

Loving life with little ones

toddle **ab**out

South Bucks

April - June 2026

FREE

RAISING
HAPPY EATERS

HELPING YOUR
LITTLE ONE SLEEP
PAST THE LIGHT

WIN
4 X TICKETS TO
DRAYTON MANOR
WITH PRIVATE MEET
& GREET

Everything Bump, Baby & Toddler Near You

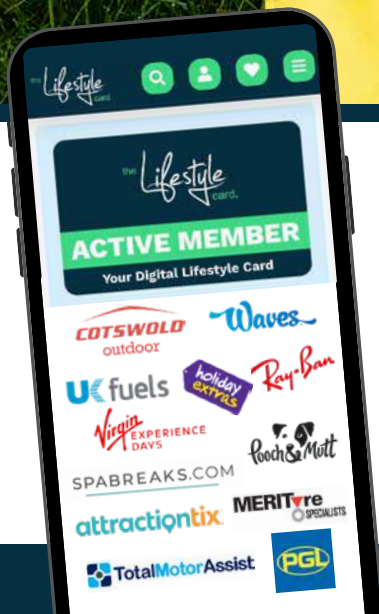
Covering Aylesbury, High Wycombe, Amersham, Beaconsfield,
Marlow, Chesham and surrounding villages

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CO
Photography

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WELCOME

SPRING EDITION!



Spring has arrived, and with it comes a real sense of momentum here at Toddle About.

It's been a **busy and exciting few months behind the scenes**. We've been out networking, **meeting so many fantastic local businesses** and discovering brilliant events, classes and days out that we can't wait to share with you. Every conversation, every new connection, is all about **bringing more value to local families**, and making sure you know exactly **what's happening right on your doorstep**.

One of the biggest highlights this season was hosting our **very first Toddle About LIVE!** event in Buckinghamshire in March... and what a day it was.

The room was **full of energy**, with local businesses doing what they do best and families enjoying everything on offer. From chatting and discovering new activities to little ones getting stuck in, it was exactly what **Toddle About** is all about, **connection, community and real experiences**. We're already looking forward to doing it all again next year.

At the heart of it all is you. Supporting families, helping you discover new experiences, and **making everyday life that little bit easier and more enjoyable** is why we do what we do.

We've met so many amazing people on this journey so far, and the most exciting part is that **we're just getting started... and we'd love for you to be part of it**.

Enjoy the Spring issue, and here's to a season **full of new adventures**.

Bill & Emily

Subscribe FOR FREE today at
www.toddleabout.co.uk/subscribe

PS. Have you used the Toddle About website yet? Simply pop in your postcode, and you will be shown all the different things on offer for little ones near you. Head there now: www.toddleabout.co.uk

MEET THE TEAM



Bill & Emily - Owner/Editors



Tim & Ruth - Franchisors

Call us on 07359162124 or
email: bill@toddleabout.co.uk

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Cover picture:

Thank you to **Chalise** from **co-photography** for this gorgeous cover photo.

Find out more at:

www.co-photography.co.uk

& follow them @**co_photography23**



9,000 copies of Toddle About are distributed every quarter around South Buckinghamshire, Aylesbury, High Wycombe, Princes Risborough, Amersham, Marlow and surrounding area.

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Toddle About South Bucks, 19 Herriard Way, Tadley Hampshire RG26 3UG. Call us on 07359 162 124.



Engaging Stories Through Movement

Books & Boogie with Becky offers interactive classes for children under 5, designed to engage young minds through movement, music and storytelling. By stepping inside each story, children explore characters and emotions using dance, songs and imaginative play, helping to extend focus and attention in a natural way. The sessions are ideal for little ones who find it hard to sit still, creating a fun, shared experience for children and their grown-ups.

Find out more and join a class at www.booksandboogie.com [See P.15](#)



Adventures at Bekonscot!

Step into a miniature world at Bekonscot Model Village & Railway, the oldest original model village in the world. Established in 1929 and set in 1.5 acres of manicured gardens it is the perfect day out for adventurers young and old. Wander through miniature village scenes, marvel at our extensive Gauge 1 model railway and watch the trains whizz by, enjoy a ride on our 7 1/4" narrow gauge light railway and relax with some tasty seasonal treats from our tearoom after a busy day of discovery.

Book online at - www.bekonscot.co.uk at least 48hrs in advance to enjoy 10% off your next adventure!
[See P.15](#)



Real Help for Picky Eaters

There is no quick fix when it comes to picky eating, but nutritional therapy can help children build a healthier relationship with food over time. Through personalised recommendations, practical strategies and regular check-ins, Nourished Nest supports families to make small, manageable changes that fit everyday life. The focus is on realistic goals, steady progress and long-term food confidence, not perfection.

Visit www.nourishednest.co.uk for more information [See P.13](#)



Pre-Loved Kidswear Made Easy

Save time, save money, support local families and shop kids wear sustainably.

Do you have piles of outgrown clothes, but no time for online marketplaces? Sell in 3 steps : fill in a registration form (email thekidswearloop@gmail.com) wash and iron your pre-loved clothes and drop off in Piddington, High Wycombe. Buy in person at a monthly market: grab high quality branded clothing at amazing prices for your child's wardrobe in the next size up.

To find out more follow [@thekidswearloop](#) on Instagram and Facebook. [See P.25](#)



New Book Makes Bedtime Easy!

Bestselling author Smriti Halls and Supertato co-creator Sue Hendra have released recently a new children's book set to make bedtime easier for thousands of parents.

Bedtime For Little Digger uses rhythmic text and charming, fun-filled illustrations to delight young vehicle fans while gently encouraging winding down and tidying toys away. Even little diggers need rest so they can wake bright and early, ready for a busy day ahead.

Available now at www.waterstones.com [See P.17](#)





Do You Have a Mover and Groover On Your Hands?

Does your little one move instinctively to music? Tot Bop dance classes for boys & girls from the age of 1, cleverly introduces dance in a fun, funky and imaginative way, building confidence, imagination, rhythm and developing motor skills, co-ordination and balance. Described as the 'funky alternative to baby ballet', Tot Bop dance classes ensure learning and fun are always delivered in equal measures. Book in for either a 1 or 3 week trial. Classes in Aylesbury, Aston Clinton, Wing, Pitstone & Leighton Buzzard.

For more info visit www.totbop.co.uk or email rachelk@totbop.co.uk See P.29

Where Girls Go Further – From Their Very First Day

Little St Mary's at St Mary's School offers a purpose-built Early Years setting for Nursery and Reception girls, combining structured learning with enriching experiences. Daily Maths, English and Phonics sessions build strong foundations, while activities such as Forest School, swimming, music and PE support wider development. With free Breakfast Club and wraparound care until 6pm, flexibility supports busy families. Little St Mary's ensures every child feels confident, inspired and ready to learn.

Visit www.stmarysschool.co.uk to book See P.23

Why First Aid Matters

First aid knowledge can make a vital difference for parents, giving them the confidence to act quickly in an emergency. Happy Hearts First Aid, led by Sammy, a former nurse and mum of three, focuses on making these essential skills feel accessible rather than overwhelming. With a calm, supportive approach, parents learn how to respond to common childhood situations with clarity and reassurance. Sessions are available face to face or online, helping families feel prepared, informed and more in control.

To book a course and find out more, visit www.happyheartsfirstaid.com. See P.21



Magical Fun for Under 5s This Half Term

Bring your Marvellous Minis for a special half-term session at The Roald Dahl Museum in Great Missenden. Why let the big kids have all the fun in the school holidays?

The Museum's special led session for visitors aged 6 months to 4 years will be packed with singing, crafting and playing all inspired by Roald Dahl's book *George's Marvellous Medicine*. Finish off with some toddler story time too.

Find out more and book at www.roalddahlmuseum.org. See P.13



Calm Support for Parents

Parenting is full of moments that test us, and it can be hard to know how to respond. Coaching creates a calm, supportive space to pause, reflect and reconnect helping parents work through the challenges of family life rather than feel stuck in them. Carolina Taylor is a certified parenting coach and mum of two, trained in attachment science and child development, who helps parents navigate overwhelm, manage big emotions and build stronger family relationships. The focus is on responding with calm and confidence, rather than reacting in the moment.

Visit www.carolinataylor.com to explore how coaching can support your family. See P.23



TODDLE MODELS

Winner



Oakley, 14 months old

Baby and Toddler Photo Competition Winner

Thank you to everyone who entered our New Year Toddle Models competition!

Congratulations to little Oakley who won a **Little Tikes Bundle of toys**, worth £129!

We received so many gorgeous entries - we hope you enjoy looking through them as much as we have and that this gives all our entrants a lovely keepsake.



Follow on socials: [@officiallittletikesuk](https://www.instagram.com/officiallittletikesuk)



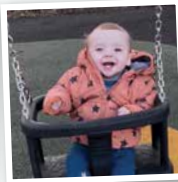
Arlo, 7 months



Ash, 3 years



Asher, 5 months



Cooper, 7 months



Daisy, 2 years 7 months



Dilly, 2 years 6 months



Elodie, 4 years 4 months



Emile, 2 years 3 months



Finley, 2 years 6 months



Fraser & Otto, 5 & 19 months



Hassan & Hussain, 3.5 years



Jackson & Ella, 5 & 2 years



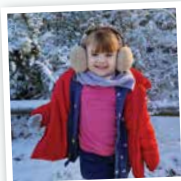
Jude & George, 3 months



Kavir, 1 year 1 month



Khadijah, 3 years 2 months



Leonora, 4 years



Lilith, 11 months



Lottie Olive, 2 years 1 month



Lottie, 2 years 3 months



Luca, 3 years 10 months



Luca & Sofia, 6 & 3 years



Madison, 3 years 5 months



Milo, 2 years



Oliver, 3 years



Oliver, 23 months



Penelope, 2 years 8 months



Poppy, 6 months



Ronnie, 2 years



Rosamund, 3 years



Rowan, 2 years



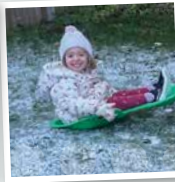
Sonny, 2 weeks



Toby, 2 years



Wish, 13 months



Wren, 3 years



Zach, 10 months

COMPETITION

TODDLE MODELS

WIN A COMPACT FOLDING BE FUN BALANCE BIKE

Ready to get your little one rolling?

We're giving one lucky family the chance to kick-start their child's cycling journey - the fun, confident and completely stress-free way - with a **Be Fun Compact Folding Balance Bike**.

Designed to make those first wobbly steps on wheels feel natural and exciting, this balance bike helps little riders build confidence, coordination and independence from day one. No stabilisers. No pressure.

And when adventure time is over? It folds down in seconds - perfect for popping in the car, storing neatly at home, or taking along for family days out.

Because learning to ride should be simple, joyful and **FUN!**

Find out more at www.befunwheels.com



WORTH
£99

HOW TO ENTER:

Send us a photo of your little one having fun or enjoying some spring sunshine!

We will print as many entries as possible in the next magazine to give you a lovely keepsake.

Enter by **Sun 7th June 2026**.

ENTER AT:
www.toddle.fun/toddlemodels



Springtime Fun Family Days Out

MAKE THE
MOST OF SPRING WITH
THESE GREAT FAMILY-
FRIENDLY EVENTS

SHAKE OFF THOSE WINTRY BLUES AND ENJOY THE SPRING SUNSHINE WITH THESE FUN DAYS

THE KIDSWEAR LOOP MARKET

19 APRIL

The Kidswear Loop monthly pop-up market features rails of quality pre-loved clothes for ages 0–12. Families can shop sustainably or sell outgrown items with ease, earning a portion of the selling price. A simple, affordable way to refresh your child's wardrobe.

Cost: Free.

Piddington Village Hall, Queen St, Piddington HP14 3BW

@thekidswearloop

THE ENORMOUS CROCODILE

1 - 3 MAY, 10:45/11AM AND 2PM

Featuring the toe-tapping tunes and a menagerie of puppets, you'll join in on this wickedly funny musical adventures as the jungle creatures have to find a large amount of courage to stop the Enormous Crocodile and foil his secret plans and clever tricks.

Cost: £12.35 per adult.

Aylesbury Waterside Theatre, Exchange St HP20 1UG

www.atgtickets.com/shows

CIRCUS DAY AT BEKONSCOT

2 - 4 MAY, 10AM - 5:30PM

The circus is coming to Bekonscot to celebrate the return of the National Film and Television School (NFTS) puppets! Come see the exhibition and try your hand at some circus skills.

Cost: Free (included in standard entry price).

Bekonscot, Warwick Road, Beaconsfield HP9 2PL

www.bekonscot.co.uk

STEAM CLASSIC AND COUNTRY FAIR

3 - 4 MAY, 10:30AM - 5PM

Step back in time with a fantastic day of steam engines, classic vehicles and heritage displays. Enjoy train rides, explore the railway museum and see traction engines in action—plenty of hands-on fun for children and a great day out for the whole family.

Cost: Kids only £1, Adults from £11.50

Bucks Railway Centre, Station Rd, Quainton HP22 4BY

www.bucksrailcentre.org/events

FROGFEST

24 MAY, 12PM - 8PM

FrogFest returns with live music, street entertainment and delicious food—perfect for a relaxed bank holiday day out. Families can enjoy free children's activities, workshops and face painting, alongside market stalls and a vibrant, feel-good community atmosphere.

Cost: Free.

High Street, Church Street and Frogmoor, High Wycombe

www.mywycombe.com/bank-holiday-weekend

PARTY IN THE PARK

6 JUNE, 12PM - 9PM

Enjoy a fun-filled day in the park with live music, children's rides, crafts, food and entertainment for all ages. Bring a picnic blanket, gather family and friends, and soak up a relaxed community atmosphere.

Cost: Free

Queen Elizabeth II Playing Field, Eskdale Road, Aylesbury HP22 5UJ

Search Party in the Park 2026 on Facebook

Details are correct at time of printing but may change.
Please check with the venue for up-to-date prices.

HUGS FOR SEND PARENTS

by Liz McCarthy



Special educational needs and disabilities (SEND) have been in the news a lot recently.

We hear that the system is too expensive, demand is too high, too many children are being diagnosed, the number of Education, Health and Care Plans is rising too quickly. And yet all the time, we see our own children struggling to cope in a school system that is not designed for them.

Teachers see their behaviour as a choice, but we know it stems from unmet needs, not naughtiness.

The government published a White Paper in February setting out its plans to **reform the SEND system**. These are not law yet, but many schools and local authorities are acting as though they are.

Are you worried about what the reforms mean for your child with SEND?

Do you need guidance on navigating your way through the school system?

SEND HUGS offers **Help, Understanding, Guidance and Support** to parents of children with SEND.

Having spent 20 years interpreting and teaching law and writing training materials, I'm well placed to advise you on what the law says now and how the government plans to change it.

As a parent of children with SEND myself, I understand how stressful it is to battle the system to try to **get the support they need**.

I know all about how children struggle without the right support and how worrying some of these media articles can be.



If you need HUGS, call Liz on 07930 842137 or email liz@sendhugs.co.uk. For more information, see www.sendhugs.co.uk, SEND HUGS on Facebook or [_send_hugs_](https://www.instagram.com/_send_hugs_) on Instagram.



Louise, Maternal & Child Nutritional Therapist

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- Introducing solids
- Toddler food refusal
- Child selective eating, sensory sensitivities & neurodivergence
- Gut issues & food intolerances
- Mealtime anxiety

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here!

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[@nourished__nest](https://www.instagram.com/nourished__nest)



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Field Studies Council
Amersham

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SPRINGTIME SPOTTER

CAN YOU COUNT UP ALL THE DIFFERENT THINGS IN OUR GARDEN?



CHEEKY CHARLIE HUNT!

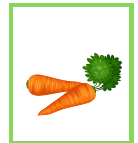
WE'VE HIDDEN CHARLIE, TODDLE ABOUT'S CHEEKY MASCOT, THROUGHOUT THE MAGAZINE!
CAN YOU COUNT HOW MANY TIMES HE APPEARS?

HOW MANY?

		<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>	<input type="text"/>

BEASTIE BITES

MATCH THE ANIMAL TO THEIR FAVOURITE FOOD!



ANSWERS ON P.39

CHEESE & CARROT STARS



Written by
Annabel
Karmel

The ultimate finger food for babies and toddlers alike, these soft veggie-packed stars from Annabel Karmel are the perfect lunch, dinner or nutritious snack for growing little ones.

Makes: 10-12 stars

Ingredients:

200g carrots, peeled and grated 2 eggs, beaten
50g Cheddar cheese, grated 4 tbsp self-raising flour
25g Parmesan cheese, grated

Method:

1. Preheat the oven to 180°C Fan.
2. Put the carrots in a clean tea towel, squeeze out as much liquid as possible.
3. Place in a bowl. Add the cheeses, eggs, flour and seasoning (for babies 12 months +)
4. Line a baking sheet with non-stick baking paper. Put a star cutter onto the sheet. Fill the cutter with the carrot mixture. Press down firmly. Remove the cutter and repeat.
5. Bake in the oven for about 15 minutes until lightly golden and set.

Looking for more recipe inspiration? Annabel's award-winning recipe app is home to 1,300+ simple and delicious ideas for the whole family, PLUS new recipes every week.

Start your FREE trial today!



DEVON FAMILY HOLIDAY COMPETITION



WIN

**a Short Family
Break to Crealy
Theme Park
& Resort,
worth £500+**

Win an exciting 3-night short break at Crealy Theme Park & Resort this September for yourself and up to five others, including a stay in one of our luxury Hot Tub Lodges and unlimited entry to the Theme Park.

Holidaying with tots in peak seasons can be hard, but Crealy's off peak packages make the most of the quieter season and are designed to fit in with your little one's routine.

Crealy Theme Park and Resort is an award-winning family Theme Park located in the East Devon countryside, home to over 60 rides and attractions, animals, live shows and the UK's only Sooty Land - perfect for Tots. Crealy is also home to luxury Lodges, themed Glamping or Camping & Touring pitches.

Find out more at www.crealy.co.uk

Enter now at toddle.fun/crealy

Competitions closes midnight, Sunday 28th June 2026.

Terms and Conditions apply, see www.toddle.fun/crealy for details.





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COZIGO, WORTH £72.99
WWW.COZIGO.COM



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WWW.CONNETIXTILES.COM



LIGHTHOUSE ISLAND, WORTH £49.99
WWW.TICKIT.CO.UK



FUTURE ME: BALLET DANCER, TRAIN DRIVER & ASTRONAUT BOOK BUNDLE, WORTH £23.97
MAGICCATPUBLISHING.CO.UK



TROLL IN A HOLE GAME, WORTH £12
WWW.ORCHARDTOYS.COM



WRIGGLES BY START-RITE SHOES, WORTH £25
WWW.STARTRITESHoes.COM



WOW! TOYS PIPPA'S PRINCESS CARRIAGE, WORTH £26.99
WWW.SMARTTOYSANDGAMES.CO.UK



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SUBSCRIBE BEFORE 30TH JUNE TO QUALIFY



VIP CLUB READER REVIEW:

JAMIE'S LITTLE FOOD LIBRARY



Written by Monica Tanasuc-Griboveanu, Toddle About Subscriber

These fun, interactive cookbooks introduce little ones to baking with simple recipes and playful illustrations. Created by Jamie Oliver, they build confidence in the kitchen while encouraging creativity. £8.99 each from Waterstones.

We are so in love with "Jamie's Little Food Library"!!!

The books have simple yet realistic illustrations that are so fun and easy to follow. Each recipe has all the ingredients beautifully illustrated for easy recognition by little ones, along with the name of each ingredient in a big font that is so helpful for those starting their reading journey.

Each book has folding pages that are so fun to discover and help guide children through the instructions step by step. We had so much fun making the cookies recipe, as it was my little one's

and my first time baking cookies together. All you need are simple ingredients that most people already have at home, making it easy to get started and enjoy the process.

The books are the perfect start to a cooking journey, with four simple recipes that my little one loves so much. They've also been wonderful for bonding time, and now my little one gets excited for lunch or dinner preparation, always bringing along the recipe she wants us to make together that day.



Review has been edited.



Monica was given this product as a freebie for writing this review. Subscribe to Toddle About FOR FREE and you can do the same! Discover the products up for grabs right now at www.toddle.fun/vip-reviews



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Let's Chat



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07391 966 667

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TITCHY TODDLERS

Exclusive under 5s sessions at the Roald Dahl Museum, 10am to 12pm

Next dates

Friday 17 April
Thursday 14 May
Thursday 11 June
Monday 15 June
Friday 3 July
Monday 6 July

£7 per child (2 adults free)

The Roald Dahl Museum
Great Missenden, Bucks
[book at roalddahlmuseum.org](http://book.at.roalddahlmuseum.org)



Look out for extra under 5s sessions in the school holidays!

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CAMPFIRE CHATMALLOWSTM – STORYTELLING SET, £23.95

Gather around this special campfire! Pick 3 Chatmallows from the drawstring bag, add them to a stick, and create imaginative stories using the 48 story starter icons. With a safe LED campfire glow, this set boosts vocabulary, creativity, reasoning, and social skills.

www.learningresources.co.uk/campfire-chatmallows



YOBIB TRAVEL BIB, £24.50

YOBIB is a thoughtfully designed silicone bib created for children prone to motion sickness. Made from soft, food-grade silicone, it discreetly protects clothing during travel. Reusable, easy to clean and beautifully simple, YOBIB offers parents a refined, practical solution that brings calm, comfort and confidence to every journey.

Search YOBIB on Amazon



MY COMMUNICATION FLASH CARDS, £6.50

These bright, child-friendly communication cards are designed to support speech, emotions and daily needs. Featuring clear illustrations and simple phrases, they help children express feelings, make choices and communicate routines. Ideal for home, school and children with additional needs.

www.sngsensoryltd.co.uk



SLIPFREE® SHOES, FROM £15.95

Slipfree® shoes are soft, flexible, non-slip footwear designed to support safe, confident movement. With a barefoot feel and seriously grippy soles, they help protect feet from everyday hazards. With UPF 50+ sun protection, they're podiatrist approved for babies' first steps, designed to swim in, and perfect for all adventures.

www.slipfree.co.uk



THE BUSY BOX, £19.99

The Busy Box is a monthly, screen-free craft subscription designed to inspire creativity in young children. Each box includes eco-friendly, age-appropriate activities with clear instructions and a playful story element, helping parents enjoy meaningful, hands-on time with their children, while supporting early learning, fine motor skills and imagination at home.

www.thebusybox.co.uk

WIN THIS!

Scan to find out more and enter:



ARTY OR ACADEMIC?

WHY CHILDREN NEED BOTH

by Becky Edwards

TRUE OR FALSE? YOU CAN'T BE "ARTY" AND ACADEMIC..... FALSE! HERE'S WHY...

They say opposites attract because they balance each other. It might seem bizarre for someone to have a degree in astrophysics and a Masters in musical theatre... oh hey, that combo of qualifications is mine!

At first glance these worlds do seem vastly different, yet they share many of the same skills: **curiosity, creativity, problem-solving and imagination**. I've always been drawn to the big and epic - whether that's galaxies or a sixty person dance break in the middle of a show.

In my experience as a theatre director and performing arts teacher, the arts and academic learning strengthen one another, not only balance each other. But they need to be given equal value. When school funding is cut, the arts are often one of the first things to take the hit. But my passion is to keep both arts and academia thriving together.

After all, we all **learn through play**, children and adults. If we enjoy what we're doing then we retain information far better.

That's why I recently decided to tackle the **arts VS academia stigma** head on and bring them together in my early years business: Books & Boogie. **We bring storybooks to life** through songs, movement and imagination, where arts and academia work hand in hand. When children stomp like dinosaurs, sing silly songs or act out characters, they aren't just playing - they're developing language, number skills, confidence and imagination.

Children then associate stories with joy, adventure and connection. That's when the academic learning also sticks.

So it doesn't have to be arts OR academia, we should have **BOTH!**



With 2026 being the National Year of Reading, it's the perfect time to celebrate books with our children.

Becky runs Books & Boogie - magical story, music and movement classes helping little ones fall in love with stories.

www.booksandboogie.com



Save 10%
When you book online 48 hrs in advance

Enjoy Adventures at Bekonscot this Spring!

There is lots going on at Bekonscot Model Village & Railway over the 2026 season. Set in 1.5 acres of tranquil gardens Bekonscot captures a snapshot of 1930s rural England. During your next visit:

- 🏠 Explore our model villages.
- 🚂 Watch the trains whizz along our Gauge 1 model railway.
- 🚂 Ride on our 7 1/4" narrow gauge light railway.
- 🍷 Enjoy some tasty seasonal treats from our tearoom.
- 🏴‍☠️ Discover pirate adventures in our playground.
- 🏠 Enjoy themed crafts Tues - Thurs during the school holidays.



To plan your next adventure visit www.bekonscot.co.uk

Follow us for daily updates!



More Than Morning Sickness



HYPEREMESIS GRAVIDARUM EXPLAINED: WHEN NAUSEA AND VOMITING IN PREGNANCY GO FAR BEYOND THE NORM.

Sickness in pregnancy is often a welcome sign in those early days when all the evidence you have is the two lines on a stick. The challenge for many of us is that the term morning sickness doesn't really scratch the surface of our experience and symptoms are rarely limited to mornings.

Pregnancy sickness is a spectrum condition which affects everyone differently. It ranges from periods of mild nausea or the odd vomiting episode right through to constant nausea and regular vomiting. In most cases, a few tweaks to diet and lifestyle can make things easier to manage and symptoms usually ease around 12 weeks.

But what about when those tweaks don't work? What about when the nausea is so intense it feels like it's crushing your soul? When vomiting comes regardless of whether you have eaten anything? When it's so violent you struggle to catch your breath? When the mere thought of food kicks off the awful cycle of vomiting again? What if you can't keep down even a sip of water - or your own saliva?

That's Hyperemesis Gravidarum (HG). It's an extreme form of nausea and vomiting in pregnancy that affects up to 4% of pregnancies and requires medical treatment. Although symptoms start in the early weeks, they often last far beyond the first trimester, with almost a quarter of women needing anti-emetic treatment throughout their entire pregnancy.

For those with a family history of HG, there is an increased risk, and once you've had it in one

pregnancy, there's around an 80% chance you'll experience it again. Which is a pretty tough pill to swallow. Literally. The good news is that a variety of treatments can be safely used in pregnancy.

The key differences between HG and typical pregnancy sickness are the severity of symptoms and the impact they have on women's and birthing people's physical and mental health. It's not uncommon for sufferers to say they feel like they are dying, as though their body is failing in front of their eyes, and yet they are reminded that they are lucky to be pregnant.

Therein lies the contradiction: the gap between expectation and reality. The difference between what is expected of pregnancy and the reality of an HG pregnancy is vast and can lead us to question our experience. If everyone feels this unwell, why aren't we talking about it more often? Or are we just weak because we can't cope when everyone else can? It's easy to see how this leads to isolation.

WHEN SHOULD I GET HELP?

Seek help as soon as you are struggling. If nausea and vomiting are impacting your ability to eat, drink or work, seek medical advice. There are medications that can help manage the symptoms.

The free helpline on **0800 055 4361** is available during office hours for empathy, expertise and support, or visit www.pregnancysicknesssupport.org.uk any time. HG is brutal, but you don't have to face it alone.



Pregnancy
Sickness
Support

Lindsay Salmon is Community & Engagement Manager at Pregnancy Sickness Support. Drawing on her lived experience of HG and a background in teaching, SEN and counselling, she is passionate about raising awareness, improving education, and amplifying the voices of the HG community.



toddling about South Bucks

SPOTLIGHT ON... BEKONSCOT MODEL VILLAGE & RAILWAY



In each issue, we love teaming up with a local blogger or influencer to share their favourite adventures and activities to enjoy with little ones.

This time was our turn, Me (*Bill*) and the kids (*Flo 8* and *Aurora 6*) recently enjoyed a brilliant family day out at **Bekonscot Model Village & Railway** - and it's one of those places that really captures the imagination of both children and grown-ups alike.

From the moment we arrived, there was something **magical about stepping into this miniature world**. The attention to detail across the tiny village scenes is incredible, and my kids loved spotting all the moving parts - from people and cars, to the trains whizzing around the tracks.

The **model railway was a big highlight**, and of course, we couldn't resist a ride on the narrow gauge railway, which added an extra layer of excitement to the day. It's the kind of place where you can take your time, wander at your own pace, and let curiosity lead the way.

After plenty of exploring, we finished up with a well-earned treat from the tearoom - perfect for recharging before heading home.

It was a lovely, relaxed day out with plenty to see and do, definitely one to add to your family adventure list.

www.bekonscot.co.uk



INFO: Individual ticket prices for the 2026 season start from £15.00 per adult and £9.50 per child. If you book online at least 48 hours in advance, you will also receive 10% off the standard entry

Are you a local parent who enjoys documenting life or is already Blogging with your little ones and would love to be featured in print and online, we'd love to hear from you! - **get in touch** and let's explore how we can work together **through Toddle About - info@toddleabout.co.uk**

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Raising A HAPPY EATER

HOW TO HELP YOUR CHILD BUILD A HEALTHY RELATIONSHIP WITH FOOD.

by Alicia Eaton



If you are parenting a child under five, you probably spend a surprising amount of time thinking about food. What to buy, what to cook, whether your child will eat it – and if they don't, what that might mean. It can feel exhausting.

But beyond nutrients and portion sizes, something far more important is happening during these early years. Your child is forming a relationship with food – one that will likely stay with them for life. Many of us can remember episodes from our own childhood that still shape the way we eat as adults. Long before children understand ideas like healthy eating, they absorb the atmosphere around meals. They notice your tone of voice, how rushed or relaxed things feel, and whether food becomes a source of tension or enjoyment.

The reassuring part is that raising a happy eater is rarely about getting food exactly right. It is far more about helping children feel comfortable and unpressured, alongside a steady set of routines and habits. That is something most parents can offer, even on busy days.

TODAY'S FOOD WORLD IS DIFFERENT

Parents today are raising children in a very different food environment from the one many of us grew up in. Supermarkets offer endless choice, cafés are everywhere and food delivery apps mean everyone can eat something different at the touch of a button.

Alongside this, there is a constant cultural conversation about sugar, ultra-processed foods, allergies and weight. Even very young children pick up on this emotional backdrop.

They may not understand the language adults use,

but they understand when something feels not quite right. They notice when food becomes a source of worry and can sense when adults feel conflicted about eating.

One of the most helpful things we can do is simplify the emotional atmosphere around food and avoid using labels such as 'good' and 'bad'.

APPETITE IS ALLOWED TO CHANGE

One of the most common concerns I hear from parents is how unpredictable their child's appetite can seem. A toddler who eats enthusiastically one day might barely touch their food the next. They may love a food for weeks and then suddenly refuse it.

This fluctuation is normal. Young children's appetites vary depending on growth, sleep, activity and emotional state. Responding calmly to these phases helps far more than reacting with anxiety.

When children are coaxed or persuaded to eat more than they want, they begin to focus on adult expectations rather than their own internal cues. Over time, it becomes harder for them to recognise hunger and fullness.

Falling out of touch with your body's natural hunger signals is easily done and can lead to a child that pesters you for endless snacks, even when they're not genuinely hungry. This is not out of greediness, but more a response to tiredness, boredom or frustration.

So a happy eater is not a child who clears their plate every time, but one who gradually learns to recognise hunger, satisfaction and even occasional lack of appetite as normal.

AVOID TURNING FOOD INTO A REWARD OR A BATTLEGROUND

Many of us fall into the habit of using phrases that can have unintended consequences:

“Just three more bites.”

“You can have pudding if you finish.”

“Be good and eat your vegetables.”

They come from a place of care - we want our children to be nourished. But over time, these messages can create associations we did not intend. Food becomes something to earn or negotiate over. If dessert is framed as a prize and vegetables as an obstacle, we unintentionally elevate one and downgrade the other.

Keeping language neutral can make a big difference. Some families find it helpful to talk about “everyday foods” and “sometimes foods,” rather than good and bad foods. This keeps the tone practical and removes moral weight from eating.

THE POWER OF ROUTINE

Children feel safer when life is predictable, and eating is no exception. Regular mealtimes and planned snack times create a rhythm that reassures children food is coming again.

This alone should reduce frequent requests for snacks. Children who graze throughout the day often do not experience genuine hunger, which can make them seem fussy at mealtimes. Allowing gentle hunger to build helps them come to the table ready to eat and more open to new foods.

In France, children are taught that feelings of hunger are to be welcomed, for it means that you'll enjoy the next meal even more. So a little bit of patience is no bad thing.

SENSORY PREFERENCES MATTER

Some children may appear fussy, but their senses are still developing and it's not uncommon for them to experience sensory overwhelm. Strong reactions to smells, colours, textures and how food feels in the mouth are not unusual.

One child may prefer crunchy textures, another may dislike foods that are mixed together, while some need to explore food with their fingers before feeling ready to taste it.

Alicia Eaton is a Harley Street-based behaviour change psychotherapist with over 20 years' experience working with parents, children and teenagers. She's the author of [Mind How Your Kids Eat](#), which explores how everyday habits and language shape children's long-term relationship with food.

Follow us for daily updates!



When we view these reactions as sensory preferences rather than stubbornness, the mood around mealtimes can soften. Instead of asking, “How do I make my child eat this?”, we can ask, “How can I present this in a way that feels manageable?”

Small adjustments – separating foods, changing temperature or offering a familiar dip – can make a surprising difference.

SIMPLE WAYS TO HELP RAISE A HAPPY EATER

Keep the emotional atmosphere calm

Children eat best when they feel safe rather than watched or evaluated. Aim for connection at the table rather than control.

Trust fluctuating appetites

Toddlers rarely eat the same amount each day. Calm responses help them stay connected to hunger and fullness cues.

Avoid turning food into leverage

Using dessert as a reward or vegetables as a hurdle can create associations that last beyond childhood.

Create gentle structure around food

A predictable rhythm reassures children that food is coming and allows appetite to build naturally.

Respect sensory preferences

Texture, temperature and presentation matter more than many adults realise.

Model the desired relationship with food

Children learn more from what they observe than from what they are told.

Focus on the long game

No single meal shapes your child's eating habits. It is the small, repeated experiences over time that build curiosity and trust.

Early childhood is a powerful period for habit formation, but this does not mean parents have to get everything right. What matters most is the emotional pattern children experience repeatedly: calm meals, neutral language, recognition of internal hunger signals and a sense of connection at the table.

A happy eater is not a child who eats perfectly, but one who feels comfortable, curious and safe around food.



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All trials are subject to availability.



RISE AND SHINE (TOO EARLY):

by Melanie Hastings

HELPING YOUR LITTLE ONE SLEEP PAST THE LIGHT



If your child has suddenly started greeting the day at an eye-watering 5am, you're not alone and you're definitely not imagining it. As the mornings grow lighter, little ones are among the first to notice, and their sleep can take a real hit as a result.

Young children are beautifully in tune with their environment, which means light even the faintest glimmer creeping under a door can signal their brains that it's time to wake up. The good news? There are some simple, gentle changes that can make a big difference.

Block out the light. This is often the single most effective step. Invest in proper blackout blinds or curtains not the flimsy kind, but ones that truly darken the room. Tape around the edges if needed. It might feel dramatic, but it genuinely works.

Protect the sleep environment. Keep the room cool and use white noise if you're not already. These cues help your child's brain stay in "sleep mode" for longer, even as the world outside wakes up.

Hold the line on wake-up time. It can be tempting to go in the moment you hear stirring, but giving your child a little time to settle whether that's a few minutes of quiet in their room or a reassuring pat and tuck-back-in gently reinforces that it's not yet time to start the day.

Be patient with the transition. It can take a week or two for little ones to adjust to seasonal changes. Consistency and calm are your best tools.

You've got this and brighter mornings really can mean better sleep for everyone.



Melanie Hastings is a certified sleep consultant and Norland Nanny with over 17 years of experience caring for little ones. Visit www.melaniehastings.sleepnanny.co.uk to find out more and to get in touch.

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The UK's best value theme park, **Drayton Manor**, is offering Toddle About readers the chance to win a **fun-filled family day out for four** to enjoy Europe's only Thomas Land – plus a private character meet and greet experience!

Thomas & Friends™ await at the Island of Sodor inside Thomas Land, featuring 25 toddler-friendly rides and a mini coaster, plus shows, entertainment and the chance to meet much-loved characters such as Sir Topham Hatt, Rusty and Dusty in a private meet and greet experience.

There's something for bigger kids too, with **access to the main theme park** also included with this incredible prize!

With only one prize up for grabs, don't miss the chance to win a fun-filled day out at Drayton Manor's Thomas Land.

Find out more at www.draytonmanor.co.uk.



Enter at toddle.fun/thomas

Competition closes midnight on Sunday 14th June 2026.

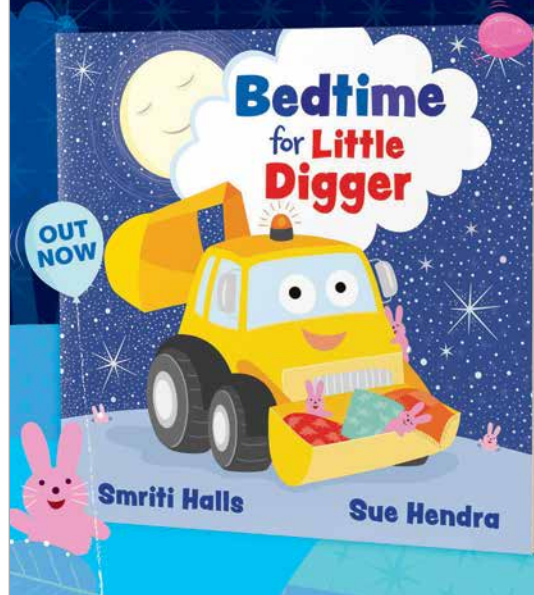
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IS YOUR CHILD STARTING SCHOOL IN SEPTEMBER? START HERE!

Easter has just passed and September still feels like a lifetime away. But if your little one is starting school this Autumn, now is actually the perfect time to begin preparing them, not by buying the uniform, but by talking about feelings.

Not feelings about school specifically, just feelings in general. **Big transitions bring big emotions.** Moving from nursery to a primary school classroom, from a small familiar group to a much larger, louder, busier world, is a significant change for a young child. And **children process change long before they can put words to it.** You might notice behaviour shifts: more clingy, more unsettled at bedtime, more tearful over small things. These are signals, not problems.

Research on school readiness consistently shows that emotional literacy, a child's ability to identify and express how they feel, is one of the strongest predictors of a smooth transition. When children have practice naming their emotions, they are **better equipped to manage the unfamiliar.**

So this Spring, **make space for feelings at home** by naming your own out loud and reading picture

books where characters feel worried or excited. You are building a vocabulary they will draw on when September arrives. If this is your first child starting school, you are navigating something new too. The nursery perhaps felt more intimate and communicative, and school will feel different, so **mixed feelings about that are completely normal.**

Research on co-regulation tells us that a parent's nervous system directly influences a child's, meaning our **calm is contagious** and so is our anxiety. This transition is not just about preparing your child, it is also about supporting yourself as a parent. By nurturing both, you create a calm and connected foundation for this new chapter.



written by Carolina Taylor who is a certified parenting coach based in Amersham. www.carolinataylor.com



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Laughter & Play

THE TWO KEY INGREDIENTS FOR LANGUAGE DEVELOPMENT

by Nicky McKeon



Let's be honest... When was the last time you got down on the floor and played with your child? And really played? When did you intently watch how your little one played with a toy and then joined in with their game, before introducing your rules of how to play?

The key to supporting positive language development is to laugh and play together every day - even if it is only for 5 minutes.

We know that children develop at different rates, but we also know that the best learning is offered with patience, curiosity and joint attention. In a world dominated by passive electronic devices, the essential ingredients to developing communication skills with your child is through person to person play, using facial expressions, shared awareness and unbridled happiness.

It doesn't have to be hard or expensive - here are some quick and easy ideas to make you both smile:

FLOURY LANGUAGE

A sieve, some flour and a piece of black card in a tray can capture a child's imagination and enrich their language so easily - think how the flour falling through the sieve could be snow, space dust, fairy dust. Drawing shapes in the fallen flour with your fingers can promote sensory joy and descriptive language ("soft", "cold", "like clouds") and knowing that there has to be a finish and tidy-up helps with transitioning from activities, following instruction and sequencing. Your simple commentary will model language and introduce new and exciting vocabulary.

STORY SOUNDTRACKS

A shared story book will help your child predict familiar and new situations ("Who's going to be hiding on the next page?") and expand memory

skills ("What did the caterpillar eat on Tuesday?") Taking turns to offer instructions is a great way to demonstrate patience and develop resilience, in addition to modelling to your child how to ask for help ("Can you see the butterfly? I can't find it. Can you help me?") Making animal noises together during the story is a good way to check out if your child can produce all of their vowel sounds correctly ("Eeek! Squawk! Woof! Moo!")

BATH TIME BANTER

Ditch the bath toys for one night and replace with different sized spoons, measuring cups and plastic beakers. This provides a great opportunity to introduce comparative language (big / little, full / empty) and imaginative role play - who wouldn't want a frothy cappuccino at the Splash Cafe?

Through activities such as these, you can build a closer and more trusting relationship with your child and help to ensure that their language is developing in an appropriate way.

If you have any concerns regarding your child's speech and language development, speak to your Health Visitor or contact your nearest Independent Speech and Language therapist via the ASLTIP website (www.asltip.com). We're a friendly bunch and can always offer some top tips, ideas to support your child and some reassuring words for you.

But most importantly, have fun and play together every day!



Nicky McKeon is a qualified Speech and Language Therapist. She is a mum to teenagers with a background in commercial marketing and experience in early years and primary education. She is passionate about supporting children's communication development through fun, accessible approaches for families. www.asltip.com/members/nicky-mckeon

FATHER'S DAY CRAFT

SALT DOUGH HANDPRINT BOWL



Turn little hands into a keepsake! A sweet, simple gift you and your child can make for Dad this Father's Day.

YOU WILL NEED:

- Small ovenproof bowl
- Rolling pin
- Salt Dough:
2 cups plain flour,
1 cup salt, 1 cup water
- Acrylic paint
- Mod Podge glue and sealer
- Sharp knife

How to Make:

1. Mix flour, salt and water to make a stiff dough. If it's too sticky, add a little more flour.
2. Roll the dough to about 1cm thick. Press your child's hand firmly onto it to create a clear handprint.
3. Use a sharp knife to cut around the handprint. Smooth the edges with a damp finger.
4. Drape the dough over a small ovenproof bowl on a baking tray to form the bowl shape. Bake at 100°C for 2-3 hours until completely hard.
5. Once dry, paint your bowl and add a heart or design. Seal with Mod Podge to make it last forever.



Craft kindly supplied by Louise McMullen of Messy Little Monster, author of *Fun Painting Projects for Kids*. For more fun ideas visit www.messylittlemonster.com

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Elmhurst Family Centre

Elmhurst School, Dunsham Lane, Aylesbury, HP20 2DB. 01296 383293. familyinfo.buckinghamshire.gov.uk.

- My First Playtime (Elmhurst): 10:00 - 11:30.

Ages: 0 - 1 yrs. **Cost:** Free (drop in). **Dates:** 13 Apr - 20 Jul.

MUSIC & SIGNING

Monkey Music Aylesbury & High Wycombe

St Martha's Church, Park Road, Tring, HP23 6BP. 01494 819138. www.monkeymusic.co.uk.

- Heigh Ho: 10:10 - 10:40. **Ages:** 1 - 2 yrs.
- Rock n Roll: 10:50 - 11:20. **Ages:** 3 mths - 1 yrs.

Cost: £9.75 per session (booking essential).

Dates: 13 Apr - 27 Apr, 11 May - 18 May & 1 Jun - 13 Jul.

Monkey Music Aylesbury & High Wycombe

Nora Grace Hall, Faversham Close, Tring, HP23 5BA. 01494 819138. www.monkeymusic.co.uk.

- Rock'n'Roll: 10:50 - 11:20. **Ages:** 3 mths - 1 yrs.
- Ding-Dong: 11:30 - 12:00. **Ages:** 3 - 5 yrs.

Cost: £9.75 per session (booking essential).

Dates: 13 Apr - 27 Apr, 11 May - 18 May & 1 Jun - 13 Jul.

SENSORY & DEVELOPMENT

Little Glow Aylesbury

Fairford Leys Community Centre, Hampden Square, Aylesbury, HP19 7HT. aylesbury1.thelittlesensory.co.

- Little Glow Aylesbury: 13:15 - 14:15. **Ages:** 0 - 1 yrs.

Cost: £9 per session.

Dates: 20 Apr-27 Apr, 18 May, 1 Jun, 15 Jun-29 Jun.

TUESDAY

PARENTS & TOTS

Fishes Toddler Group

Church of the Holy Spirit, Church Hall, 71a Camborne Avenue, Aylesbury, HP21 7UE. 01296 394759. www.holyspiritbedgrove.org.

- Little Fishes Baby Group: 13:00 - 14:30. **Ages:** 0 - 1 yrs.

Cost: Free (drop in). **Dates:** 14 Apr - 19 May & 2 Jun - 21 Jul.

Haddenham Community Library

Banks Park, Bank Road, Haddenham, HP17 8EE. 01296 382415. haddenhamcommunitylibrary.org.uk.

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

Cost: Free (drop in). **Dates:** 14 Apr - 21 Jul.

Wendover Community Library

Wendover Community Library, Wendover Community Library, High St, Wendover, HP22 6DU. 01296 382415.

- Bounce & Rhyme: 10:00 - 10:30.

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 14 Apr - 21 Jul.





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Learn how to build your child's development

Cost: Free (booking essential). **Dates:** 14 Apr - 19 May & 2 Jun - 14 Jul.

Southcourt Family Centre Plus

Aylesbury College Campus, Oxford Road, Aylesbury, KP12 8PD. adultlearningbc.ac.uk.

- **Fun with Numbers - Southcourt Family Centre: 13:00 - 15:00.**

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Dates: 14 Apr - 19 May & 2 Jun - 14 Jul.

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Wendover Memorial Hall, Wharf Road, Wendover, HP22 6HF.
020 7255 9120. www.perform.org.uk.

- **Drama, dance & singing classes: 16:00 - 17:00. Ages:** 4 - 12 yrs.

Dates: 14 Apr - 19 May & 2 Jun - 14 Jul.

Tot Pop

Fairford Leys Church Hall, Hampden Square, Aylesbury, HP19 7HT.

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

- **Tiny Tots: 9:30 - 10:05. Ages:** 1 yrs - 2 yrs 6 mths.
- **Baby Boppers: 10:20 - 11:05. Ages:** 2 yrs 6 mths - 5 yrs.

Cost: £9 per session (booking essential).

Dates: 14 Apr - 19 May & 2 Jun - 14 Jul.



WEDNESDAY

PARENTS & TOTS

Southcourt Baptist Church

40 Penn Road, Aylesbury, HP17 8HW. 01296 480080.
www.southcourtbaptist.org.uk.

- **The Ark Parent and Toddler Group: 10:00 - 11:30. Ages:** 0 - 5 yrs.

Cost: Free (drop in). **Dates:** 15 Apr - 20 May & 3 Jun - 15 Jul.

MUSIC & SIGNING

Monkey Music Aylesbury & High Wycombe

St Marys Centre, Church End, Haddenham, HP17 8AJ. 01494 819138.
www.monkeymusic.co.uk.

- **Heigh Ho: 9:30 - 10:00. Ages:** 1 - 2 yrs.
- **Ding-Dong: 10:10 - 10:40. Ages:** 3 - 5 yrs.
- **Rock n Roll: 11:30 - 12:00 & 12:15 - 12:45. Ages:** 3 mths - 1 yrs.

Cost: £9.75 per session (booking essential).

Dates: 15 Apr - 20 May & 3 Jun - 15 Jul.

Monkey Music Aylesbury & High Wycombe

The Village Midwife HQ, 2 Holly Court, Tring Road, Wendover, HP22 6PE. 01494 819138. www.monkeymusic.co.uk.

- **Monkey Music Sessions**

Times: 14:30 - 15:00. **Ages:** 3 mths - 1 yrs.

Times: 15:10 - 15:40. **Ages:** 1 - 2 yrs.

Times: 15:25 - 15:55. **Ages:** 2 - 3 yrs.

Cost: £9.75 per session (booking essential).

Dates: 15 Apr - 20 May & 3 Jun - 15 Jul.

SENSORY & DEVELOPMENT

Little Glow Aylesbury

Haydon Hill Community Centre, Dickens Way, Aylesbury, HP19 8SR.
aylesbury1.thelittle sensory.co.

- **Little Glow Aylesbury: 10:00 - 11:00. Ages:** 0 - 1 yrs.

Cost: £9 per session (drop in). **Dates:** 15 Apr - 1 Jul.

CREATIVE

Berryfields Family Centre

John Fitzjohn Avenue, Aylesbury, HP18 0FG. adultlearningbc.ac.uk.

- **Fun with Numbers: 9:30 - 11:30. Ages:** 2 - 4 yrs.

Cost: Free (booking essential). **Dates:** 15 Apr - 20 May & 3 Jun - 15 Jul.

THURSDAY

PARENTS & TOTS

Southcourt Family Centre Plus

Aylesbury College Campus, Oxford Road, Aylesbury, HP21 8PD.
01296 383293. familyinfo.buckinghamshire.gov.uk.

- **My First Playtime: 10:00 - 11:30.**

Ages: 0 - 1 yrs. **Cost:** Free (drop in). **Dates:** 16 Apr - 16 Jul.

Elmhurst Family Centre

Elmhurst School, Dunsham Lane, Aylesbury, HP20 2DB.
01296 383293. familyinfo.buckinghamshire.gov.uk.

- **Play and Explore (Elmhurst): 13:30 - 15:00.**

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

Discover Bucks Museum

Church Street, Aylesbury, HP20 2QP. 01296 331441.
www.discoverbucks museum.org.

- **Discover Bucks: 10:00 - 12:00. Ages:** 0 - 5 yrs.

Cost: £7 per session (booking essential). **Dates:** 16 Apr & 30 Apr.

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Fishes Toddler Group

Church of the Holy Spirit, Church Hall, 71a Camborne Avenue,
Aylesbury, HP21 7UE. 01296 394759. www.holyspiritbedgrove.org.
Times: 10:00 - 11:30. Ages: 0 - 5 yrs. Cost: £2 per session (drop in).
Dates: 16 Apr - 21 May & 4 Jun - 16 Jul.

Lighthouse Toddler Group

Walton Hall, Walton Street, Aylesbury, HP21 7QX. 01296 398110.
www.htaylesbury.org. Times: 10:30 - 11:45. Ages: 0 - 4 yrs.
Cost: Free (drop in). Dates: 16 Apr - 21 May & 4 Jun - 16 Jul.

Toybox and Babybox

Long Crendon Baptist Church, High Street, Long Crendon, HP18 9AF.
01844 201335. www.lcbc.org.uk.
Times: 10:45 - 12:00. Ages: Pregnancy - 3 yrs.
Cost: Free (booking essential). Dates: 16 Apr - 21 May & 4 Jun - 16 Jul.

Wendover Community Library

High St, Wendover, HP22 6DU. 01296 382415.
• Duplo Club: 14:00 - 15:00. Ages: 0 - 5 yrs.
Cost: Free (drop in). Dates: 16 Apr - 21 May & 4 Jun - 23 Jul.

MUSIC & SIGNING

Monkey Music Aylesbury & High Wycombe

St Martha's Church, Park Road, Tring, HP23 6BP. 01494 819138.
www.monkeymusic.co.uk.
• Jiggety Jig: 9:30 - 10:00. Ages: 2 - 4 yrs.
Cost: £10.25 per session (booking essential).
Dates: 16 Apr - 21 May & 4 Jun - 16 Jul.



CREATIVE

Elmhurst Family Centre

Dunsham Lane, Aylesbury, HP20 2DB. adultlearningbc.ac.uk.

• Fun with Words: 10:00 - 12:00. Ages: 2 - 4 yrs.
Cost: Free (booking essential). Dates: 16 Apr - 21 May & 4 Jun - 16 Jul.

Sparkles - Speech Therapy for Children with Down's Syndrome

Aylesbury, HP20. sparkles.org.uk.

• Sparkles Speech Therapy: 9:30 - 14:00. Ages: 0 - 5 yrs.
Cost: Free (booking essential). Dates: 16 Apr - 21 May & 4 Jun - 16 Jul.

DANCE & DRAMA

Tot Bop

Nora Grace Hall, Faversham Close, Tring, HP23 5BA. 01525 237474 /
07775 582791. www.totbop.co.uk.

• Tiny Tots: 9:30 - 10:05. Ages: 1 yrs - 2 yrs 6 mths.
• Baby Boppers: 10:20 - 11:05. Ages: 2 yrs 6 mths - 5 yrs.
Cost: £9 per session (booking essential).
Dates: 16 Apr - 21 May & 4 Jun - 16 Jul.

Are you running classes or events?

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FRIDAY

PARENTS & TOTS

Berryfields Family Centre

John Fitzjohn Avenue, Aylesbury, HP18 0FG. 01296 383293.
familyinfo.buckinghamshire.gov.uk.

- My First Playtime: 10:00 - 11:30.

Ages: 0 - 1 yrs. **Cost:** Free (drop in). **Dates:** 17 Apr - 17 Jul.

Southcourt Family Centre Plus

Aylesbury College Campus, Oxford Road, Aylesbury, HP21 8PD.
01296 383293. familyinfo.buckinghamshire.gov.uk.

- Play and Explore: 10:00 - 11:30.

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 17 Apr - 17 Jul.

Haddenham Community Library

Banks Park, Bank Road, Haddenham, HP17 8EE. 01296 382415.
haddenhamcommunitylibrary.org.uk.

- Bounce and Rhyme: 10:30 - 11:00. **Ages:** 0 - 5 yrs.

Cost: Free (drop in). **Dates:** 17 Apr, 1 May, 15 May, 29 May, 12 Jun, 26 Jun, 10 Jul & 24 Jul.

SENSORY & DEVELOPMENT

Little Glow Aylesbury

Wendover Memorial Hall, Wharf Road, Wendover, HP22 6HF.
aylesbury1.thelittlesensory.co.

- Little Glow Aylesbury: 13:30 - 14:30.

Ages: 0 - 1 yrs. **Cost:** £9 per session (drop in). **Dates:** 17 Apr - 3 Jul.

OTHER

Weeniebeans

Fairford Leys Community Centre, Hampden Square, Aylesbury,
HP19 7HT. www.weeniebeans.co.uk.

Times: 9:30 - 11:00. **Ages:** 0 - 3 yrs. **Cost:** £7 per session (drop in).

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

SATURDAY

PARENTS & TOTS

Haddenham Community Library

Banks Park, Bank Road, Haddenham, HP17 8EE. 01296 382415.
haddenhamcommunitylibrary.org.uk.

- Lego & Craft Club: 10:30 - 11:30.

Ages: 2 - 5 yrs. **Cost:** Free (drop in). **Dates:** 18 Apr - 25 Jul.

Who Let The Dads Out?

Granville Street Church, Granville Street, Aylesbury, HP20 2JR. 01296
334154. www.granvillestreetchurch.org.uk.

Times: 9:30 - 11:00. **Ages:** 0 - 5 yrs. **Cost:** £1 per session (drop in).

Dates: 18 Apr - 25 Jul.

DANCE & DRAMA

Tot Bop

The Anthony Hall, 33 London Road, Aston Clinton, Aylesbury,
HP22 5HG. 01525 237474 / 07775 582791. www.totbop.co.uk.

- Tiny Tots: 9:00 - 9:30. **Ages:** 1 yrs - 2 yrs 6 mths.
- Baby Boppers: 9:45 - 10:30. **Ages:** 2 yrs 6 mths - 3 yrs 6 mths.
- Funky Monkeys: 10:45 - 11:30. **Ages:** 3 yrs 6 mths - 5 yrs 11 mths.
- Groovy Movers: 11:45 - 12:30. **Ages:** 5 - 9 yrs.

Cost: £9 per session (booking essential)

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

SUNDAY

HEALTH & WELLNESS

Happy Hearts First Aid

Village Midwife HQ, 2 Holly Court, Tring Road, Wendover, HP22 6PE.
07522312795. www.happyheartsfirstaid.com.

- Baby & Child First Aid: 10:00 - 12:00. **Ages:** 0 - 1 yrs 6 mths.

Cost: £28 per session (booking essential). **Dates:** 10 May.

OTHER

Buckinghamshire Railway Centre

Station Road, Quainton, Nr Aylesbury, HP22 4BY. 01296 655720.
www.bucksrailcentre.org.

- Steam, Classic & Country Fair: 10:30 - 17:00. **Ages:** 0 - 99 yrs.

Dates: 3 May - 4 May.

- Day Out With Thomas: 10:30 - 17:00.

Ages: 1 - 12 yrs. **Cost:** £16.50 per session (booking essential).

Dates: 24 May - 25 May.

- Dino Day: 10:30 - 17:00.

Ages: 0 - 99 yrs. **Dates:** 7 Jun.



SOUTH BUCKS AREA

MONDAY

PARENTS & TOTS

Amersham Library

Chilterns Lifestyle Centre, Chiltern Avenue, Amersham, HP6 5AH.
0845 230 3232.

- Bounce & Rhyme: 10:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** Free (booking essential). **Dates:** 13 Apr - 20 Jul.

Holmer Green Tiddlywinks

Christ Church Centre, Holmer Green, High Wycombe, HP15 6XQ.
01494-715195. www.pshg.org.

- Tiddlywinks: 13:30 - 15:00. **Ages:** 0 - 4 yrs.

Cost: £2 per session (drop in).

Dates: 13 Apr - 27 Apr, 11 May - 18 May & 1 Jun - 20 Jul.

Little Fish High Wycombe

Wycombe Marsh Baptist Church, London Road Wycombe Marsh,
High Wycombe, HP11 1ET. 07940 953 909.

Times: 14:00 - 14:30. **Ages:** 0 - 5 yrs. **Cost:** Free (drop in).

Dates: 13 Apr - 27 Apr, 11 May - 18 May & 1 Jun - 20 Jul.

Tiddlywinks

Marlow Methodist Church, Spittal Street, Marlow, SL7 3HJ.
07799 854 535.

Times: 8:45 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £1 per session (drop in).

Dates: 13 Apr - 27 Apr, 11 May - 18 May & 1 Jun - 20 Jul.

MUSIC & SIGNING

Monkey Music Amersham, Beaconsfield & The Chalfonts

Community Centre, Chilterns Lifestyle Centre, Chiltern Avenue, Amersham, HP6 5AH. 07765257465. www.monkeymusic.co.uk.

- Ding-Dong: 9:15 - 9:45 & 13:30 - 14:00. **Ages:** 3 - 5 yrs.
- Jiggety-Jig: 10:00 - 10:30. **Ages:** 2 - 3 yrs.
- Heigh-Ho: 10:45 - 11:15. **Ages:** 1 - 2 yrs.
- Rock'n'Roll: 11:00 - 11:30 & 11:30 - 12:00. **Ages:** 3 mths - 1 yrs.

Dates: 13 Apr - 27 Apr, 11 May - 18 May & 1 Jun - 6 Jul.

Cost: £10.95 per session (booking essential).

Monkey Music Aylesbury & High Wycombe

Wrights Meadow Centre, Wrights Meadow Road, High Wycombe, HP11 15Q. 01494 819138. www.monkeymusic.co.uk.

- Heigh Ho: 10:05 - 10:35. **Ages:** 1 - 2 yrs.
- Ding-Dong: 10:45 - 11:15. **Ages:** 3 - 5 yrs.
- Jiggety Jig: 9:25 - 9:55. **Ages:** 2 - 4 yrs.

Cost: £10.50 per session (booking essential).

Dates: 13 Apr - 27 Apr, 11 May - 18 May & 1 Jun - 13 Jul.

Moo Music - High Wycombe, Marlow, Beaconsfield & Bourne End

Childcare4U Marlow, Farm House, Crown Lane, Marlow, SL7 3HL. 07360 745264. www.moo-music.co.uk.

- Mixed Moo in Marlow: 10:20 - 11:00. **Ages:** 6 mths - 4 yrs.
- Baby Moo in Marlow: 11:30 - 12:10. **Ages:** 1 mths - 1 yrs.

Dates: 13 Apr - 27 Apr, 11 May - 18 May & 1 Jun - 13 Jul.

Cost: £9.50 per session (booking essential).

SENSORY & DEVELOPMENT

Baby College South Buckinghamshire

Terriers Church High Wycombe, St Francis of Assisi Church Hall, Amersham Road, High Wycombe, HP13 5AB. 07720441672. www.babycollege.co.uk.

- High Wycombe Juniors: 9:30 - 10:15. **Ages:** 1 yrs 6 mths - 3 yrs.
- High Wycombe Toddlers: 10:30 - 11:15. **Ages:** 9 mths - 1.5 yrs.
- High Wycombe Infants: 11:30 - 12:15. **Ages:** 0 - 9 mths.

Cost: £9.25 per session (booking essential).

Dates: 13 Apr - 27 Apr, 11 May - 18 May & 1 Jun - 13 Jul.

Books and Boogie

Great Kingshill Village Hall, Missenden Rd, Great Kingshill, High Wycombe, HP15 6DW. 07356095532. www.beckyedwardsbooks.com.

- Boogie Ballet: 9:40 - 10:10. **Ages:** 2 yrs - 4 yrs 11 mths.
- Mini West End: 10:15 - 10:45. **Ages:** 2 yrs - 4 yrs 11 mths.

Cost: £7 per session (booking essential).

- Grown Up Boogie: 10:50 - 11:30.

Cost: £8 per session (booking essential).

Dates: 13 Apr - 11 May & 1 Jun - 29 Jun.

Phonics with Robot Reg Wycombe

West Wycombe Village Hall, High Street, West Wycombe, High Wycombe, HP14 3AB. 07952 258 095. robotreg.co.uk.

- MINIS Phonics: 8:30 - 9:15. **Ages:** 1 yrs - 2 yrs 6 mths.
- Pre-school Phonics: 10:30 - 11:15. **Ages:** 2.5 yrs - 5 yrs.

Cost: £8 per session (booking essential).

Dates: 13 Apr - 27 Apr, 11 May - 18 May & 15 Jun - 13 Jul.

Phonics with Robot Reg Wycombe

Flackwell Heath Community Centre, Swains Lane, Flackwell Heath, HP10 9BN. 07952 258 095. robotreg.co.uk.

- Pre-school Phonics: 13:30 - 14:15. **Ages:** 2 yrs 6 mths - 5 yrs.

Cost: £8 per session (booking essential). **Dates:** 13 Apr - 27 Apr, 11 May - 18 May & 15 Jun - 13 Jul.

CREATIVE

Newtown Family Centre Plus

Berkhamstead Road, Chesham, HP5 3AT. adultlearningbc.ac.uk.

- Little Cooks: 10:00 - 12:00. **Ages:** 2 - 4 yrs.

Cost: Free (booking essential).

Dates: 13 Apr - 27 Apr, 11 May - 18 May & 1 Jun - 13 Jul.

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Classes in West Wycombe, Flackwell Heath and High Wycombe

Monday, Morning and Afternoon

DANCE & DRAMA

Tappy Toes Ruislip, Chalfont St. Peter and Little Chalfont

Sacred Heart Scout and Guide Hut, Pembroke Road, Ruislip, HA4 8NN. 07961213253. www.tappytoes.com.

- Tappy Toes (Ruislip): 9:35 - 10:05. **Ages:** 6 mths - 5 yrs.

Cost: £7.50 per session (booking essential).

Dates: 13 Apr - 18 May & 1 Jun - 13 Jul.

Medley School of Dance

Flackwell Heath Community Centre, Flackwell Heath, High Wycombe, HP10.07841 124697. www.medleyschoolofdance.co.uk.

- Teeny Tutu's: 16:00 - 16:30. **Ages:** 2 - 4 yrs.

Cost: £5.50 per session (drop in). **Dates:** 13 Apr - 29 Jun.

SWIMMING

Ducks2Water

Millbrook Combined and Nursery, Mill End Road, High Wycombe, HP12 4BA. 07455023603. www.ducks2water.com.

Times: 9:30 - 10:00, 10:00 - 10:30, 10:30 - 11:00 & 11:00 - 11:30.

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

Dates: 13 Apr - 27 Apr, 11 May - 18 May & 1 Jun - 13 Jul.

Ducks2Water

Cedar Park School, Cedar Avenue, Hazlemere, HP15 7EF. 07455023603. www.ducks2water.com.

- Duckling 1 (3-10 m): 13:00 - 13:30.
- Duckling 2 (10-18 m): 12:30 - 13:00 & 14:00 - 14:30.
- Duckling 3 (18-30 m): 13:30 - 14:00.
- Duckling 4 (2.5-3.5 yrs): 13:00 - 13:30.
- Duckling 5 (3-5 yrs): 12:30 - 13:00 & 14:00 - 14:30.
- Duckling 6 (3-5 yrs): 13:30 - 14:00.

Cost: £12 per session (booking essential).

Dates: 13 Apr - 27 Apr, 11 May - 18 May & 1 Jun - 13 Jul.





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Monkey Music Amersham, Beaconsfield & The Chalfonts

Christ Church URC, 18 Oxford Road, Marlow, SL7 2NL. 07765257465. www.monkeymusic.co.uk.

- Jiggety-Jig: 10:00 - 10:30. **Ages:** 2 - 3 yrs.
- Heigh-Ho: 10:40 - 11:10. **Ages:** 1 - 2 yrs.

Cost: £10.95 per session (booking essential).

Dates: 14 Apr - 19 May & 2 Jun - 7 Jul.

Monkey Music Amersham, Beaconsfield & The Chalfonts

Marlow, Christ Church URC, 18 Oxford Road, Marlow, SL7 2NL. 07765257465. www.monkeymusic.co.uk.

- Rock'n'Roll: 11:20 - 11:50. **Ages:** 3 mths - 1 yrs.
- Ding-Dong: 12:00 - 12:30. **Ages:** 3 - 5 yrs.

Cost: £10.95 per session (booking essential).

Dates: 14 Apr - 19 May & 2 Jun - 7 Jul.

Moo Music - High Wycombe, Marlow, Beaconsfield & Bourne End

St Mary's Church Hall, Glory Mill Lane, Wooburn Green, HP10 0LU. 07360 745264. www.moo-music.co.uk.

- Moo Music (Maxi): 9:50 - 10:30. **Ages:** 1 yrs 6 mths - 4 yrs.
- Moo Music (Baby Moo): 11:00 - 11:40. **Ages:** 1 mths - 15 mths.

Cost: £8.50 per session (booking essential).

Dates: 14 Apr - 19 May & 2 Jun - 14 Jul.

SENSORY & DEVELOPMENT

Baby College South Buckinghamshire

Amersham Community Centre, Chiltern Lifestyle Centre, Amersham, HP6 5AH. 07720441672. www.babycollege.co.uk.

- Amersham Juniors: 9:30 - 10:15. **Ages:** 1 yrs 6 mths - 3 yrs.
- Amersham Toddlers: 10:30 - 11:15. **Ages:** 9 mths - 1 yrs 6 mths.
- Amersham Infants: 11:30 - 12:15. **Ages:** 0 - 9 mths.

Cost: £9.25 per session (booking essential).

Dates: 14 Apr - 19 May & 2 Jun - 14 Jul.

TUESDAY

PARENTS & TOTS

Bourne End Community Library

Wakeman Road, Bourne End, SL8 5SX. 01296 382 415. www.buckinghamshire.gov.uk.

- Tuesday Storytime: 10:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 14 Apr - 21 Jul.

Chesham Library

Elgiva Lane, Chesham, HP5 2JD. 01296 382 415. www.buckinghamshire.gov.uk.

- Bounce and Rhyme: 10:30 - 11:00.

Ages: 0 - 4 yrs. **Cost:** Free (booking essential). **Dates:** 14 Apr - 21 Jul.

The Lantern Babies and Toddlers

St Mary's Church, 141 Marlow Bottom, Marlow, SL7 3PJ. **Times:** 10:00 - 11:30. **Cost:** £2 per session (drop in).

Dates: 14 Apr - 19 May & 2 Jun - 21 Jul.

MUSIC & SIGNING

Monkey Music Amersham, Beaconsfield & The Chalfonts

Gerrards Cross Guide Hall, 29 Station Road, Gerrards Cross, SL9 8ES. 07765257465. www.monkeymusic.co.uk.

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

Cost: £10.95 per session (booking essential).

Dates: 14 Apr - 19 May & 2 Jun - 7 Jul.

CREATIVE

Castlefield Family Centre

Rutland Avenue, Castlefield, High Wycombe, HP12 3LL. adultlearningbc.ac.uk.

- Fun with Numbers: 10:00 - 12:00. **Ages:** 2 - 4 yrs.

Cost: Free (booking essential). **Dates:** 14 Apr - 19 May & 2 Jun - 14 Jul.

Hampden Way Family Centre

The Community Centre, Hampden Way, High Wycombe, HP13 7TJ. adultlearningbc.ac.uk.

- Fun with Words: 13:00 - 15:00. **Ages:** 2 - 4 yrs.

Cost: Free (booking essential). **Dates:** 14 Apr - 19 May & 2 Jun - 14 Jul.

SWIMMING

Ducks2Water

Royal Grammar School, Amersham Rd, High Wycombe, HP13 6QT. 07455023603. www.ducks2water.com.

- Ducks2Water Swim Club: 16:00 - 18:00. **Ages:** 3 - 13 yrs.

Cost: £12 per session (booking essential).

Dates: 14 Apr - 19 May & 2 Jun - 14 Jul.

WEDNESDAY

PARENTS & TOTS

High Wycombe Library

5 Eden Place, High Wycombe, HP11 2DH. 01296 382415. www.buckscc.gov.uk.

- Bounce & Rhyme: 10:15 - 10:45. **Ages:** 0 - 1 yrs 6 mths.

Cost: Free (booking essential). **Dates:** 15 Apr - 22 Jul.

Kindness in Bucks

Hazlemere Community Centre, Rose Avenue, HP15 7UB
www.kindnessinbucks.com.

- **Evening Walks:** 16:00 - 17:00.

Walks about connection, fresh air and kindness with lovely local ladies
Dates: 15 Apr - 22 Jul.

Little Chalfont Toddler Group

Little Chalfont Village Hall, Cokes Lane, Little Chalfont, HP8 4UD.
Times: 10:00 - 11:30. **Ages:** 1 - 4 yrs. **Cost:** Free (booking essential).
Dates: 15 Apr - 20 May.

Radnage Mother and Toddler Group

Radnage Common Road, Radnage, High Wycombe, HP14 4DF.
07789902336.

Times: 9:30 - 11:30. **Ages:** 0 - 5 yrs.
Cost: £1.50 per session (booking essential).
Dates: 15 Apr - 20 May & 3 Jun - 15 Jul.

St. Anne's Parent & Toddler Group

St. Anne's Church, London Road, High Wycombe, HP11 1ET.
07443596304.
Times: 9:30 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £1.50 per session (drop in).
Dates: 15 Apr - 20 May & 3 Jun - 15 Jul.

Tiny Tots

St James Gerrards Cross & Fulmer, Oxford Road, Gerrards Cross,
SL9 7DJ. www.saintjames.org.uk.
• **Tiny Tots:** 9:30 - 11:00. **Ages:** 0 - 3 yrs.
Cost: Free (booking essential). **Dates:** 15 Apr - 20 May & 3 Jun - 15 Jul.

MUSIC & SIGNING

Monkey Music Amersham, Beaconsfield & The Chalfonts

, Community Centre, Chilterns Lifestyle Centre, Chiltern Avenue,
Amersham, HP6 5AH. 07765257465. www.monkeymusic.co.uk.
• **Ding-Dong:** 11:45 - 12:15. **Ages:** 3 - 5 yrs.
• **Heigh-Ho:** 9:30 - 10:00. **Ages:** 1 - 2 yrs.

Cost: £10.95 per session (booking essential).
Dates: 15 Apr - 20 May & 3 Jun - 8 Jul.

Monkey Music Aylesbury & High Wycombe

The Walled Garden, Chorley Road, West Wycombe, HP14 3AP.
01494 819138. www.monkeymusic.co.uk.

• **Monkey Music Sessions**
Times: 9:45 - 10:15. **Ages:** 2 - 3 yrs.
Times: 10:25 - 10:55. **Ages:** 1 - 2 yrs.
Times: 11:05 - 11:35 & 12:30 - 13:00. **Ages:** 3 mths - 1 yrs.
Times: 11:50 - 12:20. **Ages:** 3 - 4 yrs.
Cost: £9.75 per session (booking essential).
Dates: 15 Apr - 20 May & 3 Jun - 15 Jul.

Moo Music - High Wycombe, Marlow, Beaconsfield & Bourne End

Moo Music - Booker Memorial Hall, Limmer Lane, High Wycombe,
HP12 4QR. 07360 745264. www.moo-music.co.uk.
• **Mixed Moo:** 9:50 - 10:30. **Ages:** 6 mths - 4 yrs.

Cost: £8.50 per session (booking essential).
Dates: 15 Apr - 20 May & 3 Jun - 15 Jul.

SENSORY & DEVELOPMENT


Baby College South Buckinghamshire

St Thomas' Church Hall, Mayflower Way, Beaconsfield, HP9 1UF.
07720441672. www.babycollege.co.uk.

- **Beaconsfield Juniors:** 9:30 - 10:15. **Ages:** 1 yrs 6 mths - 3 yrs.
- **Beaconsfield Toddlers:** 10:30 - 11:15. **Ages:** 9 mths - 1 yrs 6 mths.
- **Beaconsfield Infants:** 11:30 - 12:15. **Ages:** 0 - 9 mths.

Dates: 15 Apr - 13 May & 3 Jun - 15 Jul.
Cost: £9.25 per session (booking essential).


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www.babycollege.co.uk



contact Vicky to join the fun: vicky@babycollege.co.uk or 07720 441672

Books and Boogie

Great Kingshill Village Hall, Missenden Rd, Great Kingshill,
High Wycombe, HP15 6DW. 07356095532.
www.beckyedwardsbooks.com.

- **Little Page Turners:** 11:00 - 11:45. **Ages:** 1 yrs - 2 yrs 4 mths.
 - **Toddler Tales:** 12:15 - 13:00. **Ages:** 2 yrs - 4 yrs 11 mths.
 - **Story Explorers:** 11:15 - 12:45. **Ages:** 0 - 4 yrs 11 mths.
- Dates:** 15 Apr - 13 May & 3 Jun - 1 Jul.
Dates: 8 Jul. **Cost:** £8 per session (booking essential).

CREATIVE

Hampden Way Family Centre

The Community Centre, Hampden Way, High Wycombe, HP13 7TJ.
adultlearningbc.ac.uk.

- **Fun with Numbers:** 10:00 - 12:00. **Ages:** 2 - 4 yrs.
- Cost:** Free (booking essential). **Dates:** 15 Apr - 20 May & 3 Jun - 15 Jul.

Amersham Family Centre

Little Chalfont E-Act Academy, Bell Lane, Amersham, HP6 6PF.
adultlearningbc.ac.uk.

- **Fun with Words:** 10:00 - 12:00. **Ages:** 2 - 4 yrs.
- Cost:** Free (booking essential). **Dates:** 15 Apr - 20 May & 3 Jun - 15 Jul.

Hope Church

Upper Belmont Road, Hivings Hill, Chesham, HP5 2DB.
adultlearningbc.ac.uk.

- **Wonderful One: Understanding Me:** 10:00 - 12:00. **Ages:** 1 - 2 yrs.
- Cost:** Free (booking essential). **Dates:** 15 Apr - 20 May & 3 Jun - 15 Jul.



www.everyoneactive.com/KidsPass

Chilterns Lifestyle Centre
Chiltern Avenue, Amersham HP6 5AH
01494 788 900

Chesham Leisure Centre
White Hill, Chesham HP5 1BB
01494 791 779

Chalfont Leisure Centre
Nicol Rd, Chalfont St Peter SL9 9LR
01753 887 812



Buckinghamshire
Council



*GB only. 18+. Promotion opens 09:00 01/04/2026, closes 23:59 31/03/2027. Redeem by 23:59 31/03/2027. Automatic claim for one free 12-month membership code to Kids Pass for Everyone Active cardholders joining swimming lessons or a sports course on Direct Debit, continuing their Direct Debit for either of these activities as of 09:00 01/04/2026 or paying in full in advance for these activities during the promotional period at participating centres. Everyone Active card required to join swimming lessons or sports courses. Opt-out via email. In addition, one free 12-month membership code to Kids Pass will be automatically awarded to any person holding a child's party at participating centres during the promotional period. Everyone Active card not required. Max one claim per person. Offer applies to parties and sports courses run by Everyone Active only and not those run by third parties (but held on Everyone Active premises). Valid email address required to claim, and internet access required to redeem free membership code online. Kids Pass requires app download and registration. Existing Kids Pass members will receive an additional 12 months on their pass by emailing enquiries@kidspass.co.uk. Exclusions apply. Visit www.everyoneactive.com/kidspass for full terms.

DANCE & DRAMA

Stagecoach Theatre Arts School (Buckinghamshire)

Cedar Park School, Cedar Ave, Hazlemere, HP15 7EF. 07539753718.
www.stagecoach.co.uk.

• **Early Stages:** 16:30 - 18:00. **Ages:** 4 - 6 yrs.
Cost: £14 per session (booking essential).
Dates: 22 Apr - 20 May & 3 Jun - 15 Jul.

OTHER

Chalfont St Peter Community Library

High Street, Chalfont St Peter, SL9 9QA. 01296 382 415.
www.csp-communitylibrary.co.uk.

• **Bounce & Rhyme:** 10:30 - 11:00.
Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 15 Apr - 22 Jul.

THURSDAY

PARENTS & TOTS

Beaconsfield Library

Reynolds Road, Beaconsfield, HP9 2NJ. 01296 382415.

• **Storytime:** 10:15 - 10:45. **Ages:** 0 - 5 yrs.
• **Duplo for Toddlers:** 10:30 - 11:30. **Ages:** 1 - 5 yrs.
Cost: Free (drop in). **Dates:** 16 Apr - 23 Jul.

Bourne End Community Library

Wakeman Road, Bourne End, SL8 5SX. 01296 382 415.
www.buckinghamshire.gov.uk.

• **Thursday Storytime:** 15:30 - 16:15.
Ages: 3 - 8 yrs. **Cost:** Free (drop in). **Dates:** 16 Apr - 23 Jul.

Penn & Tylers Green Toddler Group

Tylers Green Village Hall, Tylers Green, High Wycombe, HP10 8LN.
01494 819990.

Times: 9:15 - 11:00. **Ages:** Pregnancy - 4 yrs.
Cost: £3 per session (drop in). **Dates:** 16 Apr - 21 May & 4 Jun - 16 Jul.

Playhouse Toddlers - High Wycombe

The Hub, Union Baptist Church Easton Street, High Wycombe, HP11 1NJ. 01494 473889.

• **Playhouse Toddlers:** 9:30 - 11:30.
Ages: 0 - 4 yrs. **Cost:** £1 per session (booking essential).
Dates: 16 Apr - 21 May & 4 Jun - 16 Jul.

St Peter's Church, Burnham

St Peter's Church, Cornerstone, Church Street, Burnham, SL1 7HX.
01628 664338. www.stpetersburnham.org.

• **Little Angels-Baby and Toddler Group:** 9:30 - 11:30.
Ages: 0 - 5 yrs. **Cost:** £2 per session (drop in).
Dates: 16 Apr - 21 May & 4 Jun - 16 Jul.

The Lantern Babies and Toddlers

Lantern Community Corner, St Mary's Church, 141 Marlow Bottom, Marlow, SL7 3PJ.

• **Community Corner:** 13:30 - 15:00.
Cost: Free (drop in). **Dates:** 7 May, 4 Jun & 2 Jul.

MUSIC & SIGNING

Monkey Music Amersham, Beaconsfield & The Chalfonts

Gerrards Cross Guide Hall, 29 Station Road, Gerrards Cross, SL9 8ES.
07765257465. www.monkeymusic.co.uk.

• **Heigh-Ho:** 9:30 - 10:00 & 10:50 - 11:20. **Ages:** 1 - 2 yrs.
• **Jiggety-Jig:** 11:30 - 12:00. **Ages:** 2 - 3 yrs.
• **Rock'n'Roll:** 10:10 - 10:40. **Ages:** 3 mths - 1 yrs.
• **Ding-Dong:** 12:15 - 12:45. **Ages:** 3 - 4 yrs.

Cost: £10.95 per session (booking essential).
Dates: 16 Apr - 21 May & 4 Jun - 9 Jul.

Monkey Music Aylesbury & High Wycombe

Wrights Meadow Centre, Wrights Meadow Road, High Wycombe, HP11 15Q. 01494 819138. www.monkeymusic.co.uk.

- Heigh Ho: 9:25 - 9:55. **Ages:** 1 - 2 yrs.
- Ding-Dong: 10:45 - 11:15. **Ages:** 3 - 5 yrs.
- Jiggety Jig: 10:05 - 10:35. **Ages:** 2 - 4 yrs.
- Rock n Roll: 11:25 - 11:55. **Ages:** 3 mths - 1 yrs.

Cost: £10.50 per session (booking essential).
Dates: 16 Apr - 21 May & 4 Jun - 16 Jul.



CREATIVE

Mapledean Family Centre Plus

Cressex Road, High Wycombe, HP12 4PR. adultlearningbc.ac.uk.

- **Wonderful One: Understanding Me:** 10:00 - 12:00. **Ages:** 1 - 2 yrs.

Cost: Free (booking essential). **Dates:** 16 Apr - 21 May & 4 Jun - 16 Jul.

Princess Risborough Primary School

Wellington Avenue, Princess Risborough, HP27 0HY. adultlearningbc.ac.uk.

- **Fun with Words:** 10:00 - 12:00.

Ages: 2 - 4 yrs. **Cost:** Free (booking essential). **Dates:** 16 Apr - 21 May & 4 Jun - 16 Jul.

DANCE & DRAMA

Medley School of Dance

Wrights Meadow Centre, Wrights Meadow Road, High Wycombe, HP10, 07841 124697. www.medleyschoolofdance.co.uk.

- **Teeny Acro:** 16:00 - 16:30. **Ages:** 2 - 4 yrs.

Dates: 16 Apr - 16 Jul.

Cost: £5.50 per session (drop in).

Perform Workshops LTD

Chestnut Lane Primary School, 105 Chestnut Lane, Amersham, HP6 6EF. 020 7255 9120. www.perform.org.uk.

- **Drama, dance & singing classes for 4-12s:** 16:00 - 17:00.

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

Tappy Toes Ruislip, Chalfont St. Peter and Little Chalfont

Little Chalfont Village Hall, Cokes Lane, Little Chalfont, Amersham, HP8 4UD. 07961213253. www.tappytoes.com.

- **Tappy Toes Little Chalfont:** 9:30 - 10:00. **Ages:** 1 - 5 yrs.

Cost: £7.50 per session (booking essential).

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

Tappy Toes Ruislip, Chalfont St. Peter and Little Chalfont

Gold Hill Baptist Church, Church Lane, Chalfont St Peter, SL9 9RF. 07961213253. www.tappytoes.com.

- **Mixed Toddler/Tots Toes:** 14:00 - 14:30. **Ages:** 1 - 5 yrs.

Cost: £7.50 per session (booking essential). **Dates:** 16 Apr - 21 May & 4 Jun - 16 Jul.

SWIMMING

Ducks2Water

Millbrook Combined and Nursery, Mill End Road, High Wycombe, HP12 4BA. 07455023603. www.ducks2water.com.

- **Duckling 1 (3-10 m):** 10:00 - 10:30.
- **Duckling 2 (10-18 m):** 9:30 - 10:00 & 11:00 - 11:30.
- **Duckling 3 (18-30 m):** 10:30 - 11:00.
- **Duckling 4 (2.5-3.5 yrs):** 10:00 - 10:30.
- **Duckling 5 (3-5 yrs):** 9:30 - 10:00 & 11:00 - 11:30.
- **Duckling 6 (3-5yrs):** 10:30 - 11:00.

Cost: £12 per session (booking essential).

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

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with Bill Clapson

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FRIDAY

PARENTS & TOTS

Amersham Library

Chilterns Lifestyle Centre, Chiltern Avenue, Amersham, HP6 5AH. 0845 230 3223.

- **Duplo Club @ Amersham:** 10:00 - 12:00.

Cost: Free (drop in). **Dates:** 17 Apr - 22 May & 5 Jun - 17 Jul.

Beaconsfield Library

Reynolds Road, Beaconsfield, HP9 2NJ. 01296 382415.

- **Bounce & Rhyme:** 10:15 - 10:45.

Ages: 0 - 4 yrs. **Cost:** Free (drop in). **Dates:** 17 Apr - 24 Jul.

Flackwell Heath Methodist Church Parent and Toddler Group

Flackwell Heath Methodist Church Heath End Road, Flackwell Heath, High Wycombe, HP10 9DT. 07979 541874.

- **Play & Praise:** 9:15 - 11:15. **Ages:** 0 - 5 yrs.

Cost: £1 per session (drop in). **Dates:** 17 Apr - 24 Jul.

Fun at One

Amersham Free Church, Woodside Road, Amersham, HP6 6AJ. 01494726816. amershamfreechurch.org.uk.

Times: 13:00 - 14:40. **Ages:** 0 - 5 yrs. **Cost:** £2 per session (drop in).

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

Maggie Club Baby & Toddler Group

Coleshill Village Hall, Barracks Hill, Amersham, HP7 0LN.

Times: 9:00 - 11:00. **Ages:** 0 - 5 yrs. **Cost:** £3 per session (drop in).

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

Are you running classes or events?

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

STAGE COACH

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Why choose Stagecoach?

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Mini Stages Classes (2 to 4 year olds)
Saturdays 9:00 - 9:45am (High Wycombe)

Early Stages Classes (4 - 6 year olds)
Thursdays 4:30 - 6:00pm (Henley)
Fridays 4:45 - 6:15pm (Marlow)
Saturdays 9:30am - 11:00am (Henley)
Saturdays 11:30am - 1:30pm (Henley)
Saturdays 9:00 - 10:30am (High Wycombe)
Saturdays 9:30 - 11:00am (High Wycombe)
Saturdays 11:30 - 1:00pm (High Wycombe)
Saturdays 1:30 - 3:00pm (High Wycombe)

Early Stages Plus Classes (6 to 7 year olds)
Fridays 16:30 - 18:30pm (Marlow)
Saturdays 9:30 - 11:30am (High Wycombe)

W stagecoach.co.uk/highwycombe
W stagecoach.co.uk/henleyandmarlow

BUILD CONFIDENCE!

Improve social skills and make friends!

SKILLS FOR LIFE!

MINI & EARLY STAGES

Mini Stages (ages 2 - 4)
Our littlest learners explore singing, movement and stories to build core skills and have loads of fun while they're at it!

Early Stages (ages 4 - 6)
Our dynamic weekly classes for children aged four to six are all about building confidence, making friends and expanding children's imagination.

Early Stages Plus (ages 6 - 7)
We are excited to be introducing an Early Stages PLUS class. This 2hr session is perfect for children aged 6-7yrs who love to dance, sing and act.

The core life skills we develop with our Early Stages groups are:

- Turn-taking
- Teamwork
- Listening skills
- Speaking confidently
- Empathy
- Make friends

ASK ABOUT OUR 2-WEEK TRIAL

Micklefield Community Library

Micklefield Road, High Wycombe, HP13 7HU. 01296 382 415.
www.buckinghamshire.gov.uk.

• **Bounce and Rhyme, for under 5's with adult: 10:00 - 10:30.**
Cost: Free (drop in). **Dates:** 17 Apr - 24 Jul.

Small Saints

All Saints Church, Castle Street, High Wycombe, HP13 6RF.
07791 389598. www.allsaintshighwycombe.org.

Times: 10:00 - 12:00. **Ages:** 0 - 5 yrs. **Cost:** £0.50 per session (drop in).
Dates: 17 Apr - 22 May & 5 Jun - 17 Jul.

MUSIC & SIGNING

Monkey Music Amersham, Beaconsfield & The Chalfonts

St Teresa's, Beaconsfield, St Teresa's Catholic Church,
40a Warwick Road, Beaconsfield, HP9 2PL. 07765257465.
www.monkeymusic.co.uk.

- **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.
- **Ding-Dong: 12:30 - 13:00. Ages:** 3 - 4 yrs.

Cost: £10.95 per session (booking essential).
Dates: 17 Apr - 22 May & 5 Jun - 10 Jul.



Monkey Music Aylesbury & High Wycombe

Risborough Community Centre, Stratton St, Princes Risborough,
HP27 9AX. 01494 819138. www.monkeymusic.co.uk.

- **Ding-Dong: 9:20 - 9:50. Ages:** 3 - 5 yrs.
- **Heigh Ho: 10:00 - 10:30. Ages:** 1 - 2 yrs.
- **Jiggety Jig: 10:40 - 11:10. Ages:** 2 - 4 yrs.
- **Rock'n Roll: 11:20 - 11:50. Ages:** 3 mths - 1 yrs.

Cost: £9.75 per session (booking essential).
Dates: 17 Apr - 22 May & 5 Jun - 17 Jul.

Moo Music - High Wycombe, Marlow, Beaconsfield & Bourne End

Downley Community Centre, School Close, High Wycombe, HP13 5TR.
07360 745264. www.moo-music.co.uk.

- **Moo Music (Maxi): 10:20 - 11:00. Ages:** 1 - 4 yrs.
- **Cost:** £8.50 per session (drop in).
- **Baby Moo: 11:30 - 12:10. Ages:** 2 mths - 1 yrs 6 mths.

Cost: £8.50 per session (booking essential).
Dates: 17 Apr - 22 May & 5 Jun - 17 Jul.

Sing and Sign Banbury, Bicester, Brackley & Buckingham

Lace Hill Sports & Community Centre, Catchpin Street, Buckingham,
MK18 7RR. 07771 550335. www.singandsign.co.uk.

- **Sing and Sign Stage 2: 9:45 - 10:30. Ages:** 1 yrs 2 mths - 2.5 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: £8.50 per session (booking essential).
Dates: 17 Apr - 22 May & 5 Jun - 17 Jul.

Are you running classes or events?

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

CREATIVE

Sparkles - Speech Therapy for Children with Down's Syndrome

High Wycombe, HP10. sparkles.org.uk

- Sparkles Speech Therapy: 9:30 - 14:30. Ages: 0 - 5 yrs.

Cost: Free (booking essential). **Dates:** 17 Apr - 22 May & 5 Jun - 17 Jul.

DANCE & DRAMA

Medley School of Dance

Wrights Meadow Centre, Wrights Meadow Road, High Wycombe, HP10. 07841 124697. www.medleyschoolofdance.co.uk

- Teeny Tutus: 16:00 - 16:30. Ages: 2 - 4 yrs.

Dates: 17 Apr - 17 Jul.

Cost: £5.50 per session (drop in).

SWIMMING

Ducks2Water

Royal Grammar School, Amersham Rd, High Wycombe, HP13 6QT. 07455023603. www.ducks2water.com

- Ducks2Water Swim Club: 16:00 - 19:00. Ages: 3 - 13 yrs.

Cost: £12 per session (booking essential).

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

Ducks2Water

Cedar Park School, Cedar Avenue, Hazlemere, HP15 7EF.

07455023603. www.ducks2water.com

- Duckling 1 (3-10 m): 13:00 - 13:30.
- Duckling 2 (10-18 m): 12:30 - 13:00 & 14:00 - 14:30.
- Duckling 3 (18-30 m): 13:30 - 14:00.
- Duckling 4 (2.5-3.5 yrs): 13:00 - 13:30.
- Duckling 5 (3-5 yrs): 12:30 - 13:00 & 14:00 - 14:30.
- Duckling 6 (3-5 yrs): 13:30 - 14:00.

Cost: £12 per session (booking essential).

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

OTHER

SEND HUGS

Our Lady's Church, Amersham Road, Chesham Bois, HP6 5PE. 079308342137. www.sendhugs.co.uk

- OLOPS SEND Toddler Group: 13:00 - 14:15. Ages: 0 - 5 yrs.

Cost: £2 per session (drop in). **Dates:** 17 Apr - 22 May & 12 Jun - 17 Jul.

SATURDAY

PARENTS & TOTS

High Wycombe Library

Eden Place, High Wycombe, HP11 2DH. 01296 382415. www.buckscscc.gov.uk

- Storytime: 11:30 - 12:00.

Ages: 0 - 10 yrs. **Cost:** Free (drop in). **Dates:** 18 Apr - 25 Jul.

CREATIVE

St. Michael's Church

70 Sycamore Rd, Amersham, HP6 5DR. 01494 726680.

www.stmichaelsamersham.org.uk

- Messy Church: 11:30 - 13:00. Ages: 3 - 10 yrs.

Cost: Free (drop in). **Dates:** 18 Apr, 16 May, 20 Jun & 18 Jul.

DANCE & DRAMA

Medley School of Dance

Wrights Meadow Centre, Wrights Meadow Road, High Wycombe, HP10. 07841 124697. www.medleyschoolofdance.co.uk

- Teeny Tutu's: 9:00 - 9:30. Ages: 2 - 4 yrs.
- Teeny Steps: 9:30 - 10:00. Ages: 2 - 4 yrs.

Dates: 18 Apr - 18 Jul.

Cost: £5.50 per session (drop in).

Dance classes for ages 2.5-4yrs

Teeny Tutus Ballet MONDAYS Flackwell Heath Community Centre 4:00-4:30pm

Teeny Tutus Ballet FRIDAYS Wrights Meadow Centre 4:00-4:30pm

Teeny Acro THURSDAYS Wrights Meadow Centre 4:00-4:30pm

Teeny Tutus Ballet SATURDAYS Wrights Meadow Centre 9:00-9:30am

Teeny Steps Modern & Tap SATURDAYS Wrights Meadow Centre 9:30-10:00am

Teeny Medleys

BOOK YOUR FREE TRIAL!
www.medleyschoolofdance.co.uk

Stagecoach Theatre Arts School (Buckinghamshire)

Wycombe High School, Marlow Hill, High Wycombe, HP11 1TB. 07539753718. www.stagecoach.co.uk

- Mini Stages: 9:00 - 9:45. Ages: 2 - 4 yrs.

Cost: £7 per session (booking essential).

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

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

Dates: 18 Apr - 23 May & 6 Jun - 11 Jul.

PHYSICAL FUN

South Bucks Rugbytots LLP

Thorpe House School, Oval Way, Chalfont St Peters, Gerrards Cross, SL9 8QB. 07515754391. www.rugbytots.co.uk

- Rugbytots2-3.5 year olds: 8:45 - 9:15 & 10:10 - 10:40.

Cost: £8.50 per session (booking essential). **Dates:** 18 Apr - 30 May.

South Bucks Rugbytots LLP

Crown House School, Bassetsbury Manor, Bassetsbury Ln, High Wycombe, HP11 1QX. 07515754391. www.rugbytots.co.uk

- Rugbytots 2-3.5 year olds: 9:00 - 9:30.

Cost: £8.50 per session (booking essential).

- Rugbytots 3.5-5 year olds: 9:35 - 10:20.

Cost: £9.25 per session (booking essential).

Dates: 18 Apr - 30 May.

South Bucks Rugbytots LLP

Gerrards Cross Rugbytots (Thorpe House), Thorpe House School, Oval Way, Chalfont St Peters, Gerrards Cross, SL9 8QB. 07515754391. www.rugbytots.co.uk

- Rugbytots 3.5-5 year olds: 9:20 - 10:05.

- Rugbytots 5-7 year olds: 10:45 - 11:30.

Cost: £9.25 per session (booking essential). **Dates:** 18 Apr - 30 May.

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Rugbytots is the world's favourite rugby play programme. Our dynamic weekly sessions enable boys and girls aged 2-7 to develop their social and physical skills in a fun, positive environment. To book a **FREE** taster session for your child, email or call: tom.brown@rugbytots.co.uk
0345 313 0447

* Subject to availability



SWIMMING

Ducks2Water

Royal Grammar School, Amersham Rd, High Wycombe, HP13 6QT.
07455023603. www.ducks2water.com.

- Ducks2Water Swim Club: 10:00 - 13:00. **Ages:** 3 - 13 yrs.

Cost: £12 per session (booking essential).

Dates: 18 Apr - 16 May & 6 Jun - 11 Jul.

HEALTH & WELLNESS

Happy Hearts First Aid

Queens Head, Hammersley Lane, Penn, HP10 8EY. 07522312795.
www.happyheartsfirstaid.com.

- Baby & Child First Aid in Penn: 10:00 - 12:00.

Ages: 0 - 1 yrs 6 mths.

Cost: £28 per session (booking essential). **Dates:** 25 Apr.

SUNDAY

PARENTS & TOTS

Kindness in Bucks

St Thomas' Church, Mayflower Way, Beaconsfield, HP9 1UF.
www.kindnessinbucks.com.

- Dads Playgroup: 10:00 - 11:30.

Dates: 19 Apr.

Kindness in Bucks

Hazelmere Community Centre, Rose Avenue, HP15 7UB
www.kindnessinbucks.com.

- Evening Walks: 16:00 - 17:00.

Walks about connection, fresh air and kindness with lovely local ladies

Dates: 19 Apr - 28 Jun.

PHYSICAL FUN

South Bucks Rugbytots LLP

Beaconsfield Rugbytots, Davenies School, Station Road, Beaconsfield, HP9 1AA. 07515754391. www.rugbytots.co.uk.

- Rugbytots 2-3.5 year olds: 8:45 - 9:15 & 10:10 - 10:40.

Cost: £8.50 per session (booking essential).

- Rugbytots 3.5-5 year olds: 9:20 - 10:05 & 10:45 - 11:30.

Cost: £9.25 per session (booking essential).

Dates: 19 Apr - 31 May.

South Bucks Rugbytots LLP

Rickmansworth Rugbytots, Harvey Road Primary School, Harvey Road, Croxley Green, WD3 3BN. 07515754391. www.rugbytots.co.uk.

- Rugbytots 2-3.5 year olds: 8:45 - 9:15 & 10:10 - 10:40.

Cost: £8.50 per session (booking essential).

- Rugbytots 3.5-5 year olds: 9:20 - 10:05 & 10:45 - 11:30.

Cost: £9.50 per session (booking essential).

Dates: 19 Apr - 31 May.

South Bucks Rugbytots LLP

Amersham Rugbytots, Amersham School, Stanley Hill, Amersham, HP7 9HH. 07515754391. www.rugbytots.co.uk.

- Rugbytots 2-3.5 year olds: 9:00 - 9:30 & 10:25 - 10:55.

Cost: £8.50 per session (booking essential).

- Rugbytots - Amersham 3.5-5 year olds: 9:35 - 10:20.

Cost: £9.25 per session (booking essential).

Dates: 19 Apr - 31 May.



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PLAY & DISCOVER Answers

CHEEKY CHARLIE HUNT!



x 13

BEASTIE BITES

(Red lines connect lion to apple, rabbit to banana, monkey to carrot, and fox to nuts.)

SPRINGTIME SPOTTER

	4		6		1		4
	4		6		5		5



DAVENIES

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