckingham, MK18 1RY. 01869 226223. [www.puddleducks.com](http://www.puddleducks.com).

**Times:** 15:30 - 16:00. **Ages:** 2½ yrs - 4 yrs.

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

**Dates:** 25 Apr - 23 May & 6 Jun - 18 Jul.

#### Water Babies Bucks & Beds

MS Centre, Oakwood Close, Wendover, HP22 5GF. 01295 709221. [www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 8:30 - 9:00. **Ages:** 0 - 4 yrs.

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

**Dates:** 18 Apr - 20 Jun.

#### Water Babies Bucks & Beds

Booker Park School, Stoke Leys Close, Off Winterton Drive, Aylesbury, HP21 9ET. 01295 709221. [www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 8:30 - 9:00. **Ages:** 0 - 4 yrs.

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

**Dates:** 18 Apr - 20 Jun.

## 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)

## SOUTH BUCKS AREA

## MONDAY

## MUSIC &amp; SIGNING

## Monkey Music Aylesbury &amp; High Wycombe

Wrights Meadow Centre, Wrights Meadow Road,  
High Wycombe, HP11 1SQ. 01494 819138.  
[www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

*Award winning music classes for babies and toddlers*

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

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

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

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

## Sing and Sign Beaconsfield, High Wycombe, Thame &amp; South Buckinghamshire

1st Holtspur Scout Hall, Beaconsfield, Cherry Tree Road,  
Beaconsfield, HP9 1BH. 07709 803633.

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

- Sing and Sign Babes: 10:45 - 11:30.

*10-week early baby signing course.*

**Ages:** 0 - 6 mths. **Dates:** 26 Apr - 24 May & 7 Jun - 5 Jul.

- Sing and Sign Stage 1: 21:45 - 22:30.

**Ages:** 6 mths - 1 yrs 2 mths. **Dates:** 26 Apr - 28 Jun.

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

## DANCE &amp; DRAMA

## Stagecoach Theatre Arts School

Downley Memorial Village Hall, High Street, Downley, High  
Wycombe, HP13 5XJ. 01494 533203. [www.stagecoach.co.uk](http://www.stagecoach.co.uk).

- Mini Stages: 10:00 - 10:45.

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

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

## TUESDAY

## MUSIC &amp; SIGNING

## Sing and Sign Beaconsfield, High Wycombe, Thame &amp; South Buckinghamshire

St James Church Hall, Plomer Hill, Downley, High Wycombe,  
HP13 5NB. 07709 803633. [www.singandsign.co.uk](http://www.singandsign.co.uk).

*10-week baby signing course.*

- Sing and Sign Stage 1: 9:45 - 10:30. **Ages:** 6 mths - 14 mths.
- Sing and Sign Babes: 10:45 - 11:30. **Ages:** 0 - 6 mths.
- Sing and Sign Stage 2: 11:45 - 12:30. **Ages:** 14 mths - 2½ yrs.

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

**Dates:** 27 Apr - 29 Jun.

## PHYSICAL FUN

## KYMM Kids Yoga Mindfulness &amp; Meditation

Prestwood Holy Trinity Church Hall, Wycombe Road,  
Prestwood, HP16 0BJ. 07734 498991. [kymmbucks.co.uk](http://kymmbucks.co.uk).

**Times:** 9:45 - 10:25. **Ages:** 1½ yrs - 3 yrs. **Cost:** £6.25 per session (*booking essential*). **Dates:** 20 Apr - 25 May.

## WEDNESDAY

## MUSIC &amp; SIGNING

## Sing and Sign Beaconsfield, High Wycombe, Thame &amp; South Buckinghamshire

Christ the Servant King, High Wycombe, Sycamore Road,  
High Wycombe, UK, HP12 4TJ. 07709 803633.

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

*10-week baby signing course.*

- Sing and Sign Stage 2: 9:45 - 10:30 & 12:30 - 13:15.

**Ages:** 1 yrs 2 mths - 2½ yrs.

- Sing and Sign Stage 1: 10:45 - 11:30.

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

- Sing and Sign Babes: 11:45 - 12:30.

**Ages:** 0 - 6 mths.

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

**Dates:** 28 Apr - 30 Jun.

## THURSDAY

## MUSIC &amp; SIGNING

## Monkey Music Aylesbury &amp; High Wycombe

Wrights Meadow Centre, Wrights Meadow Road,  
High Wycombe, HP11 1SQ. 01494 819138.

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

*Award winning music classes for babies and toddlers*

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

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

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

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

## PHYSICAL FUN

## Little Kickers MK

The Polish Club, Raans Road, Amersham, HP6 6LX.  
01494 911133. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- Little Kickers: 14:30 - 15:15. **Ages:** 1½ yrs - 2½ yrs.
- Junior Kickers: 15:30 - 16:15. **Ages:** 2½ yrs - 3½ yrs.
- Mighty Kickers: 16:25 - 17:10. **Ages:** 3½ yrs - 5 yrs.

**Cost:** £7.85 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)





**Feed your child's imagination...**

Singing, movement and creative discovery classes to spark your child's imagination

**MINI STAGES**  
2 - 4 year olds

**ASK ABOUT OUR TWO WEEK TRIAL**

**Day:** Saturday  
**Time:** 09.00 - 09.45am & 10.00 - 10.45am  
**Venue:** Memorial Hall, High St, Downley, High Wycombe HP13 5XJ

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## FRIDAY

### MUSIC & SINGING

**Monkey Music Aylesbury & High Wycombe**  
Sands Village Hall, Lane End Road, Sands, High Wycombe, HP12 4JF. 01494 819138. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

*Award winning music classes for babies and toddlers*

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

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

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

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

### DANCE & DRAMA

#### Stagecoach Theatre Arts School

Marlow CofE Primary School, Sandygate Road, Marlow, SL7 3AZ. 01494 533203. [www.stagecoach.co.uk](http://www.stagecoach.co.uk).

- **Early Stages:** 16:45 - 18:15.

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

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

**Dates:** 23 Apr - 9 Jul.

## PHYSICAL FUN

#### KYMM Kids Yoga Mindfulness & Meditation

Oldham Hall, Church Street, Great Missenden, HP16 0AZ. 07734 498991. [www.kymbucks.co.uk](http://www.kymbucks.co.uk).

**Times:** 9:45 - 10:25. **Ages:** 1½ yrs - 3 yrs. **Cost:** £6.25 per session (*booking essential*). **Dates:** 23 Apr - 28 May.

## SATURDAY

### DANCE & DRAMA

#### Stagecoach Theatre Arts School

Wycombe High School, Marlow Road, High Wycombe, HP11 1TB. 01494 533203. [www.stagecoach.co.uk](http://www.stagecoach.co.uk).

- **Early Stages:** 9:00 - 10:30, 9:30 - 11:00, 11:30 - 13:00 & 14:00 - 15:30.

*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.

#### Stagecoach Theatre Arts School

Downley Memorial Village Hall, High Street, Downley, High Wycombe, HP13 5XJ. 01494 533203. [www.stagecoach.co.uk](http://www.stagecoach.co.uk).

- **Mini Stages:** 9:00 - 9:45.

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

**Dates:** 24 Apr - 10 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)

## Stagecoach Theatre Arts School

The Wycombe Sports Centre, Studio 4, Handycross, High Wycombe, HP11 1UP. 01494 533203. [www.stagecoach.co.uk](http://www.stagecoach.co.uk).

- **Early Stages:** 16:15 - 17:45.

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

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

## PHYSICAL FUN

### Little Kickers MK

The Curzon Centre, 43 Maxwell Road, Beaconsfield, HP9 1RG. 01494 911133. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Junior Kickers:** 8:45 - 9:30 & 10:25 - 11:10.  
**Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers:** 9:35 - 10:20 & 11:15 - 12:00.  
**Ages:** 3½ yrs - 5 yrs.
- **Mega Kickers:** 12:05 - 12:50. **Ages:** 5 - 7 yrs.

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

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

### Little Kickers MK

The Royal Grammar School, Amersham Road, High Wycombe, HP13 6QT. 01494 911133. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Junior Kickers:** 8:45 - 9:30 & 10:25 - 11:10.

**Ages:** 2½ yrs - 3½ yrs.

- **Mighty Kickers:** 9:35 - 10:20. **Ages:** 3½ yrs - 5 yrs.

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

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

### Little Kickers MK

Chiltern Hills Academy, Chartridge Lane, Chesham, HP5 2RG. 01494 911133. [www.littlekickers.co.uk](http://www.littlekickers.co.uk).

- **Little Kicks:** 8:45 - 9:30. **Ages:** 1½ yrs - 2½ yrs.
- **Junior Kickers:** 9:35 - 10:20. **Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers:** 10:25 - 11:10. **Ages:** 3½ yrs - 5 yrs.
- **Mega Kickers:** 11:15 - 12:00. **Ages:** 5 - 7 yrs.

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

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

## Looking for something specific?

Search at [www.toddleabout.co.uk](http://www.toddleabout.co.uk). It's easy!



## 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)

# 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](https://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](http://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](https://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](https://www.birchbabybalance.co.uk).

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

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

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

### Loving Hands Baby Massage & Yoga

07850 425136. [lovinghandsbabymassage.wordpress.com](https://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](https://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](https://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](https://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](https://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](https://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](https://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](https://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](https://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

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/FenSeren](http://www.facebook.com/FenSeren).

- **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](https://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](https://www.robotreg.co.uk).

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

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

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

[www.facebook.com/YogaWalks](https://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](https://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](https://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](https://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](https://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](https://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:** 16 Apr & 30 Apr.

## MUSIC & SIGNING

### Abingdon Music Centre

07934 364940. [www.abingdonmusic.org.uk](https://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](https://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](https://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](https://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](https://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](https://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](https://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](https://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](https://www.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](https://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](https://lisavalentinyoga.co.uk).

- **Yoga Online:** Monthly Subscription.

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

BOOK NOW

### Yoga With Lizzy

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

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

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

• **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](https://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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