

Loving life with little ones

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April - June 2026

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Activities

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Everything Bump, Baby & Toddler Near You

Covering Warwick, Leamington Spa, Rugby, Kenilworth,
Southam, Stratford-upon-Avon and the surrounding area

BRAND NEW WARWICK NURSERY



Clarendon Cubs
Nursery

Clarendon Cubs Nursery

Following the incredible success of our nursery launched in June 2024, we are expanding once again- and our brand new nursery will officially open in January 2027. The new setting has been thoughtfully designed to offer children an inspiring, nurturing and imaginative environment from the moment they arrive. Our team remains deeply committed to delivering exceptional early years care and education, and this new nursery represents another step in our mission to create outstanding spaces where they can truly thrive.

01926 351451



Open Monday - Friday

08:00 - 18:00

Babies from 6 months - 5 years old

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 [Clarendoncubsnursery](https://www.instagram.com/clarendoncubsnursery)

 www.clarendoncubsnursery.co.uk

Ofsted

WELCOME

TO THE SPRING ISSUE!

Last issue, I was writing to you on the very brink of meeting our third baby... and now here she is! Three months into 2026, with a **gorgeous** little sidekick by my side as I put this issue together! She's slotted into life beautifully (thankfully!) and, while it's definitely been a fun new challenge balancing work with a baby and two toddlers in tow, she's been an absolute dream for the most part and her big brothers are obsessed! It's been a **very different - but very special** - way of bringing this magazine to life.



This issue is packed as always with everything you need to keep little ones entertained and yourself inspired in **South Warwickshire this Spring**. Inside, you'll find fantastic local businesses, exciting events, helpful news, and plenty of brilliant offers to make the most of the season.

I'm also so excited to share some big news... **Toddle About Live!** is coming to South Warwickshire! We'll be taking over Kings High School in Warwick on 20th September, and I'd absolutely love to see you there. It's your chance to **see the magazine brought to life**, with live demos, goody bags, and a wonderful selection of local businesses all in one place. I'm especially pleased to be working with Beyond the Bump as part of the event - a fantastic organisation supporting families through pregnancy and early parenthood with relaxed, expert-led sessions and real, parent-led support, creating a welcoming space where no one has to feel alone. Fingers crossed for a bit of **sunshine** too!

Loving life with little ones,

Bethan

OWNER/EDITOR

PS. Subscription to Toddle About is now **FREE FOREVER!** Plus, you get other VIP perks such as automatic entry to exclusive giveaways and freebies.

More info at www.toddle.fun/subscribe

Learn more at www.toddle.fun/subscribe

IN THIS ISSUE

Bite Sized News.....	4-8
Activity Page.....	11
Fathers Day Craft.....	12
Cheese & Carrot Stars.....	13
DPS.....	14-15
Must Have Products.....	16
WIN A Family Break.....	17
WIN Tickets to Drayton Manor.....	18
Toddle Models.....	20-21
Seasonal Days Out.....	22
Special Offer Vouchers.....	24-25
More Than Morning Sickness.....	26
VIP Review.....	28
Toddle About LIVE!.....	29
Daily Activity Planner.....	31-45
Directory of Advertisors.....	46
Activity Answers.....	46
Subscribe for FREE.....	48

MEET THE TEAM



Bethan

Owner/Editor/Advertising

Call us on **01926 266076** or email: bethan@toddleabout.co.uk

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9,000 copies of Toddle About Warwickshire are distributed every quarter around South Warwickshire, including Warwick, Leamington Spa, Kenilworth, Rugby, Southam, Stratford-upon-Avon and surrounding areas.

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Follow us for daily updates!





Active Mums, Happy Babies

Sweaty Mama Warwick & Leamington offers fun, music-filled workouts for mums and their little ones. Classes help rebuild core strength, improve pelvic floor stability, and boost overall fitness after birth through aerobic, resistance, and floor exercises. For a gentler approach, Sweaty Mamatates blends Pilates-inspired moves with functional training to tone muscles and realign posture. Supportive, welcoming, and baby-friendly, these sessions give new mums the chance to stay active, connect with others, and enjoy quality time with their children. Visit www.sweatymama.com or email janap@sweatymama.com get 10% off a 6 week block quoting 'SMWARTODDLE10' See P13



Hartbeeps Arrives in Town! Music, Play & Learning

Discover the magic of music and sensory play with Hartbeeps! These award-winning classes are specially designed for babies and toddlers, combining songs, storytelling, puppets and imaginative play to support early development. Each session is full of colour, movement and smiles, creating precious moments for you and your little one. With classes ranging from newborn up to preschool, Hartbeeps makes learning fun while building confidence and creativity. Join the adventure today and see why families love Hartbeeps! Visit www.hartbeeps.com or email jenny.noble@hartbeeps.com and quote 'TODDLEABOUT20' for 20% off a half term block booking See P43



Zoogie Boogie Parties: Imagination in Action

There's no party like a Zoogie Boogie party! These award-winning, teacher-led celebrations bring imagination to life with themed adventures—from blasting off into space or stomping with dinosaurs to becoming superheroes, exploring a jungle safari, or a teddy bears' picnic. Packed with music, movement, and playful activities, every Zoogie party is bursting with energy, laughter, and unforgettable moments for little ones and their friends. Perfect for creating magical memories that kids will love. Enquire now at contact@zoogieboogie.co.uk or call 01926 954979. Toddle about readers can also claim 25% off their first month (memberships only) quote 'Toddle About' when signing up. See P19

Optimise Recovery with C-Section Scar Therapy

Sarah Allen-Reading Massage + Therapies offers C-section Scar Therapy to support women after surgery. Many new mums experience discomfort such as itching, numbness, tightness, or restricted movement, and this specialised treatment can help. Combining gentle scar techniques, Lymphatouch technology, and guidance on products and home care, sessions aim to mobilise the area, normalise sensitivity, prevent adhesions, and improve the scar's appearance. Therapy can begin 6–8 weeks after birth—and is suitable even years after surgery—helping mums feel more comfortable and confident in their recovery. Visit www.sarahallenreadingmassage.com or email hello@sarahallenreadingmassage.com. Quote 'TODDLES' for £5 off your first treatment See P21



New Storytelling Classes for Under 5s

Story Imagin-ory has launched interactive storytelling classes for children aged 0–5. Each session brings books to life with expressive storytelling, songs, early phonics, and open-ended play, helping little ones build confidence and a love of reading. Classes run Mondays at Lighthorne Heath Village Hall and Wednesdays at Heathcote Community Centre, with a new story and theme each week, creating magical, engaging experiences for children and their grown-ups. Book a class at www.warwickleamingtonspa.storyimaginary.co.uk and get 15% off your first block using 'TODDLEABOUT15' at checkout See P17





Mum2Mum Markets in Warwickshire

Grab a bargain at one of the following Mum2Mum markets:

KENILWORTH - Sunday 19th April 10am-12pm at Kenilworth Scout and Guide Centre CV8 1EY

NUNEATON - Saturday 25th April *and* 6th June 10am-12pm at Lower Farm Academy, CV10 0FG

BINLEY - Saturday 9th May *and* 20th June 10am-12pm at Ernsford Grange Academy, CV3 2QD

For more information visit

www.mum2mummarket.co.uk/m2mmwarwick



The Calm Baby Coach is Now The Motherhood Midwife

Local sleep consultant Clare has rebranded The Calm Baby Coach as The Motherhood Midwife, reflecting her wide-ranging expertise beyond baby sleep. Clare continues to support parents with baby sleep, feeding, routines, and unsettled behaviour, offering 1:1 expert guidance as well as downloadable guides for common parenting challenges. The new website provides a convenient and cost-effective way for parents to access Clare's professional advice, combining her trusted midwifery knowledge with practical solutions for everyday parenting.

Visit www.themotherhoodmidwife.co.uk. Claim £10 off Sleep SOS 1:1 packages quoting 'Toddle10' See P17

Coming Summer 2026 – Activity Day Camp at Hatton

Exciting news – a brand new holiday camp is coming to Hatton Country World this summer! Packed with fun, adventure and learning, it's the perfect way to keep children happy and active during the holidays. It's never too early to start thinking about childcare for summer 2026 – register your interest now for launch updates and exclusive offers.

Scan the QR code to register your interest today! www.hattonworld.com

See P27



Explore Cricket Kids in Warwickshire

Cricket Kids offers fun, engaging cricket sessions for children and toddlers aged 2–6. Through imaginative games, teamwork, and simple cricket skills, little ones develop coordination, confidence, and an early love of sport. Sessions provide a supportive environment for beginners, making it a brilliant first introduction to cricket. Perfect for a Sunday morning, Cricket Kids combines active play with laughter, learning, and plenty of fun for children and their grown-ups.

Visit www.cricket-kids.co.uk. Free trial for Toddle About readers with code RWH350 - New customers only. See P34



The Party Hack for Smart Parents

Planning a birthday party? Best Party Hires Weekender Deal gives children more than just a couple of hours of fun. Bouncy castles are delivered on Friday and collected on Monday, letting kids enjoy the weekend to the fullest. Popular themes include Princess, Pirate, and Jungle castles, all designed to make celebrations unforgettable. When broken down per day, prices start from just £37.50—offering incredible value for hours of active, laughter-filled play that keeps children entertained all weekend long. Visit www.bestpartyhire.com Quote 'ToddleFive' online for £5 off your booking. See P27





Still Not Feeling “Right” After a C-Section?

C-Section Awareness Month highlights the importance of supporting mums as they heal. At Revive Massage and Scar Therapy, gentle scar therapy is offered in a calm, welcoming environment to help ease tightness, improve comfort, and support reconnection with the body. Special offers are available throughout April, with added flexibility as appointments are now also available one Saturday per month making it easier for busy mums to access the care they need. **Get £6 off your first treatment when quoting 'REVIVETODDLE'.** Visit www.revivescarterapy.co.uk See P23



Sing and Sign Welcomes a New Teacher

Sing and Sign Coventry & Kenilworth is welcoming a new teacher this summer, as Aimée takes over from Jan following 14 wonderful years of sharing the joy of baby signing. Classes continue to help families connect and communicate with their babies through music, signs, and fun with Jessie Cat. Suitable from newborns to adventurous toddlers, sessions run across three stages, alongside a full at home online course - showing just how much little ones can express before they can speak. **Visit www.singandsign.co.uk, or email singandsignaimee@gmail.com. Claim a free book, quote 'Toddle About' when booking.** See P12



3 Ways to Support an Anxious Child

Young children can show anxiety through tummy aches, clinginess, or big emotions. Child CBT therapist Reanna Duncan shares three strategies to help

1. **Name the feeling** – helping children label emotions can reduce overwhelm.
2. **Create predictable routines** – knowing what happens next helps children feel safe.
3. **Practice calm together** – slow breathing or quiet play can regulate the nervous system.

Reanna supports neurodivergent children and families using a neurodiversity-affirming CBT approach, helping little ones feel safe and understood.

Visit www.brightpaththerapy.net or email hello@brightpaththerapy.net
Quote TODDLE for £10 off an initial parent coaching session.

Mini Tennis Stars Wins WALTA Award

Mini Tennis Stars has been named the 2025 winner of the “Tennis Opened Up” award by the Warwickshire Lawn Tennis Association. The award recognises the inclusivity and diversity of its tennis programme across Warwickshire. With a strong focus on making tennis accessible to all, sessions are designed to be fun, safe and engaging for young players. All classes are delivered by LTA-qualified coaches, ensuring high-quality instruction while encouraging children to build confidence and enjoy the game. **Book a free trial at www.minitennisstars.co.uk (spaces permitting) or email hello@minitennisstars.co.uk** See P18



Massage By Sally: Wellbeing at Home

Sally is a mobile massage therapist specialising in women's wellbeing. Offering Swedish, pregnancy, postnatal, and deep tissue massage, as well as C-section scar treatments and baby massage classes - all in the comfort of clients' own homes. Perfect for busy mums or anyone in need of some rest and relaxation, Sally brings everything to you, removing the stress of travel or parking. Each session allows clients to unwind and enjoy the care they truly deserve.

Visit www.massagebysally.co.uk and get £5 off your first treatment when quoting 'TODDLEABOUT'. See P28



Build Confidence with Karate & Dance Federation

The Karate & Dance Federation offers exciting karate and dance programmes designed to help children build confidence,



coordination and focus in a fun, safe environment. Led by expert instructors, sessions range from energetic martial arts classes to creative dance experiences, supporting both physical development and self-expression. With flexible schedules and a welcoming community, the federation provides an inspiring space for children from age 2 up to learn new skills and grow in confidence. Families are invited to enrol and discover a range of engaging classes tailored to young learners. Visit www.kdfederation.com for more information and book a free trial class. See P12

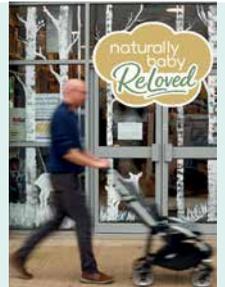


Happy 15th Birthday Dandy!

Dandy Development, the multi award-winning class combining baby sign, music and sensory fun, is celebrating its 15th birthday. Designed for little ones aged 6 weeks to 2.5 years, each session features a unique curriculum incorporating baby sign, speech and language techniques, and practical development tips for parents. With classes more popular than ever, Dandy continues to support early communication and learning through engaging, interactive sessions. Visit www.dandydevelopment.co.uk and get 2 FREE classes when booking the summer term, quote SUMMER26 at booking. See P9

Naturally Baby Launches ReLoved Pram Collection

Naturally Baby has introduced ReLoved, a thoughtfully curated range of premium prams prepared for their next journey. Each pram undergoes a thorough inspection, professional servicing, deep cleaning and detailed safety checks, ensuring it is ready for a new family. By giving high-quality prams a second life, the ReLoved range offers excellent value while supporting a more sustainable approach to parenting, helping to reduce waste and keep perfectly good products out of landfill. Find out more by visiting www.naturallybaby.co.uk/reloved See P21



BilinguaSing French Classes Launch

A new BilinguaSing Home Education French group for children aged 4-8 years is launching in Earlsdon.



Running on Mondays from 2.15-3.00pm at St Barbara's Church, the lively sessions combine music, movement and language learning to help children absorb French naturally. Through engaging songs and games, children build confidence while developing early phonics skills. Designed specifically for home-educated families, the classes offer a fun and supportive learning environment. Babies under 12 months attend free with older sibling. FREE bilingual album when quoting 'TODDLE' at booking. Visit www.bilinguasig.com/find-a-class. See P18

Discover the Joy of Music

Rhythm Time offers high-quality music classes for babies, toddlers and pre-schoolers across Warwickshire, Coventry and West Northants. Each session features catchy songs, sensory activities and instruments, encouraging children to explore rhythm, sound and movement while supporting early development. Families can also look forward to new Rhythm Time Hangout sessions, alongside special summer party classes during the holidays. With a focus on fun and learning, Rhythm Time provides a welcoming environment for little ones to grow in confidence through music. Visit www.rhythmtime.net. Free class when joining a monthly subscription contact zara.f@rhythmtime.org See P10





Award-Winning Adventures with Drama Tots

Drama Tots offers welcoming, engaging and fun imaginative play classes for toddlers and preschoolers. Each session takes little ones on a themed adventure, brought to life with a wonderful array of props, puppets and music. With a different exciting theme each week, Drama Tots was recently voted Most Loved Performing Arts Activity at the What's on 4 Kids Awards 2025. Visit www.dramatots.co.uk to find your nearest class! See P30



Summer Fun Returns to Little Crackers

Little Crackers Stay 'n' Play returns for the Summer Term with welcoming Wednesday sessions from 10.30am to 11.45am. For just £2.50 per family, little ones can enjoy toys, crafts, free-flow play and refreshments in a friendly setting. The term features a range of themed sessions, including Princesses and Pirates, Forest Fun and a Teddy Bears' Picnic. Families can also take advantage of a special Toddle About offer, inviting a friend along for free. Sessions begin on Wednesday 22 April, offering an affordable and engaging midweek activity for parents and young children. Visit www.littlecrackers.co.uk See P30



Mini Movers: Building Skills Through Play

Mini Movers offers fun, high-energy sports sessions for toddlers and preschoolers, focusing on fundamental movement skills. Designed to build confidence, coordination, and social skills, classes combine imaginative play with engaging activities such as obstacle courses and ball games. The approach encourages children to develop essential skills before specialising in one sport, helping them grow a lifelong love of movement. Alongside weekly classes, their popular birthday parties provide even more active fun, making Mini Movers a favourite for families with young children. Visit www.theminimovers.co.uk to find out more and book a 3 week trial for just £18! See P45

New Aqua Workouts for Pregnancy & Beyond

New pre-natal and postnatal water-based workouts are now available, offering a gentle yet effective way to stay active before and after birth. Aqua Tums classes take place in calm, warm water, helping to support movement, relaxation, and recovery. Held at Rugby and Leamington Swim Works, sessions are led by a qualified midwife and personal trainer, creating a safe and supportive environment for mums at every stage of their journey. Plus get 2 FREE Newborn Splashes lessons when you enrol in a term, quote 'Toddle About' when booking. See P23



Emscote Pre-School: September Spaces

Emscote Pre-School, located behind Emscote Infant School in Warwick, has places available for September 2026.

Welcoming children aged 2 years 9 months to 4 years, the setting offers a nurturing, term-time environment from 9.00am–3.30pm, with wraparound care available from 8.30am. Funded places are available, including 2-year, 15-hour, and 30-hour funding options. Children also enjoy a range of engaging activities, including Mini Movers and Drama Tots, supporting confidence, creativity, and early development. To schedule a visit, get in touch via the website www.emscote-preschool.co.uk or call 01926495619. See P44





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or call Nikki 07890 241301   

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School, CV34 5LY

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Registration for performing arts schools are completed under licence and are independently verified by their Principals. Registration and Creative Change for the arts are registered trademarks of Stagecoach Performing Arts Limited.

SPRINGTIME SPOTTER

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



CHEEKY CHARLIE HUNT!

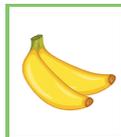
WE'VE HIDDEN CHARLIE, TODDLE ABOUT'S CHEEKY MASCOT, THROUGHOUT THE MAGAZINE!
CAN YOU COUNT HOW MANY TIMES HE APPEARS?

HOW MANY?

		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>

BEASTIE BITES

MATCH THE ANIMAL TO THEIR FAVOURITE FOOD!



ANSWERS ON P.46

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:
- Acrylic paint
- Sharp knife
- 2 cups plain flour,
- Mod Podge glue and sealer
- 1 cup salt, 1 cup water

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

Baby signing the fun way in Coventry and Kenilworth!



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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.

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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.

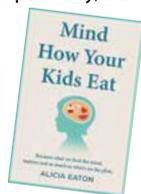
In France, children are taught that feelings of hunger are to be welcomed, for it means that you'll enjoy the next meal even more. So a little bit of patience is no bad thing.

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.



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



Enter at toddle.fun/thomas

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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.



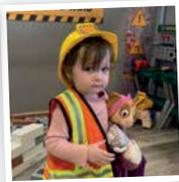
Oakley, 14 months old



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Alettie, 4 years



Sienna, 4 years 11 months



Charlotte, 4 years



Arthur, 4 years 10 months



Dylan, 5 years



Elijah, 2 years



Ernest, 2 years



Gracie, 1 year 6 months



Hamzah, 3 years 7 months



Jacob, 6 months



Jos, 2 years 4 months



Joshua, 4 years



Kai, 8 months



Loughlan, 2 years 3 months



Loxie, 19 months



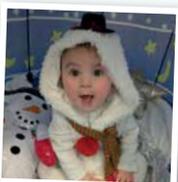
Lucas, 2 years 8 months



lézaiyah, 10 months 2 weeks



Penny, 2 years



Rupert, 10 months



Sienna, 4 years 9 months

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www.hattonworld.com for tickets and more information



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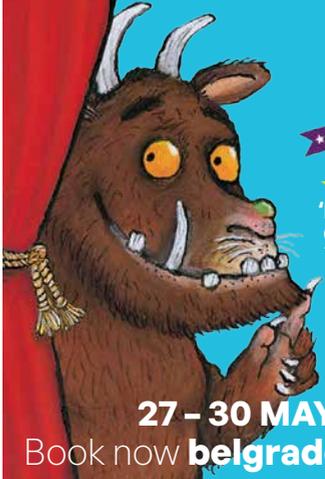
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More Than Morning Sickness



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.



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Difficulties feeding your baby? Could it be tongue-tie?



Possible tongue-tie symptoms

Mother

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- Engorgement / Mastitis
- Reduced milk supply
- Damaged nipples
- Exhaustion / Distress / Pain

Clinic appointments in L.Spa/Warwick

Baby

- Shallow unstable latch
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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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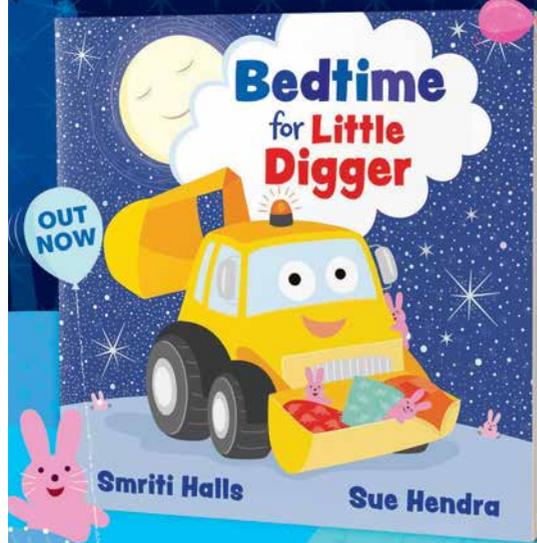


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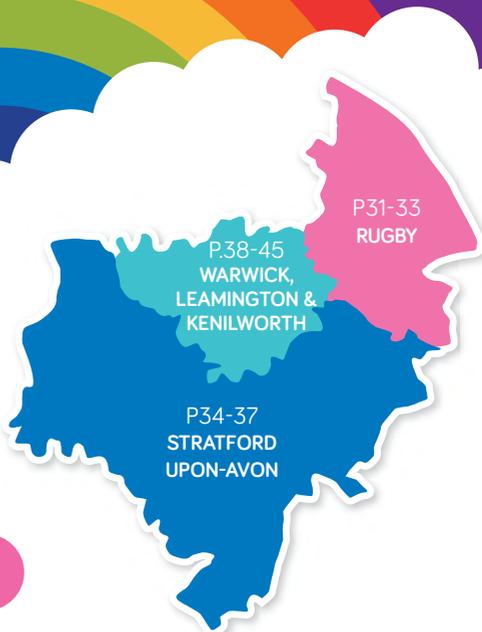
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Daily Activity Planner

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

RUGBY AREA



MONDAY

PARENTS & TOTS

Footsteps @ New Life Church Rugby

New Life Church Rugby, 28-42 Railway Terrace, Rugby, CV21 3LJ. 01788 712430

Ages: 0 - 4 yrs. **Cost:** £3.50 per session

Dates: 6 Apr - 13 Jul.

Kilsby Playtime

Kilsby Village Hall, Rugby Road, Kilsby, CV23 8XX. 07780 601052.

Times: 9:45 - 11:45.

Ages: 0 - 5 yrs. **Cost:** £2 per session (*drop in*).

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

Noah's Ark Toddler Group

Dunchurch Baptist Church, Coventry Road, Dunchurch, Rugby, CV22 6RF. 07515 472578. www.dunchurchbaptistchurch.org.uk.

Times: 9:30 - 11:00.

Ages: 0 - 4 yrs. **Cost:** £2 per session

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

Rugby Elim Tots

Rugby Elim Tots, The Terrace Church, 54 Railway Terrace, Rugby, CV21 3EX. www.rugbyelim.org.uk.

Times: 9:45 - 11:30.

Ages: 0 - 4 yrs. **Cost:** £1 per session

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

MUSIC & SIGNING

Dandy Development

Ryton On Dunsmore Village Hall, High Street, Ryton On Dunsmore, Coventry, CV8 3EY. 07890 241301. www.dandydevelopment.co.uk.

• **Stage 1 (Ryton on Dunsmore):** 9:55 - 10:30.

Ages: 7 mths - 1 yrs 1 mths. **Cost:** £9 per session (*booking essential*).

Dates: 20 Apr, 4 May - 18 May & 1 Jun - 29 Jun.

• **Stage 2 (Ryton on Dunsmore):** 11:00 - 11:40.

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

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

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

DANCE & DRAMA

Drama Tots Rugby and Lutterworth

Overslade Community Centre, 68 Buchanan Road, Rugby, CV22 6AZ. 07815961449. www.dramatots.co.uk.

• **Rising Stars:** 9:30 - 10:10.

• **Bright Stars:** 10:30 - 11:15.

Ages: 18mths - 5 yrs. **Cost:** £7.50 per session (*booking essential*)

Dates: 13 Apr - 18 May & 1 Jun - 5 Jul.

SWIMMING

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE.

07950 467796. www.swimworks.co.uk.

• **Baby Swimming:** 9:30 - 14:30.

Ages: 0 - 5 yrs.

• **Little Splashers:** 9:30 - 10:00 & 11:30 - 12:00.

Ages: 1 yrs 4 mths - 2 yrs 6 mths.

Cost: £16 per session

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

TUESDAY

PARENTS & TOTS

Ladybirds Stay & Play

Lawford Light House, Long Lawford Methodist Church,

School Street, Rugby, CV23 9AT.

• **Ladybirds Stay & Play:** 9:30 - 11:00.

Ages: Pregnancy - 5 yrs. **Cost:** £1 per session (*drop in*).

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

Salvation Army Rugby Toddler Group

The Salvation Army, Bennfield Road, Rugby, CV21 2AS.

01788 542347. www.salvationarmy.org.uk.

• **Salvation Army Toddler Group:** 9:00 - 11:00.

Ages: 0 - 3 yrs. **Cost:** £1 per session (*drop in*).

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



MUSIC & SIGNING

Rhythm Time Coventry, Rugby and West Northants

Binley Woods Village Hall, Rugby Road, Binley Woods, Coventry, CV3 2AX. 07591720345. www.rhythmtime.net.

- **Toddler Class:** 10:00 - 10:30.

Ages: 1 - 3 yrs.

- **Baby Class:** 10:45 - 11:15.

Ages: 2 mths - 1 yrs 1 mths.

Cost: £7.00 per session

Dates: 14 Apr - 7 Jul.

SENSORY & DEVELOPMENT

Baby Sensory Rugby & Daventry

Willoughby Park, Onley Grounds Equestrian Complex, CV23 8AJ. 07849777705. www.babysensory.com.

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

Ages: 0 - 1 yrs 1 mths. **Cost:** £9 per session (*booking essential*).

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

DANCE & DRAMA

Drama Tots Rugby and Lutterworth

Overslade Community Centre, 68 Buchanan Road, Rugby, CV22 6AZ. 07815961449. www.dramatots.co.uk.

- **All Stars 18m-4yrs:** 10:00 - 10:45.

Ages: 1 yrs 6 mths - 4 yrs 11 mths. **Cost:** £7.50 per session

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

PHYSICAL FUN

Little Kickers Northampton Daventry & Rugby

Cawston Community Hall, Scholars Drive, Cawston, Rugby, CV22 7GY. 01327 705915. www.littlekickers.co.uk.

Times: 9:20 - 10:00. **Ages:** 1 yrs 6 mths - 2 yrs 6 mths.

Times: 10:15 - 11:00. **Ages:** 2 yrs 6 mths - 3 yrs 6 mths.

Times: 11:15 - 12:00. **Ages:** 3 yrs 6 mths - 5 yrs.

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

Dates: 7 Apr - 23 Jun.

SWIMMING

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE. 07950 467796. www.swimworks.co.uk.

- **Baby Swimming**

Cost: £16 per session (*booking essential*).

Dates: 7 Apr - 14 Jul.

WEDNESDAY

PARENTS & TOTS

Bilton Evangelical Parent and Toddler Group

Bilton Evangelical Church, Main Street, Bilton, Rugby, CV22 7NQ. 01788 817326. www.becchurch.org.uk.

Times: 10:00 - 11:30.

Ages: 0 - 5 yrs.

Cost: £1 per session (*drop in*).

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

Coffee Break at St Oswald's Church

St Oswald's Church, Lawford Road, New Bilton, Rugby, CV21 2HR. 01788 330440. www.smo.org.uk.

- **Coffee Break at St Matthew & St Oswald's Church:** 9:15 - 10:45.

Ages: 0 - 4 yrs.

Cost: £1 per session (*drop in*).

Dates: 22 Apr - 20 May & 3 Jun - 15 Jul.

St George's Magic Dragon Parent & Toddler Group

St Georges Church Hall, St Johns Avenue Hillmorton, Rugby, CV22 5HR. 01788 544630. www.stgeorgesrugby.org.uk.

Times: 13:30 - 15:00.

Ages: 0 - 4 yrs.

Cost: £1.50 per session (*drop in*).

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



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MUSIC & SIGNING

Rhythm Time Coventry, Rugby and West Northants

Dunchurch Baptist Church, Coventry Road, Dunchurch, Rugby, CV22 6RA. 07591720345. www.rhythmtime.net.

- **Toddler Class:** 9:45 - 10:15.
- **Pre-school Class:** 10:30 - 11:00.
- **Baby Class:** 11:20 - 11:50

Ages: 2 mths - 5yrs.

Cost: £7.01 per session (*booking essential*).

Dates: 15 Apr - 8 Jul.

SENSORY & DEVELOPMENT

Baby Sensory Rugby & Daventry

Willoughby Park, Onley Grounds Equestrian Complex, CV23 8AJ. 07849777705. www.babysensory.com.

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

Ages: 0 - 1 yrs 1 mths.

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

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

SWIMMING

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE. 07950 467796. www.swimworks.co.uk.

- **Baby Swimming (Rugby):** 9:30 - 13:30.

Ages: 0 - 5 yrs.

Cost: £16 per session (*booking essential*).

Dates: 1 Apr - 15 Jul.



THURSDAY

PARENTS & TOTS

Noah's Ark Toddler Group

Dunchurch Baptist Church, Coventry Road, Dunchurch, Rugby, CV22 6RF. 07515 472578 . www.dunchurchbaptistchurch.org.uk.

Times: 9:30 - 11:00.

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

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

MUSIC & SIGNING

Rhythm Time Coventry, Rugby and West Northants

Brandon Marsh Nature Centre, Brandon Lane, Coventry, CV3 3GW. 07591720345. www.rhythmtime.net.

- **Toddler Class:** 10:00 - 10:30.

- **Baby Class:** 11:00 - 11:30.

Ages: 2 mths - 3 yrs. **Cost:** £7.01 per session (*booking essential*).

Dates: 16 Apr - 21 May & 4 Jun - 9 Jul.

SENSORY & DEVELOPMENT

Baby Sensory Rugby & Daventry

Willoughby Park, Onley Grounds Equestrian Complex, CV23 8AJ. 07849777705. www.babysensory.com.

Times: 9:45 - 10:45, 11:30 - 12:30, 13:15 - 14:15 & 15:00 - 16:00.

Ages: 0 - 1 yrs 1 mths. **Cost:** £9 per session (*booking essential*).

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

DANCE & DRAMA

Drama Tots Rugby and Lutterworth

Cawston Community Hall, Scholars Drive, Cawston, Rugby, CV22 7GU. 07815961449. www.dramatots.co.uk.

- **Rising Stars:** 9:30 - 10:10.

- **Bright Stars:** 10:30 - 11:15.

Ages: 18 mths - 4 yrs. **Cost:** £7.50 per session (*booking essential*).

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

SWIMMING

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE. 07950 467796. www.swimworks.co.uk.

- **Baby Swimming (Rugby):** 9:30 - 14:00.

Ages: 0 - 5 yrs. **Cost:** £16 per session (*booking essential*).

Dates: 2 Apr - 16 Jul.

FRIDAY

PARENTS & TOTS

Church Mice

St. Andrew's Church, Church Street, Rugby, CV21 3PT. www.standrewrugby.org.uk.

Times: 10:00 - 12:00.

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

Dates: 3 Apr - 17 Jul.

MUSIC & SIGNING

Boogie Beanies

Dunchurch Sportsfield & Village Hall, Rugby Road, Dunchurch, Rugby, CV22 6PN. 07766 731542. www.boogiebeanies.com.

Times: 10:00 - 11:00 and 11:20 - 12:20

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

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

Rhythm Time Coventry, Rugby and West Northants

Hillmorton Community Centre, Robbins Court, Rugby, CV22 5HQ. 07591720345. www.rhythmtime.net.

- **Pre-school Class:** 9:45 - 10:15.

- **Toddler Class:** 10:30 - 11:00.

- **Active Baby/Young Toddler Class:** 11:20 - 11:50.

- **Baby Class:** 12:15 - 13:00.

Cost £6.79 per session, booking is essential

Ages: 0 mths - 5 yrs **Cost:** £7.01 per session

Dates: 17 Apr - 10 Jul.



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DANCE & DRAMA

Drama Tots Rugby and Lutterworth

Wycliffe Rooms, George Street, Lutterworth, LE17 4ED. 07815961449. www.dramatots.co.uk.

- **Rising Stars:** 9:45 - 10:25.

- **Bright Stars:** 10:45 - 11:30.

- **All Stars (18m-4yrs) - Wycliffe Rooms:** 11:45 - 12:30.

Ages: 18 mths - 4 yrs 11 mths.

Cost: £7.50 per session

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

SWIMMING

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE. 07950 467796. www.swimworks.co.uk.

- **Baby Swimming (Rugby):** 9:30 - 15:00.

Ages: 0 - 5 yrs.

Cost: £16 per session (*booking essential*).

Dates: 3 Apr - 17 Jul.

SATURDAY

MUSIC & SIGNING

Rhythm Time Coventry, Rugby and West Northants

Cawston Community Hall, Scholars Drive, Cawston, Rugby, CV22 7GU. 07591720345. www.rhythmtime.net.

- **Family Session:** 10:00 - 10:45.

Ages: 0 - 5 yrs.

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

Dates: 18 Apr, 2 May, 16 May, 13 Jun & 27 Jun - 4 Jul.

PHYSICAL FUN

Little Kickers Northampton Daventry & Rugby

Rugby Free Secondary School, Anderson Avenue, Rugby, CV22 5PE. www.littlekickers.co.uk.

Times: 8:30 - 9:15. **Ages:** 2 yrs 6 mths - 3 yrs 6 mths.

Times: 9:25 - 10:10. **Ages:** 3 yrs 6 mths - 5 yrs.

Times: 10:20 - 11:05 & 11:15 - 12:00. **Ages:** 3 yrs 6 mths - 5 yrs.

Dates: 4 Apr - 27 Jun & 4 Apr - 27 Jun.

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

Dates: 4 Apr - 18 Jul, 4 Apr - 27 Jun & 4 Apr - 27 Jun.

Cost: £9.50 per session (*booking essential*).

SWIMMING

Swim Works

Swim Works Rugby, High Street, Rugby, CV21 4EE. 07950 467796. www.swimworks.co.uk.

- **Baby Swimming:** 9:00 - 12:00.

Ages: 0 - 5 yrs.

Cost: £16 per session (*booking essential*).

Dates: 4 Apr - 18 Jul.

SUNDAY

SWIMMING

Swim Works

Swim Works Rugby, High Street , Rugby, CV21 4EE.
07950 467796. www.swimworks.co.uk.

- **Baby Swimming:** 9:00 - 13:00.

Ages: 0 - 5 yrs. **Cost:** £16 per session (*booking essential*).

Dates: 5 Apr - 12 Jul.



STRATFORD UPON-AVON AREA

MONDAY

PARENTS & TOTS

Kineton Baby & Toddler Group

Kineton Village Hall, Mill Lane, Kineton, CV35 0LB.
01926 641483.

Times: 9:30 - 11:00.

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

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

Mini Tennis Stars

Cherington Village Hall, Cherington Village Hall, Stourton, Shipston-on-Stour, CV36 5HG. www.minitennisstars.co.uk.

Times: 16:00 - 16:30 & 16:30 - 17:05.

Ages: 3 yrs - 6 yrs 10 mths.

Cost: £7.75 per session (*booking essential*).

Dates: 13 Apr - 13 Jul.

Muddy Munchkins Playgroup

Stratford Park Hotel & Golf Club, Ingon Lane, Stratford-upon-Avon, CV37 0QE. 07894561511.

- **New theme monthly:** 8:30 - 10:15.

Ages: 0 - 6 yrs. **Cost:** £7 per session (*booking essential*).

Dates: 6 Apr - 27 Apr & 11 May - 13 Jul.

Snitterfield Rag Tag Baby and Toddler Group

Snitterfield Village Hall, Bearley Road, Snitterfield, Stratford upon Avon, CV37 0JH. 01789 731246.

Ages: 0 - 4 yrs. **Times:** 9:45 - 11:45. **Cost:** £3 per session (*drop in*).

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

HEALTH & WELLNESS

Pilates By Lizzie

JNB Gymnastics Academy, 5 Featherbed Lane, Stratford-upon-Avon, CV37 0ER. 07931892927. www.pilatesbylizzie.co.uk.

- **Mum and Baby Pilates:** 10:00 - 11:00.

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

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

PREGNANCY

Home-Start South Warwickshire

Westgate Children's Centre Warwick, Bowling Green Street, Warwick, CV34 4DD. 07564 543806. www.homestartsouthwarwickshire.org.uk.

- **Home-Start South Warwickshire Perinatal Support Group:** 10:00 - 11:30.

Ages: Pregnancy - 10 mths. **Cost:** Free

Dates: 6 Apr - 13 Jul, 6 Apr - 13 Jul & 6 Apr - 13 Jul.

TUESDAY

PARENTS & TOTS

Cheeky Chimps Baby & Toddler Group

Ettington Community Centre, Rogers Lane, Ettington, Stratford upon Avon, CV37 7SX.

Times: 9:15 - 11:15. **Ages:** 0 - 5 yrs. **Cost:** £3 per session (*drop in*).

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

Muddy Munchkins Playgroup

Stratford Park Hotel & Golf Club, Ingon Lane, Stratford-upon-Avon, CV37 0QE. 07894561511.

- **New theme monthly:** 9:30 - 11:15.

Ages: 0 - 6 yrs.

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

Dates: 7 Apr - 28 Apr & 5 May - 14 Jul.

Trinity Tots (Stratford-upon-Avon)

Ken Kennett Centre, 100 Justin's Avenue, Stratford-upon-Avon, CV37 0DA. 01789 266316. www.stratford-upon-avon.org.

- **Stay & Play:** 9:00 - 10:30.

Ages: 0 - 5 yrs.

Cost: £1 per session (*drop in*).

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

Westgate Children and Family Centre

Westgate Children and Family Centre, Bowling Green Street, Warwick, CV34 4DD. 01926 490629. www.barnardos.org.uk.

- **Woodloes, Baby Time:** 11:00 - 12:30.

Ages: 0 - 1 yrs. **Dates:** 7 Apr - 9 Jun.

• **Tiny Tale Sensory Story at Warwick Library:** 11:30 - 12:30.

Ages: 0 - 5 yrs. **Dates:** 7 Apr - 16 Jun.

MUSIC & SIGNING

Rhythm Time Leamington Spa, Kenilworth, Stratford upon-Avon

Tiddington Community Centre, Main Street, Tiddington, Stratford-upon-Avon, CV37 7AN. 07469 186042. www.rhythmtime.net.

- **Toddlers:** 9:30 - 10:00.

Ages: 1 - 3 yrs. **Cost:** £7.74 per session (*booking essential*).

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

SENSORY & DEVELOPMENT

Hartbeeps Leamington Spa and Warwick

Chase Meadow Community Centre, Narrow Hall Meadow, Warwick, CV34 6BT. www.hartbeeps.com.

- **Hartbeeps Happy House:** 10:00 - 10:45.

Ages: 1 - 5 yrs.

- **Hartbeeps Baby Beeps:** 11:00 - 11:45.

Ages: 7 mths - 2 yrs.

- **Hartbeeps Baby Bell:** 12:15 - 13:00.

Ages: 1 - 9 mths.

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

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

DANCE & DRAMA

Drama Tots Banbury and Stratford

Shottery Memorial Hall, Hathaway Lane, Shottery, Stratford-Upon-Avon, CV37 9BL. 07359252403.

www.dramatotsbanburystratford.classforkids.io.

- **All Stars:** 9:30 - 10:10.

Ages: 1 yrs 6 mths - 5 yrs.

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

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

PHYSICAL FUN

The Mini Movers

Southern Community Centre, Tiger Moth Drive, Southam, CV47 1AS.
07850 944690. www.theminimovers.co.uk.

- **The Tiny Movers:** 9:30 - 10:15.

Ages: 1 yrs - 2 yrs 6 mths.

- **The Little Movers:** 10:30 - 11:15.

Ages: 2 - 5 yrs.

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

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

HEALTH & WELLNESS

Pilates by Lizzie

JNB Gymnastics Academy, 5 Featherbed Lane, Stratford-upon-Avon,
CV37 0ER. 07931892927. www.pilatesbylizzie.co.uk.

- **Mixed Level Pilates:** 19:30 - 20:30.

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

- **Pregnancy Pilates:** 18:15 - 19:15.

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

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

WEDNESDAY

PARENTS & TOTS

Graham Adams Centre

Graham Adams Centre, St James Road, Southam, CV47 0LY.
01928 811519. www.grahamadamscentre.com.

- **Stretchy Monkeys Soft Play**

Times: 10:00 - 11:30. **Ages:** 1 - 5 yrs.

Dates: 15 Apr - 15 Jul.

Cost: £2 per session (*drop in*).

Muddy Munchkins Playgroup

Stratford Park Hotel & Golf Club, Ingon Lane,
Stratford-upon-Avon, CV37 0QE. 07894561511.

- **New theme monthly:** 9:30 - 11:15.

Ages: 0 - 6 yrs. **Cost:** £7 per session (*booking essential*).

Dates: 1 Apr - 29 Apr & 6 May - 15 Jul.

NCT Stratford-upon-Avon and District

NCT Stratford-upon-Avon and District, Venture House,
Stratford-upon-Avon, CV37 0HR. www.nct.org.uk.

- **Bumps, Babies and Toddlers:** 9:30 - 11:30.

Ages: 0 - 4 yrs. **Cost:** Free (*drop in*).

Dates: 1 Apr, 15 Apr, 6 May, 20 May, 3 Jun, 17 Jun, 1 Jul & 15 Jul.

Westgate Children and Family Centre

Westgate Children and Family Centre, Bowling Green
Street, Warwick, CV34 4DD. 01926 490629. www.barnardos.org.uk.

- **Baby Time:** 10:00 - 11:30.

- **Baby Chatter Matters:** 14:00 - 15:00.

Ages: 6 mths - 1 yrs 2 mths.

Cost: Free (*booking essential*).

Dates: 1 Apr - 10 Jun.

MUSIC & SIGNING

BilinguaSing Coventry & Warwickshire

Stratford-Upon-Avon Methodist Church, Old Town,
Stratford-Upon-Avon, CV37 6BG. 07815 149877.
www.bilinguasing.com.

- **We Sing French:** 14:00 - 14:45.

Ages: 1 mths - 4 yrs 11 mths.

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

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

BilinguaSing Stratford upon Avon, Banbury and Rugby

Stratford Methodist Church, Old Town, Stratford upon Avon,

- **We Sing French:** 14:00 - 14:45.

Ages: 0 - 4 yrs.

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

Dates: 15 Apr - 20 May & 3 Jun - 24 Jun.

SENSORY & DEVELOPMENT

Adventure Babies Warwickshire & Coventry

Heathcote Community Centre, Cressida Close, Heathcote,
Warwick, CV34 6DZ. www.adventurebabies.co.uk.

- **Adventure Babies:** 10:30 - 11:15.

- **Adventure Babies:** 11:35 - 12:20.

Ages: 0 - 1 yrs.

Cost: £9.50 per session (*booking essential*).

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

Baby Sensory (S. Warwickshire)

Tiddington Community Centre, Tiddington, Stratford-upon-Avon,
CV37 7AT. 07989 502712. www.babysensory.com.

Times: 10:30 - 11:20 & 11:45 - 12:35.

Ages: 0 - 1 yrs 1 mths.

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

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

Story Imagin-ory Warwick Leamington Spa and Surrounding Areas

Heathcote Community Centre, Cressida Close, Heathcote, Warwick,
CV34 6DZ. 07845289115. warwickleamingtonspa.storyimaginary.co.uk.

Times: 10:10 - 11:10

Ages: 6 mths - 5 yrs.

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

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

HEALTH & WELLNESS

Sweaty Mama Warwick & Leamington

Playbox Theatre, The Dream Factory, Stratford Road, Warwick,
CV34 6LE. 07587848121. www.warwick.sweatymama.com.

- **Sweaty Mama class:** 10:00 - 10:45.

Ages: Pregnancy - 4 yrs.

- **Sweaty Mamalates class:** 11:00 - 11:45.

Ages: Pregnancy - 1 yrs 2 mths.

Cost: £10 (*booking essential*).

Dates: 1 Apr, 15 Apr - 20 May & 3 Jun - 8 Jul.

OPEN DAILY

Hatton Adventure World

Hatton Adventure World, Dark Lane, Hatton, CV35 8XA.
01926843411. adventure.hattonworld.com.

Times: 10:00 - 17:30. **Cost:** £11.95 per session (*booking essential*).

THURSDAY

PARENTS & TOTS

Bishop's Itchington Baby and Toddler Group

Memorial Hall, Fisher Road, Bishop's Itchington, CV47 2RE.

Times: 10:00 - 11:30.

Ages: Pregnancy - 5 yrs.

Cost: £2 per session (*booking essential*).

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

Little Fishes

Little Fishes, Payton Street, Stratford-upon-Avon, CV37 6UA.
07940321463. www.stratforduponavonbaptist.org.uk.

Times: 9:00 - 12:00.

Ages: 0 - 5 yrs.

Cost: £1 per session (*drop in*).

Dates: 2 Apr - 16 Jul.

Little Fishes

Townsend Hall, 52 Sheep Street, Shipston on Stour, CV36 4AE.
Times: 9:15 - 11:15.

Ages: 0 - 4 yrs.

Cost: £3 per session (*drop in*).

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

Snitterfield Rag Tag Baby and Toddler Group

Snitterfield Village Hall, Bearley Road, Snitterfield,
Stratford upon Avon, CV37 0JH. 01789 731246.

Times: 9:45 - 11:45.

Ages: 0 - 4 yrs.

Cost: £3 per session (*drop in*).

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

Stratford Family Club CIC

Stratford Methodist Church, Old Town, Stratford upon Avon, CV37 6BG. www.stratfordfamilyclub.wixsite.com.

- **Wesley's Toddlers:** 9:45 - 11:30.

Ages: 0 - 5 yrs. **Cost:** £2 per session (*drop in*).

- **Tilly's:** 10:00 - 10:45.

Parent carers support group

Ages: 0 - 80 yrs. **Cost:** Free (*drop in*).

Dates: 2 Apr - 16 Jul.

Stratford Family Club CIC, Royal Shakespeare Theatre, Waterside, Stratford-upon-Avon, CV37 6BB.

- **Tower Tots:** 13:00 - 15:00.

Ages: 0 - 4 yrs. **Cost:** £2 per session (*drop in*).

Dates: 16 Apr.

Trinity Tots (Stratford-upon-Avon)

Holy Trinity Parish Center, Old Town, Stratford-upon-Avon, CV37 6BG. 01789 266316. www.stratford-upon-avon.org.

Times: 13:30 - 15:00.

Ages: 0 - 5 yrs. **Cost:** £1 per session (*drop in*).

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

Westgate Children and Family Centre

Westgate Children and Family Centre, Bowling Green Street, Warwick, CV34 4DD. 01926 490629. www.barnardos.org.uk.

- **Toddler Time:** 10:00 - 11:30.

Ages: 1 - 3 yrs. **Cost:** Free (*drop in*).

Dates: 2 Apr - 11 Jun.

SENSORY & DEVELOPMENT

Adventure Babies Warwickshire & Coventry

Pebworth Village Hall, Chapel Road , Pebworth, Stratford-upon-Avon, CV37 8XJ. www.adventurebabies.co.uk.

- **Adventure Babe:** 10:30 - 12:30.

Ages: 0 - 1 yrs. **Cost:** £9.50 per session (*booking essential*).

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

HEALTH & WELLNESS

Pilates By Lizzie

JNB Gymnastics Academy , 5 Featherbed Lane, Stratford-upon-Avon, CV37 0ER. 07931892927. www.pilatesbylizzie.co.uk.

- **Pilates & Playtime:** 11:00 - 12:00.
- **Mum and Baby Pilates:** 9:45 - 10:45.
- **Mixed Level Pilates:** 18:15 - 19:15.
- **Pregnancy Pilates:** 19:30 - 20:30.

Ages: Pregnancy.

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

Dates: 16 Apr - 16 Jul.

FRIDAY

PARENTS & TOTS

Graham Adams Centre

Graham Adams Centre, St James Road, Southam, CV47 0LY. 01928 811519. www.grahamadamscentre.com.

- **Stretchy Monkeys Soft Play**

Times: 10:00 - 11:30.

Ages: 1 - 5 yrs.

Dates: 17 Apr - 17 Jul.

Cost: £2 per session (*drop in*).

Mini Tennis Stars

Meon Vale Leisure Centre, Meon Vale, Bailey Avenue, Stratford-upon-Avon, CV37 8YE. www.minitennistars.co.uk.

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

Ages: 1 yrs 6 mths - 5 yrs.

Cost: £7.75 per session (*booking essential*).

Muddy Munchkins Playgroup

Stratford Park Hotel & Golf Club, Ingon Lane, Stratford-upon-Avon, CV37 0QE. 07894561511.

- **New theme monthly:** 9:30 - 11:15.

Ages: 0 - 6 yrs.

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

Dates: 3 Apr - 24 Apr & 8 May - 17 Jul.



Embrace the joys of outdoor play, connecting with nature, and promoting physical activity in a supportive and stimulating environment!

Little Explorers, Big Adventures



For a memorable, refreshing, and educational playgroup experience, join us and watch your little ones thrive in nature's playground!

Muddy Munchkins
The Stratford Park Hotel & Golf Club
Ingon Lane
Stratford upon Avon
CV37 0QE



Scan to book online!

Stockton Toddlersaurs

Stockton Village Hall, Napton Road , Stockton, Southam, CV47 8JX. 01926 814687.

Times: 9:30 - 11:00. **Ages:** 0 - 4 yrs.

Cost: £3 per session (*drop in*).

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

Westgate Children and Family Centre

Westgate Children and Family Centre, Bowling Green Street, Warwick, CV34 4DD. 01926 490629. www.barnardos.org.uk.

- **Tiny Tale Sensory Story Time:** 11:00 - 12:00.

Ages: 0 - 5 yrs. **Cost:** Free **Dates:** 3 Apr - 19 Jun.

MUSIC & SIGNING

Rhythm Time Leamington Spa, Kenilworth, Stratford-upon-Avon

Tiddington Community Centre, Main Street , Tiddington, Stratford-upon-Avon, CV37 7AN. 07469 186042. www.rhythmtime.net.

- **Pre-school:** 9:30 - 10:00.

- **Babies:** 11:10 - 11:40.

- **Toddlers:** 11:30 - 12:00

Ages: 0 - 5 yrs.

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

Dates: 17 Apr, 1 May - 22 May & 5 Jun - 17 Jul.

SENSORY & DEVELOPMENT

Hartbeeps Leamington Spa and Warwick

Heathcote Community Centre, Cressida Close, Heathcote, Warwick, CV34 6DZ. www.hartbeeps.com.

- **Hartbeeps Happy House:** 9:30 - 10:15.

Ages: 1 - 5 yrs.

• **Hartbeeps Baby Beeps:** 10:30 - 11:15.

Ages: 7 mths - 2 yrs.

- **Hartbeeps Baby Bells:** 11:45 - 12:30.

Ages: 1 - 9 mths.

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

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

DANCE & DRAMA

Drama Tots Banbury and Stratford

Luddington Village Hall, Luddington Road, Luddington, Stratford-upon-Avon, CV37 9SD. 07359252403. www.dramatotsbanburystratford.classforkids.co.uk.

- **All Stars:** 10:30 - 11:15.

Ages: 1 yrs 6 mths - 5 yrs.

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

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

PREGNANCY

NCT Southam & Villages

Graham Adams Centre, St James Rd, Southam, CV47 0LY. 0300 330 0700. www.nct.org.uk.

- **NCT Southam Bumps and Babies:** 10:00 - 11:30.

Ages: Pregnancy - 2 yrs.

- **NCT Baby Cafe (Breastfeeding Support Drop In):** 10:00 - 12:00.

Cost: Free (*drop in*). **Dates:** 3 Apr - 17 Jul.

SATURDAY

PARENTS & TOTS

Muddy Munchkins Playgroup

Stratford Park Hotel & Golf Club, Ingon Lane, Stratford-upon-Avon, CV37 0QE. 07894561511

- **New theme monthly:** 9:30 - 11:15.

Ages: 0 - 6 yrs. **Cost:** £7 per session (*booking essential*).

Dates: 4 Apr - 25 Apr & 9 May - 11 Jul.

Stratford Family Club CIC

Stratford Methodist Church, Old Town, Stratford upon Avon, CV37 6BG. www.stratfordfamilyclub.wikisite.com.

- **Chatter Patch:** 9:30 - 10:30.

SEND group for children who are non verbal speech delayed

Ages: 0 - 18 yrs. **Cost:** Free (*drop in*).

Dates: 4 Apr - 18 Jul.

DANCE & DRAMA

Stagecoach Performing Arts Stratford-Upon-Avon

Stratford-upon-Avon High School, Alcester Road, Stratford-upon-Avon, CV37 9DH. 07483914041. www.stagecoach.co.uk.

- **2026 Summer Term (Early Stages classes):** 9:45 - 11:15.

Ages: 4 - 6 yrs.

Cost: £15 per session (*booking essential*).

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

PREGNANCY

Katie Jensen Doula - Antenatal & Hypnobirthing

The Heist House, 5-7 High Street, Warwick, CV34 4AP. 07969014301. katiejensendoula.com.

- **Modern Parents Collective**

Parenting support course

Times: 18:00 - 21:30. **Dates:** 11 Apr - 25 Apr.

Times: 18:00 - 21:30. **Dates:** 9 May - 23 May.

Times: 18:00 - 21:30. **Dates:** 13 Jun - 27 Jun.

Times: 18:00 - 21:30. **Dates:** 11 Jul.

Cost: £299 per session (*booking essential*).

- **Free Taster Sessions - Modern Parents Collective:** 16:30 - 17:30.

Dates: 16 May.

Dates: 20 Jun.

Dates: 18 Jul.



SUNDAY

PARENTS & TOTS

Mini Tennis Stars

Tiddington Community Centre, 39, Main Street, Stratford-upon-Avon, CV37 7AZ. www.minitennisstars.co.uk.

Times: 8:55 - 9:30, 9:35 - 10:05, 10:10 - 10:40 & 10:45 - 11:15.

Ages: 2 yrs - 6 yrs 10 mths.

Cost: £7.75 per session (*booking essential*).

Dates: 12 Apr - 12 Jul.

PHYSICAL FUN

Cricket Kids

The Greig Leisure Centre, Kinwarton Road, Alcester, B49 6AD. www.cricket-kids.co.uk.

- **Micro Kids Full Term:** 9:15 - 9:50.

Ages: 2 - 3 yrs.

- **Mini Kids Full Term:** 10:00 - 10:45.

Ages: 3 yrs 1 mths - 4 yrs 6 mths.

- **Mighty Kids Full Term:** 11:00 - 11:45.

Ages: 4 yrs 7 mths - 6 yrs.

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

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

HEALTH & WELLNESS

Pilates By Lizzie

Bishopton Community Centre, Bishopton Community Centre, Drayton Avenue, Stratford-upon-Avon, CV37 9PB.

07931892927. www.pilatesbylizzie.co.uk.

- **Pilates Adventurers age 5-8:** 10:00 - 11:00 & 11:00 - 12:00.

Ages: 5 - 8 yrs. **Cost:** £7.50 per session (*booking essential*).

Dates: 17 May - 12 Jul.

WARWICK, LEAMINGTON &
KENILWORTH AREA

MONDAY

PARENTS & TOTS

Lillingtots and Baby Cafe

Lillington Free Church Hall, Cubbington Road, Lillington, Leamington Spa, CV32 7AL. www.lillingtonfreechurch.org.

Times: 9:30 - 11:15.

Ages: 0 - 4 yrs.

Cost: £1 per session (*drop in*).

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

Mini Tennis Stars

Heathcote Community Centre, Cressida Cl, Heathcote, Warwick, CV34 6DZ. www.minitennisstars.co.uk.

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

Ages: 2 - 6 yrs.

Cost: £7.75 per session (*booking essential*).

Dates: 13 Apr - 13 Jul.

Muddy Puddles Mini Forest School & Tree Tots Woodland Baby Group

Bramble Wood, Dobson Lane, Whitnash, Leamington Spa, CV31 2SP. 07730031935.

- **Muddy Puddles Forest Schoo:** 10:00 - 11:15.

Ages: 1 yrs 6 mths - 5 yrs.

- **Tree Tots Woodland Baby Group:** 11:30 - 12:30.

Ages: 0 - 1 yrs 4 mths.

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

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

Mum & Baby Mat Pilates

THURSDAYS • 10:30 AM

Rebuild your core, restore your body, and move with confidence — with your baby by your side.

- ☺ Suitable for babies up to 9 months (bring them along!)
- 🔄 Focus on postnatal recovery, core strength, and mobility
- ♥ Gentle, supportive environment for new mums

Sparks Pilates Studio
4 Windsor Place,
Leamington Spa, CV32 5EN
www.sparkspilates.com



Book your spot now!

Spaces are limited — reserve online or get in touch
www.sparkspilates.com

MUSIC & SIGNING

BilinguaSing Coventry & Warwickshire

Online, Online, Online, CV32 7XH. 07815 149877.
www.bilinguasing.com.

- **Spanish, Italian & French online: 9:30 - 10:00.**

Ages: 1 mths - 7 yrs 11 mths.

Dale Street Church, Dale Street, Leamington Spa, CV32 5HL.

- **We Sing Spanish: 10:30 - 11:15.**

Ages: 1 mths - 4 yrs 11 mths.

- **Baby Loves Spanish: 11:30 - 12:15.**

Ages: 1 mths - 1 yrs 4 mths.

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

St Barbara's Church, 22 Rochester Road, Earlsdon, Coventry, CV5 6AG.

- **Home-Ed French Group 14:15 - 15:00.**

Ages: 4 yrs - 8 yrs 11 mths.

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

Dates: 13 Apr - 13 Jul.

Rhythm Time Coventry, Rugby and West Northants

Coundon - Sherbourne Community Church, Holyhead Road, Coundon, Coventry, CV6 1QL. 07591720345. www.rhythmtime.net.

- **Toddler Class: 10:00 - 10:30.**

Ages: 1 - 3 yrs.

Cost: £6.79 per session (*booking essential*).

- **Baby Class: 10:45 - 11:15.**

Ages: 2 mths - 1 yrs 11 mths.

Cost: £7.01 per session (*booking essential*).

Dates: 13 Apr - 6 Jul.

Rhythm Time Leamington Spa, Kenilworth, Stratford upon-Avon

St Mark's Church, Rugby Rd, Leamington Spa, CV32 6DL.
07469 186042. www.rhythmtime.net.

- **Toddlers**

Times: 9:30 - 10:00.

Ages: 1 - 3 yrs. **Dates:** 13 Apr - 27 Apr, 11 May - 18 May & 1 Jun - 13 Jul.

- **Babies: 12:00 - 12:30.**

Ages: 0 - 1 yrs. **Dates:** 13 Apr - 27 Apr, 11 May - 18 May & 1 Jun - 13 Jul.

Cost: £7.74 per session (*drop in*).

Most babies learn best when they see, hear, feel, touch, taste and smell.

Sneak a peek, it's all amazing!

Our multi-award winning classes will introduce you and your baby (or babies) to a world of sensory delights, where you can relax, spend quality time with each other and enjoy meeting other new parents.

To find out more:
Call Gemma O'Rourke on: 07989 502712
Email Gemma O'Rourke: warwickshire@babysensory.co.uk
Check f www.facebook.com/gemmababysensory.warwickshire
Classes at: Leamington Spa, Stratford Upon Avon and Warwick www.babysensory.com

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

SENSORY & DEVELOPMENT

Hartbeeps Leamington Spa and Warwick

Radford Road Church, Radford Road, Leamington Spa, CV31 1NF. www.hartbeeps.com.

- **Hartbeeps Happy House: 10:00 - 10:45.**

Ages: 1 - 5 yrs.

- **Hartbeeps Baby Beeps: 11:00 - 11:45.**

Ages: 7 mths - 2 yrs.

- **Hartbeeps Baby Bells: 12:15 - 13:00.**

Ages: 1 - 9 mths. **Cost:** £8.50 per session (*booking essential*).

Dates: 13 Apr - 27 Apr, 11 May - 18 May & 8 Jun - 13 Jul.

Story Imagin-ory Warwick Leamington Spa and Surrounding Areas

Lighthorne Heath Village Hall, Upper Lighthorne, Valiant Close, Warwick, CV33 9UF. 07845289115.

www.warwickleamingtonspa.storyimaginory.co.uk.

- **Story Imagin-ory: 12:56 - 13:56.**

Ages: 6 mths - 5 yrs.

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

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

DANCE & DRAMA

Drama Tots Kenilworth, Leamington and Warwick.

Kenilworth Methodist Church, 60 Priory Rd., Kenilworth, CV8 1LQ. 07739657149.

drama-tots-kenilworth-leamington-spa-and-warwick.class4kids.co.uk.

- **All Stars - 18m-5yrs: 9:30 - 10:10.**

Ages: 1 yrs 6 mths - 5 yrs.

Cost: £7.75 per session (*booking essential*).

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

PHYSICAL FUN

DF SPORTS COACHING

Kenilworth School, Glasshouse Lane, Kenilworth, CV8 2DF.
07931641540. www.dfsportscoaching.co.uk.

- **Football Coaching:** 17:00 - 18:00.

Ages: 5 - 9 yrs. **Cost:** £5 per session.

Dates: 6 Apr - 13 Jul, 6 Apr - 13 Jul.

The Mini Movers

Chase Meadow Community Centre, Narrow Hall Meadow, Warwick, CV34 6BT. 07850 944690. www.theminimovers.co.uk.

- **The Little Movers:** 9:30 - 10:15.

Ages: 2 - 5 yrs. **Cost:** £8 per session (*booking essential*).

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

The Zoogie Boogie Club

The Zoogie Boogie Club, 11 Scar Bank, Warwick, CV34 5DB.
01926 954979. www.zoogieboogie.co.uk.

- **Galaxy Explorers (2+ years):** 9:30 - 10:15.
- **Moon Crawler & Walker Combined (8-16 months):** 11:35 - 12:20.
- **Sensory Star Gazers (8+ weeks - 8 months):** 13:00 - 13:45.

Cost: Monthly membership

Wholesome Hedgehog Yoga

Little Light Studio, 61 Kelvin Road, New Cubbington, Leamington Spa, CV32 7TG. 07842 160860. www.wholesomehedgehog.com.

- **Family Yoga:** 11:00 - 11:30.

Ages: 2 - 5 yrs. **Cost:** £8.50 per session (*booking essential*).

Dates: 13 Apr, 18 May & 15 Jun.

SWIMMING

Swim Works

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU.
07950 467796. www.swimworks.co.uk.

- **Baby Swimming:** 9:30 - 16:00.

Ages: 0 - 5 yrs. **Cost:** £16 per session (*booking essential*).

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

HEALTH & WELLNESS

Maricarmenfitness

Fiery Feet Studios, 2 Windsor Place, Royal Leamington Spa, CV31 5EN. 07969 188566. www.maricarmenfitness.com.

- **Mum and Baby Strength:** 10:00 - 10:45.

Ages: 4 mths - 5 yrs.

Cost: £15 per session (*booking essential*).

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

Mum & Me Fitness

Chase Meadow Community Centre, Narrow Hall Meadow, Warwick, CV34 6BT. 07874010310. www.mumandmefitness.com.

Times: 11:15 - 12:15.

Ages: Pregnancy - 100 yrs.

Cost: £10 per session.

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

Sweaty Mama Warwick & Leamington

Cubington Village Hall, Broadway, Cubbington, Leamington Spa, CV32 7JR. 07587848121. www.warwick.sweatymama.com.

- **Sweaty Mamatates class:** 10:00 - 10:45.
- **Sweaty Mama Class:** 11:00 - 11:45.

Ages: Pregnancy - 4 yrs.

Cost: £10 (*booking essential*).

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

PREGNANCY

Home-Start South Warwickshire

Lillington Children & Family Centre, Mason Avenue, Lillington, Leamington Spa, CV32 7QE.

www.homestartsouthwarwickshire.org.uk.

- **Home-Start South Warwickshire Perinatal Support Group:** 13:00 - 14:30.

Ages: Pregnancy - 10 mths.

Cost: Free (*drop in*).

Dates: 6 Apr - 13 Jul, 6 Apr - 13 Jul & 6 Apr - 13 Jul.

TUESDAY

PARENTS & TOTS

Hampton Magna Toddler Group

Budbrooke Community Centre, Field Barn Road, Hampton Magna, Warwick, CV35 8RT. 07506 713277.

- **Hampton Magna Baby & Toddler Group:** 9:30 - 11:20.

Ages: 0 - 4 yrs. **Cost:** £3 per session (*drop in*).

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

NCT Warwickshire Central

Lillington Bumps and Babies, Mason Avenue, Leamington Spa, CV32 7QE. www.nct.org.uk.

- **Lillington Bumps and Babies:** 9:30 - 11:30.

Cost: Free (*drop in*). **Dates:** 7 Apr - 14 Jul.

Radford Rascals Stay and Play Group

Radford Semele Baptist Church Hall, Lewis Road, Radford Semele, Leamington Spa, CV31 1UQ. www.rsbc.info.

Times: 9:30 - 11:00.

Ages: 0 - 4 yrs. **Cost:** £2 per session (*drop in*).

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

MUSIC & SIGNING

BilinguaSing Coventry & Warwickshire

Stoneleigh Village Hall, Hall Close, Stoneleigh, CV8 3DG.
07815 149877. www.bilinguasig.com.

- **We Sing French:** 10:15 - 11:00.

Ages: 1 mths - 4 yrs 11 mths.

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

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

Dandy Development

Barford Memorial Hall, Church Street, Barford, CV35 8EN.
07890 241301. www.dandydevelopment.co.uk.

- **Stage 1:** 9:55 - 10:30.

Ages: 4 mths - 1 yrs 11 mths.

• **Dandinos (Barford):** 11:00 - 11:35.

Ages: 0 - 6 mths. **Cost:** £9 per session (*booking essential*).

Dates: 28 Apr - 19 May & 2 Jun - 30 Jun.

Sing and Sign Coventry and Kenilworth

St John the Evangelist, 205, Warwick Road, Kenilworth, CV8 1HY. www.singandsign.co.uk.

- **Sing & Sign Stage 2:** 10:00 - 11:00.

Ages: 1 yrs 2 mths - 2 yrs.

• **Sing & Sign Stage 1:** 11:10 - 12:10.

Ages: 6 mths - 1 yrs 11 mths.

- **Sing & Sign Babes:** 12:20 - 13:20.

Ages: 0 - 6 mths.

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

Dates: 21 Apr - 19 May, 9 Jun - 7 Jul & 14 Jul.

SENSORY & DEVELOPMENT

Adventure Babies Warwickshire & Coventry

St Chad's Centre, 17 Church Lees, Bishop's Tachbrook, Leamington Spa, CV33 9RQ. www.adventurebabies.co.uk.

- **Adventure Babies (St Chad's Centre) 9:45am:** 9:45 - 10:30.

- **Adventure Babies (St Chad's Centre) 11am:** 11:00 - 11:45.

- **Adventure Babies (St Chad's Centre) 12:30pm:** 12:30 - 13:15.

Ages: 0 - 2 yrs. **Cost:** £9.50 per session (*booking essential*).

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

Baby Sensory (S. Warwickshire)

Dale Street Methodist Church (Main Hall), Dale Street, Leamington Spa, CV32 5HL. 07989 502712. www.babysensory.com.

Times: 10:15 - 11:05, 11:20 - 12:10 & 12:45 - 13:35.

Ages: 0 - 1 yrs 11 mths. **Cost:** £6.50 per session (*booking essential*).

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

Naturally Baby

Baby Hub at Naturally Baby, Unit 11, T1300, Plato Close, Warwick, CV34 6YB. 01926 954188. naturallybaby.co.uk.

- **Baby and Toddler Sensory Rooms**

Times: 9:30 - 10:45, 13:30 - 14:45 & 15:15 - 16:30. **Ages:** 0 - 3 yrs.

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

Cost: £8.95 per session (*booking essential*).

CREATIVE

Arty Splats : Messy Play - Warwickshire

Dorothea Mitchell Village Hall, Claverdon, Claverdon, Warwick, CV35 8PH. 07789 748730. www.arty-splats-warwickshire.classforkids.io.

- **Arty's Adventurers (16mth - 5yrs):** 10:00 - 10:45.
- **Arty's Babies (6mth - 15mth):** 11:10 - 11:55.

Cost: £9.70 per session (*booking essential*).

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

Lillington Children & Family Centre, Warwick District

Lillington Children & Family Centre, 3 Mason Avenue, Lillington, CV32 7QE. 01926 887597. www.barnardos.org.uk.

- **Tiny Tale Sensory Story at Lillington Library:** 9:30 - 10:30.

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

Dates: 7 Apr - 16 Jun.

DANCE & DRAMA

Drama Tots Kenilworth, Leamington and Warwick.

Bubbenhall Village Hall, Lower End , Coventry , CV8 3BW. 07739657149.

drama-tots-kenilworth-learnington-spa-and-warwick.class4kids.co.uk

- **Rising Stars - 18m-3yrs:** 10:00 - 10:40.
- **Bright Stars 3yrs-5yrs:** 11:00 - 11:45.

Cost: £7.75 per session (*booking essential*).

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

PHYSICAL FUN

The Zoogie Boogie Club

The Zoogie Boogie Club, 11 Scar Bank, Warwick, CV34 5DB. 01926 954979. www.zoogieboogie.co.uk.

- **Moon Walkers (11.5 - 17 months):** 10:30 - 11:15.
- **Ziping Zoogies (17 - 22 months):** 9:30 - 10:15.
- **Sensory Star Gazers (8+ weeks - 8 months):** 11:45 - 12:30.

Cost: Monthly membership

SWIMMING

Swim Works

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU. 07950 467796. www.swimworks.co.uk.

- **Baby Swimming:** 9:30 - 15:00.

Ages: 0 - 5 yrs. **Cost:** £16 per session (*booking essential*).

Dates: 7 Apr - 14 Jul.

HEALTH & WELLNESS

Mum & Me Fitness

Chase Meadow Community Centre, Narrow Hall Meadow, Warwick, CV34 6BT. 07874010310. www.mumandmefitness.com.

Times: 10:45 - 11:45. **Ages:** Pregnancy - 100 yrs.

Cost: £10 per session (*drop in*).

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

Sweaty Mama Warwick & Leamington

Fiery Feet Dance Studio, 2 Windsor Place, Leamington Spa, CV32 5EN. 07587848121. www.warwick.sweatymama.com.

- **Sweaty Mama Class:** 11:30 - 12:15.

Ages: Pregnancy - 4 yrs. **Cost:** £10 (*booking essential*).

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

WEDNESDAY

PARENTS & TOTS

Mini Meadows Baby and Toddler Group

Chase Meadow Community Centre, Chase Meadow, Warwick, CV34 6BT.

Times: 10:00 - 11:30.

Ages: 0 - 4 yrs. **Cost:** £1 per session (*drop in*).

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

NCT Warwickshire Central

Newbold Comyn Walk and Talk, Newbold Comyn Arms Play Area, Leamington Spa, CV32 4EU. www.nct.org.uk.

- **Newbold Comyn Walk and Talk:** 10:30 - 11:30.

Ages: Pregnancy - 2 yrs. **Cost:** Free (*drop in*).

Dates: 1 Apr - 15 Jul.

pilates classes for bump, baby & beyond

please contact Lizzie on
07931 892927 for more details
or scan here

pilates by
lizzie hazell

MUSIC & SIGNING

Dandy Development

Radford Road Church, Radford Road, Leamington Spa, CV31 1NF. 07890 241301. www.dandydevelopment.co.uk.

- **Stage 2:** 9:50 - 10:30.

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

- **Stage 1:** 11:00 - 11:35.

Ages: 4 mths - 1 yrs 1 mths.

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

Dates: 29 Apr - 20 May & 3 Jun - 1 Jul.

Rhythm Time Leamington Spa, Kenilworth, Stratford upon-Avon

St Mark's Church, Rugby Rd, Leamington Spa, CV32 6DL. 07469 186042. www.rhythmtime.net.

- **Toddlers**

Times: 10:30 - 11:00 and 11:30 - 12:00 **Ages:** 1 - 3 yrs.

- **Pre-School:** 9:30 - 10:00.

Ages: 3 - 5 yrs. **Cost:** £7.74 per session (*drop in*).

The Kenilworth Centre, Abbey End Car Park, Kenilworth, CV8 1QJ.

- **Toddlers:** 9:30 - 10:00.
- **Babies:** 10:20 - 10:50.

Ages: 0 - 3 yrs.

Cost: £7.74 per session (*drop in*).

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

SENSORY & DEVELOPMENT

Naturally Baby

Baby Hub at Naturally Baby, Unit 11, T1300, Plato Close, Warwick, CV34 6YB. 01926 954188. naturallybaby.co.uk.

- **Baby and Toddler Sensory Rooms:** 11:30 - 12:45.

Ages: 0 - 3 yrs. **Cost:** £8.95 per session (*booking essential*).

Baby Spa Session: 13:00 - 14:15.

Ages: 0 - 9 mths. **Cost:** £20 per session (*booking essential*).

CREATIVE

Arty Splats : Messy Play - Warwickshire

St Chads Centre, Church Hl, Bishop's Tachbrook, Leamington Spa, CV33 9RJ. 07789 748730.

www.arty-splats-warwickshire.classforkids.io.

- **Arty's Adventurers (16mth - 5yrs):** 10:00 - 10:45.
- **Arty's Babies (6mth - 15mth):** 11:10 - 11:55.

Cost: £9.50 per session (*booking essential*).

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

Lillington Children & Family Centre, Warwick District

Lillington Children & Family Centre, 3 Mason Avenue, Lillington, CV32 7QE. 01926 887597. www.barnardos.org.uk.

- **Baby Chatter Matters**

Times: 12:00 - 13:00 & 14:00 - 15:00.

Ages: 0 - 1 yrs & 6 mths - 1 yrs 2 mths. **Dates:** 1 Apr - 15 Jun.

DANCE & DRAMA

Drama Tots Kenilworth, Leamington and Warwick.

Whitnash Methodist Church, Murcott Rd E., Leamington Spa, CV31 2JJ. 07739657149.

drama-tots-kenilworth-learnington-spa-and-warwick.class4kids.co.uk.

- **Rising Stars - 18m-3yrs:** 10:00 - 10:40.
- **Bright Stars 3yrs-4yrs:** 11:00 - 11:45.

Cost: £7.75 per session (*booking essential*).

Dates: 15 Apr - 20 May & 3 Jun - 8 Jul.

PHYSICAL FUN

The Zoogie Boogie Club

The Zoogie Boogie Club, 11 Scar Bank, Warwick, CV34 5DB.

01926 954979. www.zoogieboogie.co.uk.

- **Galaxy Explorers (2+ years):** 9:30 - 10:15.
- **Moon Crawler & Walker Combined (8-16 months):** 11:35 - 12:20.
- **Sensory Star Gazers (8+ weeks - 8 months):** 14:00 - 14:45.

Cost: Monthly membership

SWIMMING

Swim Works

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU.

07950 467796. www.swimworks.co.uk.

- **Baby Swimming:** 9:30 - 15:00.

Ages: 0 - 5 yrs.

Cost: £16 per session (*booking essential*).

Dates: 1 Apr - 15 Jul.

HEALTH & WELLNESS

Fitness For Real Life by Nina

St Chad's Centre, Church HI, Bishop's Tachbrook, Leamington Spa,

CV33 9RJ. 07539895977. www.fitnessforrealife.co.uk.

- **Postnatal Fitness Class:** 13:15 - 14:00.

Ages: 18 - 45 yrs.

- **Senior Strength and Mobility:** 14:15 - 15:00.

Ages: 55 - 100 yrs. **Cost:** £10 per session (*booking essential*).

Dates: 1 Apr - 29 Apr, 6 May - 20 May & 3 Jun - 15 Jul.

Mum & Me Fitness

Chase Meadow Community Centre, Narrow Hall Meadow, Warwick,

CV34 6BT. 07874010310. www.mumandmefitness.com.

Times: 10:45 - 11:45.

Ages: Pregnancy - 100 yrs. **Cost:** £10 per session.

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

PREGNANCY

Katie Jensen Doula - Antenatal & Hypnobirthing

Lola Provisions, 7 Augusta Place, Leamington Spa, CV32 5EL.

07969014301. www.katiejensendoula.com.

- **Power Hour Support Session:** 9:00 - 10:00, 10:00 - 11:00, 11:00 - 12:00, 12:00 - 13:00, 13:00 - 14:00 & 14:00 - 15:00.

Ages: Pregnancy - 60 yrs.

Cost: £45 per session (*booking essential*).

Dates: 1 Apr - 15 Jul.

THURSDAY

PARENTS & TOTS

Leek Wootton Baby & Toddler

Leek Wootton Village Hall, Warwick Road, Warwick, CV35 7RB.

- **Leek Wootton Baby & Toddler Group:** 10:00 - 11:30.

Ages: 0 - 4 yrs. **Cost:** £2 per session (*drop in*).

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

Octotots Toddler Group

Octagon (Church Hall of Lillington Parish Church), Vicarage Road,

Lillington, Leamington Spa, CV32 7RH.

01926 470449. www.lillingtonparishchurch.org.

Times: 10:30 - 12:00. **Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*).

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

St John's Toddlers Kenilworth

St. John's Church Hall, Warwick Road, Kenilworth, CV8 1HY.

01926 855344. www.stjohn316.co.uk.

- **St John's Toddlers:** 10:00 - 11:30.

Ages: 0 - 5 yrs. **Cost:** £1.50 per session (*drop in*).

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

MUSIC & SIGNING

BilinguaSing Coventry & Warwickshire

Kenilworth Methodist Church, Priory Road, KENILWORTH, CV8 1LQ.

07815 149877. www.bilinguasing.com.

- **We Sing Italian (0-4 years):** 13:45 - 14:30.

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

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

Dandy Development

Radford Road Church, Radford Road, Leamington Spa, CV31 1NF.

07890 241301. www.dandydevelopment.co.uk.

- **Stage 1:** 11:00 - 11:35.

Ages: 4 mths - 1 yrs 1 mths.

- **Dandinos (Radford Road Church):** 9:55 - 10:30.

Ages: 0 - 6 mths. **Cost:** £9 per session (*booking essential*).

Dates: 30 Apr - 21 May & 4 Jun - 2 Jul.

Rhythm Time Leamington Spa, Kenilworth, Stratford upon-Avon

St Mark's Church, Rugby Rd, Leamington Spa, CV32 6DL. 07469

186042. www.rhythmtime.net.

- **Toddlers:** 10:30 - 11:00.

- **Babies:** 11:30 - 12:00.

Ages: 0 - 3 yrs. **Cost:** £7.74 per session (*booking essential*).

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

SENSORY & DEVELOPMENT

Baby Sensory (S. Warwickshire)

Hatton Park Village Hall, Barcheston Drive, Hatton Park, Warwick,

CV35 7TR. 07989 502712. www.babysensory.com.

Times: 10:15 - 11:05 & 11:30 - 12:20.

Ages: 0 - 1 yrs 1 mths.

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

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

Naturally Baby

Baby Hub at Naturally Baby, Unit 11, T1300, Plato Close, Warwick,

CV34 6YB. 01926 954188. naturallybaby.co.uk.

- **Nappuccino - Cloth Nappy Demo:** 11:30 - 13:00.

Cost: Free (*booking essential*).

Dates: 9 Apr, 14 May, 11 Jun & 9 Jul.

- **Antenatal Evening Classes:** 18:00 - 20:00.

Ages: Pregnancy.

Cost: £195 per session (*booking essential*).

Dates: 9 Apr.

- **Baby Massage Course - 4 week course:** 15:15 - 16:30.

Ages: 10 mths.

Cost: £38 per session (*booking essential*).

Dates: 4 Jun - 25 Jun.

CREATIVE

Arty Splats : Messy Play - Warwickshire

Chase Meadow Community Centre, Narrow Hall Meadow, Warwick, Warwick, CV34 6DR. 07789 748730.
www.arty-splats-warwickshire.classforkids.io.

- **Arty's Adventurers (16mth - 5yrs):** 10:00 - 10:45.
- **Arty's Babies (6mth - 15mth):** 11:10 - 11:55.

Cost: £9.70 per session (*booking essential*).

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

Lillington Children & Family Centre, Warwick District

Lillington Children & Family Centre, 3 Mason Avenue, Lillington, CV32 7QE. 01926 887597. www.barnardos.org.uk.

- **Jephson Gardens Family Time:** 9:30 - 11:00.

Ages: 0 - 5 yrs.

Cost: Free (*drop in*).

Dates: 2 Apr - 11 Jun.

PHYSICAL FUN

DF SPORTS COACHING

Kenilworth School, Glasshouse Lane, Kenilworth, CV8 2DF.
07931641540. www.dfsportscoaching.co.uk.

- **Football Coaching**

Times: 17:00 - 18:00 & 17:30 - 18:30.

Ages: 4 - 8 yrs & 7 - 11 yrs **Dates:** 2 Apr - 16 Jul

Cost: £5 per session (*drop in*).

The Zoogie Boogie Club

The Zoogie Boogie Club, 11 Scar Bank, Warwick, CV34 5DB.
01926 954979. www.zoogieboogie.co.uk.

- **Moon Walkers (11.5 - 17 months):** 11:35 - 12:20.
- **Galaxy Explorers (2+ years):** 9:30 - 10:15.
- **Sensory Star Gazers (8+ weeks - 8 months):** 13:00 - 13:45.

Cost: Monthly membership

HEALTH & WELLNESS

Maricarmenfitness

Fiery Feet Studios, 2 Windsor Place, Royal Leamington Spa, CV31 5EN. 07969 188566. www.maricarmenfitness.com.

- **Mum and Baby Postnatal Beginner Class:** 10:00 - 11:00.

Cost: £16 per session.

Dates: 16 Apr - 21 May.

- **Core & Balance Mum and Baby:** 10:00 - 10:45.

Cost: £15 per session.

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

Sparks Pilates

Sparks Pilates, 4 Windsor Place, Leamington Spa, CV32 5EN.
07311 482 249. www.sparkspilates.com.

- **Mum & Baby Post-Natal Pilates:** 10:30 - 11:25.

Cost: £10

PREGNANCY

Katie Jensen Doula - Antenatal & Hypnobirthing

Lola Provisions, 7 Augusta Place, Leamington Spa, CV32 5EL.
07969014301. katiejensendoula.com.

- **Power Hour Support Session:** 9:00 - 10:00, 10:00 - 11:00, 11:00 - 12:00, 12:00 - 13:00, 13:00 - 14:00 & 14:00 - 15:00.

Ages: Pregnancy - 60 yrs.

Cost: £45 per session (*booking essential*).

Dates: 2 Apr - 16 Jul.

Sarah Allen-Reading Massage + Therapies

C-Section Coffee Club, The Parent Space, Lola, 49 Regent Street, Leamington Spa, CV32 5EE. 07740172109. www.sarahallenreadingmassage.com.

- **C-Section Coffee Club:** 10:00 - 12:00.

Ages: Pregnancy.

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

Dates: 14 May.

FRIDAY

PARENTS & TOTS

Emmanuel Toddler Group

Emmanuel Evangelical Church, Heath Terrace, Leamington Spa, CV32 5LY. 01926 424584.

Times: 10:00 - 11:30.

Ages: 0 - 5 yrs.

Cost: £1 per session.

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

Hatton Park Baby and Toddler Group

Hatton Park Village Hall, Barcheston Drive, Warwick, CV35 7TR.

Times: 9:45 - 11:15.

Ages: 0 - 4 yrs.

Cost: £2.50 per session.

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

Kingsway Children & Families Centre

Radford Semele Community Hall, 68 Lewis Road, Radford Semele, Leamington Spa, CV31 1UQ. 01926 336793. www.barnardos.org.uk.

- **Family Time:** 10:30 - 12:00.

Ages: Pregnancy - 5 yrs.

Cost: Free (*booking essential*).

Dates: 3 Apr - 19 Jun.

Muddy Puddles Mini Forest School & Tree Tots

Foundry Wood, Princes Drive, Leamington Spa, CV32 5AE. 07730031935.

- **Muddy Puddles (Toddlers):** 10:00 - 11:00.
- **Muddy Puddles (Pre-Schoolers):** 11:15 - 12:15.

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

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

NCT Warwickshire Central

Kenilworth Walk and Talk, Abbey Fields, Bridge Street, Kenilworth, CV8 1BP. www.nct.org.uk.

- **Kenilworth Walk and Talk:** 11:30 - 12:30.

Ages: Pregnancy.

Cost: Free (*drop in*).

Dates: 3 Apr, 17 Apr, 1 May, 15 May, 29 May, 12 Jun, 26 Jun & 10 Jul.

MUSIC & SIGNING

BilinguaSing Coventry & Warwickshire

Jaguar Sports & Social club, Fenton Road, Off Browns Lane, Coventry, CV5 9PS. 07815 149877. www.bilinguasing.com.

- **We Sing Spanish:** 10:00 - 10:45.

Ages: 1 mths - 4 yrs 11 mths.

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

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

St Barbara's Church, 22 Rochester Road, Earlsdon, Coventry, CV5 6AG.

- **We Sing German (0-4 years):** 10:30 - 11:15.

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

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

Rhythm Time Leamington Spa, Kenilworth, Stratford upon-Avon

St Mark's Church, Rugby Rd, Leamington Spa, CV32 6DL.
07469 186042. www.rhythmtime.net.

- **Toddlers:** 9:30 - 10:00.
- **Babies:** 11:30 - 12:00.
- **Pre-School:** 10:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** £7.74 per session..

Dates: 17 Apr, 1 May - 22 May & 5 Jun - 17 Jul.



CREATIVE

Arty Splats : Messy Play - Warwickshire

Dorothea Mitchell Village Hall, Claverdon, Claverdon, Warwick, CV35 8PH. 07789 748730.

www.arty-splats-warwickshire.classforkids.io.

- **Arty's Adventurers (16mth - 5yrs):** 10:00 - 10:45.
- **Arty's Babies (6mth - 15mth):** 11:10 - 11:55.

Cost: £9.71 per session (*booking essential*).

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

Lillington Children & Family Centre, Warwick District

Lillington Children & Family Centre, 3 Mason Avenue, Lillington, CV32 7QE. 01926 887597. www.barnardos.org.uk.

- **Family Time:** 14:30 - 16:00.

Ages: 0 - 10 yrs. **Cost:** Free (*drop in*). **Dates:** 3 Apr - 12 Jun.

DANCE & DRAMA

Drama Tots Kenilworth, Leamington and Warwick.

Chase Meadow Community Centre , Narrow Hall Meadow, Warwick, CV34 6BT. 07739657149.

drama-tots-kenilworth-learnington-spa-and-warwick.class4kids.co.uk

- **Rising Stars - 18m-3yrs:** 10:00 - 10:40.
- **Bright Stars 3-5 yrs:** 11:00 - 11:45.

Cost: £7.75 per session (*booking essential*).

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

Stagecoach Performing Arts Kenilworth

The Kenilworth Centre, Abbey End, Kenilworth, CV8 1QJ. 07483914041. www.stagecoach.co.uk.

- **Stagecoach Kenilworth:** 16:00 - 17:30.

Ages: 4 - 6 yrs. **Cost:** £15 per session (*booking essential*).

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

Stagecoach Performing Arts Warwick

Heathcote Primary School, Vickers Way, Heathcote, CV34 7AP.

- **Stagecoach Warwick:** 16:15 - 17:45.

Ages: 4 - 6 yrs. **Cost:** £15 per session (*booking essential*).

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

PHYSICAL FUN

DF SPORTS COACHING

Kenilworth wardens , Glasshouse lane, Kenilworth , CV8 2AL. 07931641540. www.dfsportscoaching.co.uk.

- **Football nursery / pre-school:** 9:15 - 10:00 & 9:40 - 10:25.

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

Dates: 3 Apr - 17 Jul, 3 Apr - 17 Jul, 3 Apr - 17 Jul & 3 Apr - 17 Jul.

The Karate & Dance Federation

Unit 5A Churchlands Industrial Estate, Ufton Road, Harbury, Leamington Spa, CV33 9GX. 07365 638726. www.kdfederation.com.

- **Tiger Stripes Ages 3 - 8 yrs:** 17:15 - 18:00.

The Mini Movers

Heathcote Community Centre, Cressida Close, Heathcote, Warwick, CV34 6DZ. 07850 944690. www.theminimovers.co.uk.

- **The Little Movers:** 9:30 - 10:15.

Ages: 2 - 5 yrs.

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

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

The Zoogie Boogie Club

The Zoogie Boogie Club, 11 Scar Bank, Warwick, CV34 5DB. 01926 954979. www.zoogieboogie.co.uk.

- **Zippping Zoogies (17 - 22 months):** 10:30 - 11:15.
- **Galaxy Explorers (2+ years):** 9:30 - 10:15.

Cost: Monthly Membership

Wholesome Hedgehog Yoga

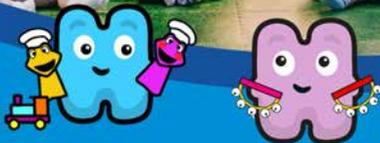
The Basement Snug, 13 High Street, Kenilworth, CV8 1LY. 07842 160860. www.wholesomehedgehog.com.

- **Family Yoga:** 16:00 - 17:00.

Ages: 4 - 10 yrs.

Cost: £13 per session (*booking essential*).

Dates: 24 Apr, 15 May & 19 Jun.

**CLASSES HELD IN
LEAMINGTON SPA & WARWICK**

jenny.noble@hartbeeps.com

hartbeeps.com



Scan Me

For little people with **big** imaginations





Emscote Pre-School



For children aged two years 9 months to five years

'Caring, Sharing, Fun and Learning for Happy, Confident Children'

Emscote Pre-School is situated at the rear of Emscote Infant School and has been established for many years. It has two rooms and its own enclosed garden area with two canopies for all year round play.

The Pre-School is registered with Ofsted and was judged as being 'Good' at its inspection in July 2024.

'The manager and staff support children in learning important skills that will help prepare them for school'

Ofsted Report - June 2024




We have excellent facilities and experienced staff who work with the children to help them develop at their own pace. There are strong links with Emscote Infant School which help smooth the transition for children joining them in their reception year.

Opening Hours during term times:

Monday to Fridays - Mornings - 9.00 to 12.00 Lunch Club 12.00 to 1.00pm Afternoons - 1.00 to 3.30pm Full days - 9.00 to 3.30pm.
 Optional breakfast club 8.30 - 9.00pm or early drop off 8.45 - 9.00a.m.

If you are looking to find a pre-school for your child, please apply via our website or call 01926 495619 and ask to speak to Laura.

SWIMMING

Swim Works

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU.
 07950 467796. www.swimworks.co.uk.

- **Baby Swimming:** 9:30 - 16:30.

Ages: 0 - 5 yrs.

Cost: £16 per session (*booking essential*).

Dates: 3 Apr - 17 Jul.

HEALTH & WELLNESS

Pilates By Lizzie

Beyond the Bump, 26 Market Place, Warwick, CV34 4SL.
 07931892927. www.pilatesbylizzie.co.uk.

- **Pilates & Playtime:** 10:30 - 11:30.
- **Mum and Baby Pilates:** 10:15 - 11:15 & 12:00 - 13:00

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

Sweaty Mama Warwick & Leamington

Whitnash Civic Centre, Acre Close, Whitnash, Leamington Spa,
 CV31 2ND. 07587848121. www.warwick.sweatymama.com.

- **Sweaty Mama Class:** 10:15 - 11:00.

Ages: Pregnancy - 4 yrs. **Cost:** £10

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

PREGNANCY

Katie Jensen Doula - Antenatal & Hypnobirthing

Lola Provisions, 7 Augusta Place, Leamington Spa, CV32 5EL.
 07969014301. www.katiejensendoula.com.

- **Power Hour Support Session:** 9:00 - 10:00, 10:00 - 11:00, 11:00 - 12:00, 12:00 - 13:00, 13:00 - 14:00 & 14:00 - 15:00.

Cost: £45 per session (*booking essential*).

Dates: 3 Apr - 17 Jul.

- **Breastfeeding Cafe:** 13:00 - 14:00.

Cost: £5 per session **Dates:** 3 Apr, 1 May, 5 Jun & 3 Jul.

- **Women's Circle:** 19:00 - 21:00.

Cost: £19.50 per session (*booking essential*).

Dates: 10 Apr, 1 May, 5 Jun & 3 Jul.

SATURDAY

PARENTS & TOTS

Dads and Tots Club (Leamington Spa)

Dale Street Methodist Church, Dale Street, Leamington Spa,
 CV32 5HL. www.dalestreet-methodist.org.uk.

Times: 9:30 - 11:30.

Ages: 0 - 5 yrs.

Cost: £4 per session (*drop in*).

Dates: 18 Apr - 18 Jul.

SENSORY & DEVELOPMENT

Naturally Baby

Baby Hub at Naturally Baby, Unit 11, T1300, Plato Close, Warwick,
 CV34 6YB. 01926 954188. www.naturallybaby.co.uk.

• **Baby and Toddler Sensory Rooms:** 9:30 - 11:00.

Ages: 0 - 3 yrs.

Cost: £8.95 per session (*booking essential*).

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

• **Antenatal EXPRESS One Day Course - 6 hrs:** 9:00 - 15:00.

Cost: £160 per session (*booking essential*).

Dates: 11 Apr.

DANCE & DRAMA

Drama Tots Kenilworth, Leamington and Warwick.

The Kenilworth Centre, Abbey End car park, Abbey End,
 Kenilworth, CV8 1QJ. 07739657149.

drama-tots-kenilworth-leadington-spa-and-warwick.class4kids.co.uk.

- **All Stars - 18m-5yrs:** 9:30 - 10:10.
- **Bright Stars 3yrs-5yrs:** 10:30 - 11:15.
- **Drama Club- 5yrs-7yrs:** 11:30 - 12:15.

Cost: £7.75 per session (*booking essential*).

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

Stagecoach Leamington Spa

Campion School, Sydenham Drive, Leamington Spa, CV31 1QH.
 07483 914041. www.stagecoach.co.uk.

Times: 9:00 - 10:30 & 9:30 - 11:00 & 10:45 - 12:15 & 11:15 - 12:45.

Ages: 4 - 6 yrs

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

Cost: £15 per session (*booking essential*).

Stagecoach Performing Arts Kenilworth

Balsall Common Primary School, Balsall Street East,
 Balsall Common, CV7 7FS.

Times: 9:30 - 11:00

Ages: 4 - 6 yrs.

Cost: £15 per session (*booking essential*).

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

Stagecoach Performing Arts Warwick

All Saints COE Junior School, Nelson Avenue, Warwick, CV34 5LJ.
 07483914041. www.stagecoach.co.uk.

Times: 9:30 - 11:00

Ages: 4 - 6 yrs.

Cost: £15 per session (*booking essential*).

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




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PHYSICAL FUN

DF SPORTS COACHING

Kenilworth School, Glasshouse Lane, Kenilworth, CV8 2DF.
07931641540. www.dfsportscoaching.co.uk.

- **Toddler Kicks:** 9:00 - 9:30.

Ages: 2 - 3 yrs.

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

- **Mini Kicks:** 9:00 - 9:40.

Ages: 3 yrs 5 mths - 4 yrs 5 mths.

Cost: £5 per session (*drop in*).

- **First Kicks:** 9:30 - 10:05.

Ages: 2 yrs 5 mths - 3 yrs 5 mths.

Cost: £4 per session

- **Little Kicks:** 11:00 - 12:00.

Ages: 4 yrs 5 mths - 6 yrs.

- **Big Kicks:** 12:00 - 13:00.

Ages: 6 - 10 yrs.

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

Dates: 4 Apr - 18 Jul, 4 Apr - 18 Jul, 4 Apr - 18 Jul & 4 Apr - 18 Jul.

The Karate & Dance Federation

Unit 5A Churchlands Industrial Estate, Ufton Road, Harbury, Leamington Spa, CV33 9GX. 07365 638726. www.kdffederation.com.

- **Tiny Tigers:** 9:00 - 10:10.

Ages: 3 yrs - 7 yrs 11 mths.

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

Dates: 4 Apr - 18 Jul.

The Zoogie Boogie Club

The Zoogie Boogie Club, 11 Scar Bank, Warwick, CV34 5DB.
01926 954979. www.zoogieboogie.co.uk.

- **Galaxy Explorers (2+ years):** 9:30 - 10:15.
- **Moon Crawler & Walker Combined (8-16 months):** 11:35 - 12:20.

Cost: Monthly membership.

SWIMMING

Oh So Swimple | Early Years Swimming and Baby's 1st Swims

Tiverton School, Ashington Grove, Coventry, CV3 4DE.
www.ohsoswimple.co.uk.

- **Baby's 1st Twilight Swim:** 12:45 - 13:15 & 13:15 - 13:45.

Ages: 1 mths - 1 yrs.

Cost: £12.50 per session (*booking essential*).

Dates: 18 Apr - 23 May & 13 Jun - 18 Jul.

Swim Works

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU.
07950 467796. www.swimworks.co.uk.

- **Baby Swimming:** 9:00 - 13:00.

Ages: 0 - 5 yrs.

Cost: £16 per session (*booking essential*).

Dates: 4 Apr - 18 Jul.

SHOPPING

Rugby Mum2Mum Market

www.mum2mummarket.co.uk.

Lower Farm Academy, Milking Lane, Weddington, CV10 0FG.

Times: 10:00 - 12:00. **Cost:** £2 **Dates:** 25 Apr.

Ernsford Grange Academy, Princethorpe Way, Binley, CV3 2QD.

Times: 10:00 - 12:00. **Cost:** £2 **Dates:** 9 May.

Lower Farm Academy, Milking Lane, Weddington, CV10 0FG.

Times: 10:00 - 12:00. **Cost:** £2. **Dates:** 6 Jun.

Ernsford Grange Academy, Princethorpe Way, Binley, CV3 2QD.

Times: 10:00 - 12:00. **Cost:** Free (*booking essential*). **Dates:** 20 Jun.

SUNDAY

PHYSICAL FUN

DF SPORTS COACHING

Kenilworth School, Glasshouse Lane, Kenilworth, CV8 2DF.
07931641540. www.dfsportscoaching.co.uk.

- **Mini Kicks:** 10:05 - 10:45.

Ages: 3 yrs 5 mths - 4 yrs 5 mths. **Cost:** £5 per session

Dates: 5 Apr - 12 Jul, 5 Apr - 12 Jul.

Wholesome Hedgehog Yoga

www.wholesomehedgehog.com. 07842 160860

Little Light Studio, 61 Kelvin Road, New Cubbington,

Leamington Spa, CV32 7TG

- **Family Yoga (shorter session):** 9:30 - 10:00.

Ages: 2 - 5 yrs. **Cost:** £8.50 per session (*booking essential*).

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

Ages: 4 - 10 yrs. **Cost:** £13 per session (*booking essential*).

Dates: 3 May & 5 Jul.

The Basement Snug, 13 High Street, Kenilworth, CV8 1LY

Family Yoga (shorter session): 9:30 - 10:00.

Ages: 2 - 5 yrs. **Cost:** £8.50 per session (*booking essential*).

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

Ages: 4 - 10 yrs. **Cost:** £13 per session (*booking essential*).

Dates: 7 Jun.

SWIMMING

Swim Works

Swim Works Leamington, Queensway, Leamington Spa, CV31 3LU. 07950 467796. www.swimworks.co.uk.

- **Baby Swimming:** 9:00 - 13:00.

Ages: 0 - 5 yrs.

Cost: £16 per session (*booking essential*).

Dates: 5 Apr - 12 Jul.

SHOPPING

Rugby Mum2Mum Market

www.mum2mummarket.co.uk.

Kenilworth Scout and Guide Centre, Fishponds Road, Kenilworth, CV8 1EY.

Times: 10:00 - 12:00. **Cost:** £2. **Dates:** 19 Apr.

DIRECTORY OF ADVERTISERS

Days Out

Hatton Adventure World.....	13
Belgrade Theatre.....	23
Stratford-upon-Avon Butterfly Farm.....	23

Gifts & Products

Baby Barn Pram & Nursery Centre Ltd.....	9
Domska Magdalena Thermomix.....	17
Naturally Baby.....	21
3 Ferns Self-Publishing.....	28
Simon & Schuster.....	29

Groups & Classes

Dandy Development.....	9
Arty Splats: Messy Play.....	9
Rhythm Time Leamington Spa, Kenilworth, Stratford-upon-Avon.....	10
Stagecoach.....	10
Sing and Sign Coventry & Kenilworth.....	12
Karate & Dance Federation.....	12

Story Imagin-ory Warwick, Leamington Spa & Surrounding Areas.....	17
BilinguaSing Coventry & Warwickshire.....	18
Mini Tennis Stars.....	18
Zoogie Boogie Club.....	19
Swim Works.....	23
Drama Tots Kenilworth, Leamington Spa and Warwick.....	30
Little Kickers.....	32
Cricket Kids.....	34
Muddy Munchkins Playgroup.....	36
Baby Sensory Warwickshire.....	38
Hartbeeps Leamington Spa & Warwick.....	43
The Mini Movers.....	45

Health & Pregnancy

Sweaty Mama Warwick & Leamington.....	13
Life Sensei.....	13
The Motherhood Midwife.....	17

Sarah Allen-Reading Massage + Therapies.....	21
Revive Massage and Scar Therapy23.....	23
Katie Jensen Doula - Antenatal & Hypnobirthing.....	25
Feeding UnTied Ltd.....	27
Massage By Sally.....	28
Birth with Fay.....	33
Sparks Pilates.....	38
Pilates by Lizzie.....	40

Nurseries & Schools

Clarendon Cubs Nursery Ltd.....	2
Hatton Childrens Nursery.....	27
Little Crackers Nursery.....	30
Emscote Pre-School.....	44
Arnold Lodge School.....	47

Party & Event Hire

Southam & Harbury Bouncy Castle Hire.....	18
Best Party Hire.....	27

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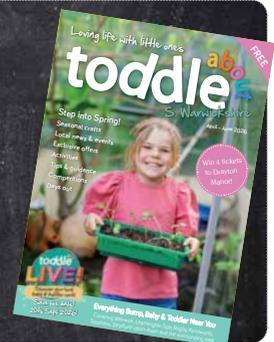
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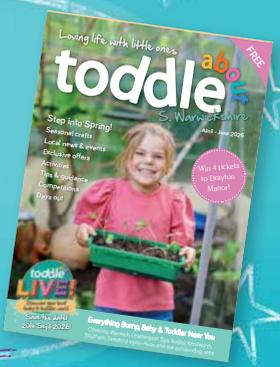


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