

Loving life with little ones

toddle^{about}

FREE

W. Northants
Apr - Jun 2025

WHAT'S ON
THIS SPRING

SCREEN TIME:
How much is
too much?

HOW TO
MANAGE
PARENTAL
STRESS

WIN
A FAMILY
HOLIDAY
WORTH
£615!

Everything Bump, Baby & Toddler Near You

Covering Northampton, Daventry, Towcester,
Brackley and surrounding areas

COVER PHOTO BY


WILDGOOSE
PHOTOGRAPHICS

quintonhouseschool.co.uk / 01604 684828



QUINTON HOUSE SCHOOL

Home of

DISCOVERY.

Leading independent school in Northampton, for children aged 3-18 years.

Open Week

Monday 28th April -
Friday 2nd May

Teddy Bears Picnic

Wednesday 21st May

**BOOK YOUR
PLACE
NOW**



WELCOME



TO THE SPRING 2025 EDITION!

We are officially on the road to those sunnier days, play dates without having to put a gazillion layers on and spring time walks in beautiful places. It feels like a very long winter might be on its way out, finally!

A packed issue for you awaits with a delicious recipe to bake over Easter (p.g. 13) or if you're feeling crafty, something to make for the garden (p.g.17). We have some excellent articles (p.g.14, 18 and 27) and of course, some amazing competitions with fantastic prizes (p.g. 9, 11, 25 & 26).

My 4 year old's new favourite part of the magazine is the Play & Discover page (p.g.12) which is so good to have on hand for those moments of little person frustration or boredom, why not help them find our Easter bunny throughout the pages of this edition?! (Yes, the one on this page counts!)

Wishing you a happy, healthy springtime.

Loving life with little ones,

Ally

MANAGING DIRECTOR

PS. Subscription to Toddle About is just £2 every 3 months and your **first issue is free!** Plus, you get other VIP perks such as automatic entry to exclusive giveaways and freebies.

More info at www.toddle.fun/subscribe

MEET THE TEAM



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Alec - Chief Technical Officer

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📍 ToddleAboutWestNorthants

📞 toddleabout_westnorthants



Cover picture: A huge thank you to **Wildgoose Photography** for this gorgeous cover photo. To check out their portfolio or to book your own photo session: **scan the QR code or visit www.wildgoosephotographics.co.uk**



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Toddle About West Northants Ltd, Lawrence Road, Rugby, Warwickshire, CV21 3SA. Call us on 01604 532054.

Follow us for
daily updates!





A Nursery With A Difference - This One Is Made For Girls!

The foundations of a bright future are formed in the early years. So why not take a look at Northampton High School's Nursery – for girls aged 2 and up.

With all the nurturing provision you'd expect for play, learning and rest, this Nursery will give your daughter the best start in life. A convenient location (opposite Waitrose) and open 50 weeks a year.

Book now for a tour: tel. 01604 765765 or email: nhs.admissions@nhs.gdst.net

www.northamptonhigh.co.uk See P.21



NLR Easter Fun And Bluey Visit!

This summer promises to be a special one at the Northampton & Lampport Railway as the nation celebrates 200 years of railways. Up-coming special events include: 20th/21st Apr – Easter Egg Specials; 4th/5th May – Vintage Transport Weekend; 25th/26th May – Bluey Weekend; 27th July – Kids for a Quid. Trains run most Sundays in between events from 13th Apr to 6th Oct.

See website for full information, event details and online tickets. You can also follow them on Facebook, Instagram and X.

www.nlr.org.uk. See P.39



The Perfect Time To Join In The Joy Of Music!

Rhythm Time is delighted to have completed its first term of music classes at Watford Village Hall, near Long Buckby and Daventry! It has been wonderful to see so many families enjoying its multi-sensory sessions, designed to support their little ones' development through fun and music. Looking ahead, there is plenty to be excited about, with Easter classes, a special fundraising week for Caudwell Children, and an exciting Osborne party event coming soon. Now is the perfect time to join and experience the joy of music! **First class free!** See the offers page for more info.

www.rhythmtime.net/coventry-rugby. See P.43

Private Health Visiting Service Near You!



This is Jacqui. She is a midwife and health visitor with many years' experience working and continuing to work within the NHS. Jacqui offers private health visiting services which are designed to complement the current NHS service. The value of a private health visitor is that you have someone you

can trust, build a therapeutic relationship with and who gets to know you, your child and your individual circumstances on your journey as a parent.

Visit www.jacquiivs.co.uk for services on offer.

See P.17

An Outstanding Education In Northampton!



Quinton House School in Northampton provides an outstanding independent education for girls and boys aged 3-18. Recently winning the Independent

Schools Association's 'Outstanding Engagement in the Community' Award, Quinton House takes great pride in nurturing an environment where students lead the way and exceed their own expectations.

If you are looking for a new school in the new year and would like to find out more, please visit www.quintonhouseschool.co.uk or call the Admissions team on 01604 684828.

www.quintonhouseschool.co.uk See P.2



Grab A Bargain At Mum2Mum Market

Mum2mum market Daventry is a Baby & children's Nearly New Sale where parents and carers can buy top quality baby and children's toys, clothes, books and equipment at a fraction of the high street price from other families. They will have a room bursting with 1000's of pre loved baby and children's items , so don't miss out on picking up some nearly new bargains for your little ones.

Sunday 27th April 10am-12pm at Daventry Community Centre, Ashby Road, NN11 0QE
£2 adult entrance, kids under 16 are free
www.mum2mummarket.co.uk

Bite SIZED NEWS



Headline sponsor:



National Children's Activities Week

Brought to you by What's On 4 Kids and Headline Sponsor Kidztivity, National Children's Activities Week is the UK's biggest celebration of children's activities. Since 2018, it has engaged thousands of parents, carers and children every year, raising vital funds to support children across the UK through the charity Caudwell Children and shining a spotlight on the best children's activity providers. Taking place from 12 - 18 May, families and activity leaders can get involved and show support.

Register at www.childrensactivitiesweek.co.uk.
#STANDUP4SEND

JOIN THE UK'S **BIGGEST** CELEBRATION
OF CHILDREN'S ACTIVITIES
AND FUNDRAISING EVENT



Headline sponsor:



#STANDUP4SEND



Don't Miss Out. Register Today!



Follow us for
daily updates!





ACTIVITIES & EVENTS

APR - JUN DEAF CONNECT

Northampton
Please email/whatsapp before attending

Family Fun Time Session - Twice a month
For deaf / hearing impaired children aged 0-10 years old and their families. Fun, games, craft, support, basic sign language, stories, sensory room. Refreshments and tuck shop.
5-7pm at. £3 per child. Alternate Fridays.
Harpole Youth Club, Larkhall Lane, NN7 4DP

Coffee Morning - Last Tuesday of each month
For Parents / carers of deaf children. Children, toddlers, babies, welcome too! Play, refreshments, chat, support.
10am-12noon. Last Tuesday of the month
Spencer Dallington Community Centre, Tintern Avenue, NN5 7BZ.
Email Jennie.Paul@deafconnect.org.uk or whats app 07875 140561 for more information.
www.deafconnect.org.uk

EVERY TUES BERSERK SEND SESSIONS

Berserk, Northampton
Booking Required ✓

Every Tuesday, sessions with quieter music and less busy atmosphere.
Families of children with special needs and disabilities are welcome to visit Berserk at any time.
They also organise dedicated SEND sessions especially for these families and their friends.
These sessions run from 5pm to 7pm every Tuesday
Berserk, 4 Clayfield Close, Moulton Park, Northampton. NN3 6QF
Tel: 03330 439 900 **TrilogyBerserk**
www.berzerk.co.uk/centres/northampton
Cost: £6.99 per child.



1ST MONDAY OF EACH MONTH FAMILY SUPPORT HUB

Kingsthorpe Baptist Church, 4 - 6.30pm
Booking Required ✗

Autism East Midlands run a Family Support Hub for children aged 11 and under to attend with their families.
This is on the first Monday of each month from 4pm to 7pm. No booking is required and the whole family can attend. Family Support Hubs provide a regular meeting point for families.
It's a place to access activities for the whole family, as well as gain support and specialist information and advice. No diagnosis needed.
Please email: lesley.lock@aem.org.uk for more information.
Kingsthorpe Baptist Church, High Street, Kingsthorpe, Northampton, NN2 7BD
Tel: 01909 506678 **AutismEastMidlands**
www.autismeastmidlands.org.uk
Cost: FREE.

APR - JUN TWINKLE TIME GROUP

Kingsthorpe Children's Centre
Booking Required ✓

FREE Music and network sessions for children aged 0-4 years with sensory impairments.
Run by the Northamptonshire Sensory Impairment Service (SIS) Twinkle Time is a sensory music and network session for children aged 0-4 years with vision impairments and/or hearing impairments.
The sessions run on Tuesdays in Kingsthorpe and Wednesdays in Daventry from 12:30pm - 2:30pm.
For more information, please contact:
Hayley: hayley.thompson@northnorthants.gov.uk
Clare: clare.carter@northnorthants.gov.uk
Kingsthorpe Children's Centre, 31 St Davids Road, Northampton, NN1 7QJ & Daventry Children's Centre, Staverton Road, Daventry, NN11 4EY
Tel: 07595 087863 **LocalOfferWN**
www.facebook.com/localofferWN
Cost: FREE

Some events must be pre-booked and event details are correct at time of printing but may change, please check before attending.



Cogenhoe

Primary School



Inspiring a life-long commitment to learning

Situated in the beautiful village of Cogenhoe, our one-form entry School and on-site Preschool (Little Explorers) provide a wonderful environment for children to learn and grow. With a 'family feel' and state-of-the-art facilities, we believe in maximising opportunities to explore learning both inside and outside of our welcoming and well-equipped setting.



Outdoor Play

Own forest school & lots of outdoor spaces for the children to enjoy



Modern Tech

Interactive whiteboards & opportunities to use ipads & computers



Wrap Around Care

We provide a breakfast club from 7.30am & an after school club till 6pm



Family Feel

We pride ourselves on our nurturing environment & community



Extra Clubs

From music to sports, we offer a great variety of extra activities



Our preschool:

- ✓ Welcoming children from 3 years
- ✓ Children benefit from a small class size
- ✓ Vast outdoor area & excellent facilities
- ✓ We accept government childcare funding (can be split over 2 providers)



Our incredible forest school:

- ✓ Exploring nature through hands-on play
- ✓ A dedicated Forest School Leader
- ✓ All pupils get to enjoy this amazing space
- ✓ Story-telling, tool use, woodland crafts, dens, campfires & exploring wildlife

Book a visit:

Email admin@cogenhoe-school.net or call 01604 890380 to book your bespoke, personalised tour or find out more.

www.cogenhoeprimary.co.uk



FREE
taster
session

Open to the public:
forest tot
sessions for children
aged 18m-5yrs

Call us to find out more!

Springtime Fun Family Days Out

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

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

EASTER EGGSTRAVAGANZA

5TH - 21ST APRIL 10:30AM - 5PM

Hop into a world of fun this Easter at Wicksteed Park for the Easter Eggstravaganza! Two weeks of egg-cellent adventures filled with thrills, laughs and plenty of family fun.

Wicksteed Park, Barton Road, Kettering
NN15 6NJ
www.wicksteedpark.org

EASTER ADVENTURES

5TH - 27TH APRIL

Step into a magical adventure with an Alice in Wonderland experience! Explore the whimsical Queen of Hearts Garden and follow themed trails for a fun-filled day. During Easter weekend, don't miss the chance to meet the Easter Bunny to complete your visit!

West Lodge Farm Park, Back Lane,
Desborough, NN14 2SH
www.westlodgeruralcentre.co.uk

EASTER AT WLGV

5TH - 21ST APRIL

Join the fun with the annual Easter Egg Hunt. Search out the eggs hidden around the site and win a prize! Pre-booking is not required, just hop on over. It's £2.99 per egg-hunter with a premium Easter themed sweet cone per hunter on completion.

Whilton Locks, Whilton, Daventry, NN11 2NH
www.wlgv.co.uk

EASTER EGG SPECIALS

20TH & 21ST APRIL

Trains depart at 10:00, 11:00, 12:00, 13:00,
14:00 & 15:00

Children (under 16) receive a free cream egg.
Easter Bunny hunt competition.

Pitsford & Brampton Station, Pitsford Road,
Chapel Brampton, NN6 8BA.
www.nlr.org.uk

THE SMEDS & THE SMOOS

5TH - 7TH JUNE

Music, laughs and interplanetary adventures for everyone aged 3 and up, from Tall Stories – the company who brought you The Gruffalo and Room on the Broom live on stage.

Ages 3+, 60 minute shows.

Royal & Derngate, 19-21 Guildhall Rd,
Northampton, NN1 1DP.
www.royalaldderngate.co.uk

DELAPRE FOOD FESTIVAL

7TH & 8TH JUNE

Delapré Food Festival is a celebration of artisan food and drink from Northamptonshire and beyond. A buzzing street food market where you can eat to the strains of live music from our acoustic stage. Face painting and bouncy castles for the kids along with other free activities and paid for cookery classes.

Delapré Abbey, London Road, NN4 8AW
www.delaprefoodfestival.co.uk

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



win!

a Little Adventurers' Holiday for up to 6 people at Hendra Holiday Park in Newquay, worth up to £615!



As a family-run park, five-star park for over 50 years, **Hendra Holiday Park** know what makes great holidays for babies & toddlers! Their **Little Adventurers' Package** runs in spring and autumn on selected dates*. **The prize includes:**

- A short break in a luxury holiday home caravan in the autumn.
- Daily kids' cooked breakfast throughout your stay.
- Free swimming for toddlers at the indoor Oasis Fun Pools
- A mini 4x4 experience.
- Family ticket to Lappa Valley: Train rides and indoor and outdoor play.
- Free Adventure golf for toddlers.
- Discover more at www.hendra-holidays.com



Enter now at toddle.fun/hendra

Competition closes midnight Friday 27th June 2025. *T&C's apply, see toddle.fun/hendra for details.



The ULTIMATE show for parents with little ones!

Live Demonstrations & Talks, Expert Advice, Try & Buy Products for Bump, Baby & Toddler Soft Play Area, Bouncy Castle, Face Painting Meet & Greet Characters (Bluey!), Free Parking

Saturday 26th April 2025

🕒 10am - 2pm

📍 The Ridgeway Centre, Milton Keynes, MK12 5TH

FREE EVENT!

FREE Entry if you book online or £2 entry at the door

SPONSORED BY



IN SUPPORT OF



Register for **FREE** at toddle.fun/babyshowmk



TODDLE MODELS

Baby and Toddler Photo Competition Winner

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

Congratulations to little Evie and Charlie who won a **£100 Little Starts Gift Card**, redeemable at over 200 activity providers!

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.

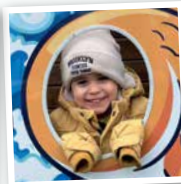


Evie & Charlie, 19 months old

LITTLE STARTS
GIFTCARDS Find out more at www.littlestartsgiftcards.com



Adam, 2 years



Alex, 2 years



Alfie, 6 months



Alfie, 9 months



Alistair, 2 years



Andrew, 2 years



Darcey, 2 years



Dottie, 2 years



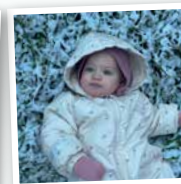
Eesa, 2 years



Ella, 1 year



Emily, 1 year



Ella, 19 months



Emerson, 2 years



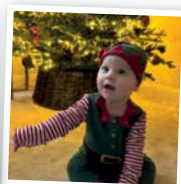
Fern, 9 months



George, 2 years



Grayson, 2 years



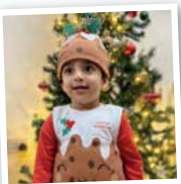
Henry, 6 months



Howie, 3 years



Isla, 1 year



Kyan, 2 years



Lacey Mai, 22 months



Lavinia-Rae, 3 years



Maeve, 3 years



Maisie, 2 years



Margaux, 2 years



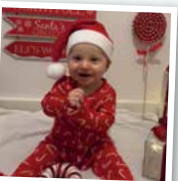
Mariya, 2 months



Noah, 2 years



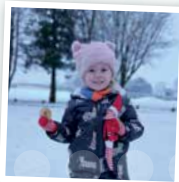
Oakley, 2 months



Oakley, 9 months



Ollie, 5 months



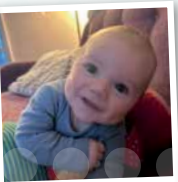
Robin, 3 years



Sapphire, 16 months



Sofia, 3 years



Tristan, 4 months



Willow, 2 years

COMPETITION

TODDLE MODELS

WIN A PERSONALISED WATER & SAND PLAY TABLE, WORTH £150

THE PRIZE: Win a Personalised Water and Sand Play Table from **My 1st Years!**

Get kids a little closer to nature and explore their creative side! Crafted from wood, this **double-sided picnic table** is great for groups to enjoy together, as the lid lifts to reveal a world of fun beneath. This multifunctional bench helps little ones to develop their fine motor skills, cognitive growth and social interaction as they work together with others through imaginative play. **Personalise** this sensory table with a mini-mess maker's name for a gift that's sure to stand the test of time.

Find out more at www.my1styears.com.



HOW TO ENTER:

Send us a photo of your little one enjoying some spring-time fun!

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

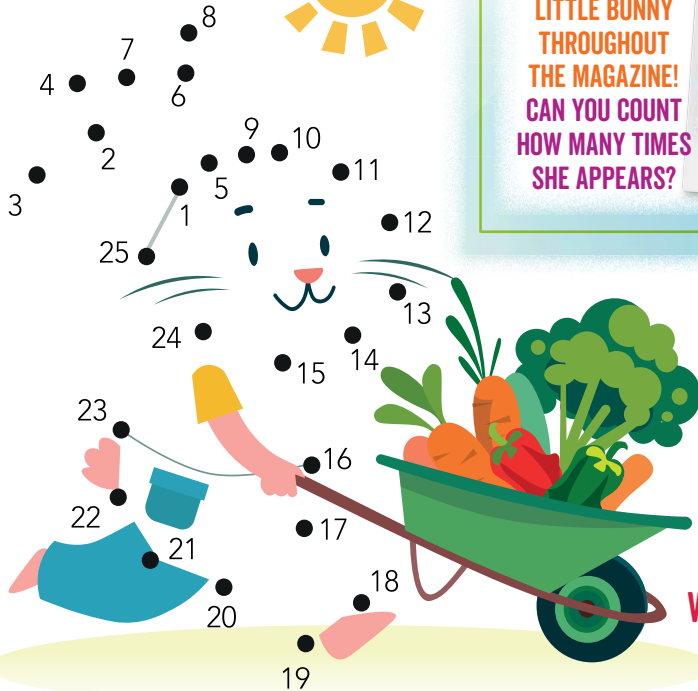
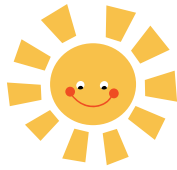
Enter by **Sun 8th June 2025**.

WORTH £150

ENTER AT:
www.toddle.fun/toddlemodels



DOT-TO-DOT DELIVERY!



HOPPY HIDE & SEEK!

WE'VE HIDDEN
THIS FRIENDLY
LITTLE BUNNY
THROUGHOUT
THE MAGAZINE!
CAN YOU COUNT
HOW MANY TIMES
SHE APPEARS?



JOIN THE
DOTS 1-25
TO SEE
WHO IS
PUSHING
THE
WHEELBARROW!

NEST QUEST!

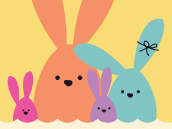
SPOT THE
DIFFERENCE!
THERE ARE
5 TO FIND!

ANSWERS ON P.46





Mini Bunny Quiche Recipe



These delicious yet simple savoury creations from Annabel Karmel are perfect for spring! Get little ones helping to decorate by adding the bunnies' ears, eyes, nose and chive whiskers.

INGREDIENTS:

- 8 mini tortilla wraps
- Olive oil
- 2 onions, chopped
- 1 tsp fresh thyme, chopped
- 2 eggs
- 150 ml double cream
- 150 ml milk
- 120g Gruyere cheese, grated

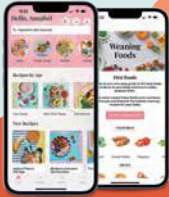
TO DECORATE:

- Carrots, chives, spring onions

MAKES: 6 QUICHES

METHOD:

1. Preheat the oven to 180°C Fan. Grease 6 x size 1 ramekins with oil. Trim the wraps to 14cm diameter circles and line the ramekins, pushing them into the bases and up the sides.
2. Heat 1 tbsp of oil in a saucepan. Cook the onions for until soft. Spoon into the ramekins. Sprinkle with the thyme, mix the eggs, cream and milk together in a bowl. Season. Divide the Gruyere between the cases. Pour the custard on top. Bake for 20 minutes.
3. Cut out the bunny ears from the remaining 2 wraps. Brush the ears with oil and place on a baking sheet. Bake with the ramekins for 8 minutes until golden.
4. When the custard is set, remove from the oven and inset the ears into the quiche. Decorate with carrot for the bunnies' nose, chives for whiskers and spring onions for the eyes.



Looking for mealtime inspiration for your baby or toddler? Annabel's award-winning recipe app *Annabel Karmel Recipes* is home to over 1,000 simple and delicious ideas for the whole family, PLUS new recipes every week. Start your FREE trial today!

Swimming Classes Babies to Big Kids



Small classes

We keep our classes small to ensure every child gets attention and help where needed.

STA Award Scheme

We use the STA Award Scheme to help your child progress from beginner to advanced levels.

Qualified Teachers

Our teachers are all Aqualight trained and have professional teaching qualifications.



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3 Tips to Manage Parental Stress

by Matt Buttery, CEO of Triple P



Parental stress is on the rise. Triple P conducts a survey each year of family support practitioners to understand the challenges parents are facing. The most recent results from 2024 are stark.

Triple P found practitioners reported an 81% increase in parental mental health concerns over the last year, and an 85% increase in parents identifying concerns around the cost of living. These external pressures can increase parental stress and impact family wellbeing.

Taking care of yourself is one of the best things you can do as a parent to manage stress, placing you in a better position to positively care for others. It is handy to think of the phrase, "You can't pour from an empty cup."

There is no such thing as a perfect parent. But these are my practical tips you can try out to feel calmer and boost your wellbeing.

1. PRACTICE SELF-CARE

There are small practical steps you can take to practice self-care, such as having a morning stretch, a quiet cuppa, or spending time with a friend.

Negative thoughts are normal, especially when parenting feels challenging. If critical thoughts are becoming a habit, it might be helpful to pause, acknowledge those thoughts and reframe them into something more constructive.

Instead of asking "Why can't I do this? Nothing I do is right," try "It's okay to make mistakes. I'll keep trying."

Remember that your children are watching and learning from you all the time. If you're calmer and kinder to yourself, there is a better chance of them being so too.

2. SET REALISTIC ROUTINES

A clear routine can help to boost your confidence by getting everyone on the same page. If you find the morning rush stressful, try planning with your children to make sure things like lunchboxes, bags, and clothes are all ready the night before.

Things may go wrong, but a simple and consistent routine can help you feel more productive and calmer when chaos strikes, even if you still haven't found that missing sock!

3. SPEAK UP & SEEK SUPPORT

Alarmingly, 78% of practitioners from Triple P's study reported that parents were not accessing support due to the fear of being judged. Asking for support does not mean you have failed at parenting, and there is help available.

You'll find solace in shared experience. Consider reaching out to a loved one you feel safe with. If there are more serious concerns, there are referral pathways through a GP or mental health professionals.

Parenting programmes such as Triple P can also be an excellent resource. These can be completed independently, or in groups, and offer a range of evidence-based strategies.

When parents look after themselves, it can have a positive impact on their physical and mental health, in turn helping them to manage the demands of parenting to the benefit of their children and families too. Self-care isn't selfish - it's essential.



Matt Buttery is the CEO of Triple P UK & Ireland and Honorary Associate Professor at the University of Warwick. Triple P delivers evidence-based parenting programmes to support families, enhance child well-being, and strengthen communities across the UK and Ireland. www.triplep.net



CRAZY 4 KIDS RADSTONE



Crazy 4 Kids

Ofsted Registered Early Years & Out of School Provision



**Open 49 weeks per year
08:00am to 18:00pm!**

**Purpose built eco building
on Radstone School site!**

**Highly qualified, fun, creative
& enthusiastic staff team!**

**Extensive outdoor space
with room for children to
run, climb, ride and play!**

**Light, bright and well
stocked playroom.**

Ofsted rated GOOD!

***April 2024 - Government funding for 2 year olds.**

Visit childcarechoices.gov.uk to find out how to apply for yours!*



CONTACT US TODAY FOR MORE INFO OR TO BOOK A VISIT!

e: radstone@crazy4kids.co.uk

t: 01280 811560

m: 07587 880901

www.crazy4kids.co.uk/the-radstone

Crazy 4 Kids is situated behind The Radstone Primary School, Brackley NN13 6RG





VIP CLUB READER REVIEW: JANOD THREADING BEADS



Written by Lily Rose, Toddle About Subscriber

These *Vegetable Garden Threading Beads* from Janod include 11 wooden farm-themed pieces and two easy-to-thread cords, perfect for developing fine motor skills and imaginative play. Ideal for ages 2+. £13 from www.kidly.co.uk.

We had the opportunity to try the Janod Threading Beads with our two-year-old, and it exceeded our expectations!

The first thing you'll notice is that the beads are wooden, not plastic. As wood is naturally antibacterial, durable, and more environmentally friendly, that's a big win in our book. Each piece is a great size - easy for little hands to hold but not small enough to pose a choking hazard.

The set includes themed wooden beads featuring a tractor, scarecrow, and nine different fruits and vegetables. It comes with two threading cords, which was great as I could play alongside my

daughter. I showed her how to thread a bead, and she copied me - perfect for independent learning or two children playing together while the supervising adult attempts five minutes to themselves!

Each cord has a long aglet at both ends, making threading easier, though some beads are trickier due to varied hole placements. This adds a nice challenge.

I've seen similar toys with pattern cards for extra difficulty, which could enhance this set, but I found no faults. Even without additional accessories, I give this toy five out of five stars!



Review has been edited.



Lily and her daughter were given this product **as a freebie** for writing this review. Subscribe to Toddle About and you can do the same!
Discover the products up for grabs right now at www.toddle.fun/vip-reviews





SPRATTON HALL
NORTHAMPTONSHIRE

Scan to book

OPEN MORNING

Friday 9th May 10am – 12pm

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sprattonhall.com



Spring Craft: Homemade Bird Feeder

YOU WILL NEED:

- Empty juice carton (washed & dried)
- A wooden skewer or stick
- Paint (acrylic is best)
- Birdseed
- A pen, ruler, scissors & string



METHOD:

1. Draw a window shape on one side of the carton, leaving at least a 1" gap at the bottom. For small birds, a 1" hole is good. Bigger for larger birds.
2. Cut along the lines with scissors to remove the window piece. This might be a grown-up job!
3. Paint your carton to brighten up the birdhouse. Let your creativity shine!
4. Once the paint is dry, make a small hole just below your window using a pen or scissors. Then push the wooden skewer or stick right through to create a little perch.
5. Carefully poke 2 holes at the top of your carton; thread some string through the holes and tie to create a loop.
6. Fill the bottom with birdseed, then find a sheltered and safe spot to hang it outside. Now wait for the birds to arrive!



For guidelines on the foods that suit the birds in your garden at different times of year, visit www.rspb.org.uk/birds-and-wildlife/helping-birds-and-wildlife

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SCREEN TIME: HOW MUCH IS TOO MUCH?



by Tim Freed, Founder of Toddle About



15 years ago, when we launched the very first *Toddle About* magazine (back in 2010!), we ran an article entitled *'The Evil TV'*. It reflected concerns I had at the time about how much time children spent watching TV and how it might be affecting our little ones. So I did some research.

The article tried to be as objective as possible - looking at both the pros and cons of television for kids, and providing advice for parents based on recommendations from respected authorities. (You can see the article at www.toddle.fun/TheEvilTV).

Needless to say, things have changed a lot since 2010. In today's world, screens are everywhere—and the debate around screentime for kids is raging louder than ever. So I felt it was time we re-visited the topic.

Again, we've tried to be as objective as possible, to help us understand the impact of screen time on little ones—both positive and negative.

THE ALARMING STATISTICS

Recent studies show that screen time for young children is on the rise. A 2019 study published in the *International Journal of Environmental Research and Public Health* revealed that children aged 0-5 spend an average of 2-3 hours per day in front of screens.

A 2024 report by the UK's Education Committee, "Screen time: impacts on education and wellbeing", found that there has been a 52% increase in children's screen time between 2020 and 2022. Notably, 20% of children aged 3 to 4 own their own mobile phone, with nearly all children possessing one by age 12.

So the overall trend is pretty well established: screens are taking up more and more of our children's lives. But how worried should we be? And how much is **too much** screen time?

THE DANGERS OF TOO MUCH SCREEN TIME

Excessive screen time can have several adverse effects on young children, many of which can impact their development during these critical early years.

1. Delayed Cognitive Development: Research* has linked high levels of screen time to delayed language development and poorer cognitive skills in young children. Babies and toddlers learn best through direct interaction with caregivers and their environment. Excessive screen time can hinder their ability to explore, interact, and develop essential social and communication skills.

2. Sleep Disruption: The blue light emitted by screens can interfere with the body's production of melatonin, the hormone responsible for regulating sleep*. This disruption can lead to difficulty falling asleep and poorer sleep quality. Given that sleep is crucial for a child's growth and brain development, any reduction in sleep quality or quantity can have significant consequences.

3. Increased Risk of Obesity: Several studies* have found a correlation between high screen time and an increased risk of obesity in children. This is often due to a sedentary lifestyle coupled with exposure to advertisements for unhealthy foods, which can influence eating habits from a young age.

4. Behavioural Issues: Excessive screen time has also been linked to attention problems and behavioural issues in children. When young children spend too much time on screens, they may become overstimulated and have difficulty focusing on other activities, such as playing with toys or interacting with others.



THE BRIGHT SIDE: HOW SCREEN TIME CAN BE POSITIVE

While the dangers of too much screen time are real, it's important to consider that not all screen time is harmful. When used appropriately, screens can be a valuable tool for learning and development.

1. Educational Content: High-quality educational programs and apps can help children learn new concepts, such as numbers, letters, and basic problem-solving skills. Interactive programs that encourage children to engage with the content rather than passively watch can be particularly beneficial.

2. Digital Storytelling: Digital books and storytelling apps can introduce children to the joy of reading from a young age. These tools often include interactive elements that can make the experience more engaging and help develop early literacy skills.

3. Video Chats with Family: For families living apart, video chatting can be a wonderful way to help young children develop relationships with distant relatives. This type of screen time is interactive and social, providing valuable opportunities for connection and communication.

SCREEN TIME RECOMMENDATIONS

Health experts, including the **World Health Organisation** and **NHS**, recommend limiting screen time for young children to support healthy development:

Babies (0-1 year) – No screen time at all.

Instead, focus on interactive play, tummy time, and storytelling.

Toddlers (1-2 years) – Minimal screen time.

The World Health Organisation advises none for 1-year-olds and a maximum of 1 hour for 2-year-olds—but less is better.

Preschoolers (3-4 years) – Max 1 hour per day.

Prioritise active play, real-world interactions, and quality sleep over screen use.

FINDING THE RIGHT BALANCE

It seems to me that, like so many things in life, the key to managing screen time for young children is balance. So here are some practical tips for finding that **balance** in your home:

1. Set Clear Limits: Establish and enforce clear guidelines for screen time. For children under two, try to avoid screens altogether, except for video chatting. For older toddlers and preschoolers, aim to keep screen time to no more than one hour per day, focusing on high-quality content.

2. Be Involved: Whenever possible, watch or play alongside your child. This helps you monitor the content they are consuming and provides opportunities for interaction.

3. Create Screen-Free Zones: Designate certain areas of your home, like the dining room or bedrooms, as screen-free zones. This encourages your child to engage in other activities, such as playing with toys, reading books, or spending time outdoors.

4. Prioritise Active Play and Social Interaction: Ensure that screen time doesn't replace other important activities like outdoor play, social interaction, and hands-on learning. These activities are essential for your child's physical, emotional, and cognitive development.

5. Lead by Example: Children learn by watching their parents. If you limit your own screen time and prioritise face-to-face interactions, your child is more likely to follow suit.

CONCLUSION

This article isn't intended as an exhaustive guide but rather a starting point for thought and discussion. Like most parents, I navigate screen time challenges daily, and I certainly don't have all the answers. But as screens continue to play an ever bigger role in our lives, I think it's worth reflecting on how we can use them mindfully—so they support rather than hinder our children's development.

**References can be found on the online article at www.toddle.fun/screentime*





Discover what other parents are loving at the moment! Here's a selection of reviews that our readers have added to the Toddle About website recently:

KIDSLINGO SPANISH

5.0 ★

Isabel is the most fantastic teacher and is so perfect with the kids and gets the balance right of engaging with them every week, they always have so much fun and she is such an inventive teacher. We would highly recommend to anyone. 5+ class



Cheryl L

5.0 ★

PLAY BUDDIES CAFE



Took my grandson and he absolutely loved it, particularly the messy play which saved me all the cleaning up at home. The structure of the group is really good starting with short story time followed by independent play, creativity, exploring and ending with relaxation time.

Sandie P

5.0 ★

RHYTHMTIME



This is one of our favourite classes that my little boy and I do. Anneka is such a wonderful and kind class leader that we have such a fabulous time. The opportunity to learn and explore through play whilst having fun is so important to me as a mum.

Emma C

PRESS SNOOZE SLEEP CONSULTANT

We can't believe it! Laura is so kind, caring and gentle in her approach. She made my partner and I feel so much more confident about our baby's sleep and she took so much anxiety away.



Laura B

5.0 ★

MUSIC BUGS

5.0 ★

These classes are brilliant! I love the variety of songs and rhymes in every session and my little one loves all of the props. Every session is full of fun and Lesley is brilliant at keeping everyone involved. We love Music Bugs!



Tamsin P

5.0 ★

WEANING WITH CAZ



Weaning with Caz was a brilliant experience. Caz was so warm, welcoming and incredibly knowledgeable - she answered all my questions and more! I learnt so much and now feel prepared and excited to start my baby's weaning journey.

Heather D

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CHILDREN'S LITTLE NATURE EXPLORERS GARDEN GIFT SET, £20

This charming gift set is perfect for little gardeners. It includes a waxed cotton tool bag with plenty of pockets, plus a lightweight hand rake, fork, trowel, and transplanter - all designed for small hands. Made with FSC-certified ash handles and stainless steel, it's both durable and beautifully illustrated. www.gardeningforkids.co.uk



ZAZA'S STORYBOX SUBSCRIPTION, £19.99

ZaZa's Storybox **Baby and Toddler Book Subscription** introduces little ones to the joy of reading. Each themed box includes two beautiful books, a quality toy to match the theme, and reading tips to enhance the experience. Thoughtfully curated for your child's development, it's a fun and engaging way to nurture their imagination. www.zazastorybox.com



HOT CROSS BUNNIES GAME, £6

Hop into fun with Hot Cross Bunnies, a playful twist on Snap and Pairs! Ideal for ages 3+, this adorable game challenges players to match pairs while avoiding grumpy bunnies - complete with silly faces for extra laughs. Compact and travel-friendly, it's a great alternative to Easter treats. www.orchardtoys.com



FINGER FOODS FOR BABIES & TODDLERS COOKBOOK, WORTH £14.75

Annabel Karmel's brand new *Finger Foods for Babies and Toddlers* is the ultimate guide to baby-led weaning and self-feeding. Packed with over 100 nutritious recipes and expert advice, this essential cookbook helps parents raise confident, independent eaters while making mealtimes fun and stress-free.

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Use Code 'TODDLEABOUT'

www.toddleabout.co.uk/company/cha-char-chimps-towcester

Baby Sensory

northampton@babysensory.co.uk
www.babysensory.com/northampton

Oncore Dance Academy

oncore@hotmail.co.uk
www.oncoredanceacademy.co.uk

Rugbytots (Banbury & Towcester)

0345 313 0286
www.rugbytots.co.uk

All trials are subject to availability.

win!

MUD KITCHEN/POTTING BENCH COMPETITION

a Deluxe Montessori Eco 2-in-1 Mud Kitchen/Potting Bench - worth £128.95!

In celebration of Little Helper's 20th anniversary this April, we are giving away this fabulous eco-conscious potting bench.

Little Helper is all about Montessori and Montessori is all about teaching our own little helpers life skills through play. This 2-in-1 kids portable mud kitchen cum potting bench on wheels is perfect for your little munchkin to learn all about nature and growing things.

Packed with a variety of accessories to keep green fingers busy, you have a cold frame (perfect for protecting seedlings), a water butt with tap to water plants and wash up and a spacious plant pot holding area with shelves for easy potting and storage.

For those unlucky in the competition, we are offering **15% OFF** with the unique code: **TODDLE-15**. Offer ends 30th June 2025



Enter at toddle.fun/littlehelpers

Competition closes midnight on Sunday 1st June 2025.

T & C's apply, see www.toddle.fun/littlehelpers for details.

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SIX STEPS TO STARTING YOUR OWN CHILDREN'S ACTIVITIES BUSINESS

by Helen & Kat from Baby Sparks Sensory



Many of us have sat in a children's class, watching our little one join in, and wondered, 'Could I do this?' If you did decide to take the plunge and set up your own children's activity business, you wouldn't be alone – it's a big and growing sector, worth an estimated £17.7 billion to the UK economy!

But it's not as simple as buying some maracas and mats, picking out a few well known nursery rhymes and hoping people want to come and join you. There's a huge amount of planning, preparation and legal compliance required.

Having worked in this sector for 8 years, growing a small start-up into a national franchise, we've learned a few things! Here are our top six steps for starting your own children's activity business:

1. Do Your Research

What's happening in your area? If sensory play is your niche, who's your competition? Are their classes busy? Is there demand? Identify your target audience, their interests, and where you can fill a gap. Understand your competitors' offerings and determine your own unique selling point (USP) so you stand out from the crowd.

2. Write a Business Plan

Put your vision on paper. Think about your skills and how they'll translate to running a business. Consider your financial needs and how you'll fund your launch. Plan for various scenarios: e.g. What if sales are slow in the first year? A solid plan will help you stay focused and boost your chances of success.

3. Know the Legal Requirements

Starting a business comes with legal obligations. Consult with an accountant about business structures, brand protection, and budgeting. You'll need to comply with child safety regulations, have insurance, and secure necessary licenses, like the music license (PPL). Also, research booking systems to find one that works best for you (we love *Book That In!*)

4. Design Your Offering

This is the fun stuff! What makes your classes unique? What will you offer, and how will you do it? Make sure your branding reflects your unique value. Consider initial investments for kit and equipment plus ongoing costs, and ensure your classes meet the needs of your target age group: too broad an age range and you risk not being able to meet the needs of your young people; too narrow and you risk limiting your sales.

5. Choose the Right Location

The right venue can make or break a class. Think about your ideal customer's needs. Will you have a set location or work from multiple venues? Is the space safe, child-friendly, and accessible? Make sure your chosen space feels welcoming and comfortable.

6. Develop a Marketing & Launch Strategy

Visibility is key. Think about where your ideal customer likes to hang out – in person and online – and make sure you are there too. Will you need a website? It's not always necessary, but securing your domain is a good idea. Use social media to reach your target audience but don't forget traditional marketing methods—attend community events and talk to people. Be your brand's biggest cheerleader!

If launching your own business seems daunting, remember, buying into a franchise can be a great option. Franchises reduce the risk involved in starting a business – you follow a proven business model and get personal support, brand protection and a supportive community, making your path to success smoother.

Helen & Kat are the founders of Baby Sparks Sensory, a successful and growing national franchise offering sensory classes for babies. If you're interested in finding out more about their franchise opportunity, visit www.babysparks.co.uk.

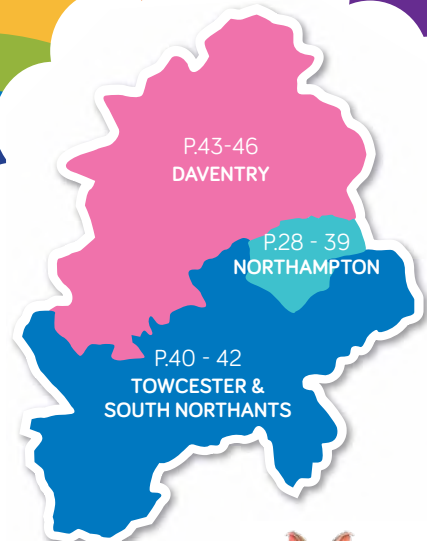


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Chatterbox

Mount Pleasant Baptist Church, 147-155 Kettering Road, Northampton, NN1 4BS. 01604 516809.

www.mountpleasantchurch.com.

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

Cost: £1.50. (drop in).

Dates: 31 Mar, 28 Apr - 19 May & 2 Jun - 30 Jun.

Duston Parent and Toddler Group

Duston Village Hall, Sycamore Road Duston, Northampton, NN5 6JS. 07717 873074.

Times: 10:00 - 12:00. **Ages:** 0 - 5 yrs. **Cost:** £2 (book).

Dates: 31 Mar, 28 Apr - 19 May & 2 Jun - 30 Jun.

Earls Barton Library

Broad Street, Earls Barton, NN6 0ND. 0300 126 1000. www3.northamptonshire.gov.uk.

• **Stay & Play:** 14:15 - 15:15.

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

Dates: 31 Mar - 30 Jun.

Grange Park Parent & Toddlers Group

Grange Park Community Centre, School Lane, Grange Park, Northampton, NN4 5FZ.

Times: 10:00 - 12:00. **Ages:** 0 - 5 yrs. **Cost:** £3.50. (drop in). **Dates:** 31 Mar, 21 Apr - 19 May & 2 Jun - 30 Jun.

Harlestone Play Group

Harlestone Village Hall, Harlestone, Northampton, NN7 4EH. 07876742634.

Times: 10:00 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** £2. (drop in). **Dates:** 31 Mar, 28 Apr - 19 May & 2 Jun - 30 Jun.

Little Stars at St George's Church

St George's Church, Church Hill, Wootton, Northampton, NN4 6LQ. 07512662940.

• **Little Stars:** 9:30 - 11:00. **Ages:** 0 - 3 yrs.

Cost: Free (drop in). **Dates:** 31 Mar, 28 Apr, 12 May - 19 May & 2 Jun - 30 Jun.

Moulton Library

Moulton Community Centre, Reedings, Moulton, NN3 7AX. www3.northamptonshire.gov.uk.

• **Stay & Play under 5s:** 13:00 - 15:00.

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

Dates: 31 Mar - 30 Jun.

The Toddler Inn, Carey Baptist Church

34 West Street, Moulton, NN3 7SB. 01604 491966. www.careybaptist.org.uk.

• **The Toddler Inn:** 13:30 - 14:40.

Ages: 0 - 4 yrs. **Cost:** £0.70. (drop in).

Dates: 31 Mar & 28 Apr - 23 Jun.

MUSIC & SIGNING

Music Bugs Northampton

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

• **Family Bugs:** 10:00 - 10:40 & 13:00 - 13:40.

Ages: 0 - 5 yrs.

• **Mini Bugs:** 11:00 - 11:40. **Ages:** 6 mths - 2 yrs.

• **Baby Bugs:** 12:00 - 12:40. **Ages:** 0 - 10 mths.

Dates: 31 Mar, 28 Apr, 12 May - 19 May & 2 Jun - 30 Jun.

Cost: £7.50. (book).

SENSORY & DEVELOPMENT

Baby Sensory Northampton

The Baby Sensory Centre, Green Lodge Barn, Nobottle, Northampton, NN7 4HD. 07512 469881. www.babysensory.com.

Baby development classes inc. signing, massage, music & play

• **Baby Sensory (6 - 13mths):** 10:00 - 11:00.

• **Baby Sensory (0 - 9 mths):** 11:30 - 12:30.

• **Baby Sensory (0 - 13mths):** 13:00 - 14:00.

Cost: £8. (book).

Dates: 31 Mar, 28 Apr, 12 May - 19 May & 2 Jun - 30 Jun.

Kidslingo Spanish Northants, Towcester & Olney

The Hawthorns, Weedon rd, Upton, NN5 4WR. 07772536338. www.kidslingo.co.uk.

• **Kidslingo Fun Spanish Class:** 10:30 - 11:00.

Ages: 18 mths - 5 yrs.

Dates: 31 Mar, 28 Apr, 12 May - 19 May & 2 Jun - 30 Jun.

CREATIVE

Eat Sleep Bake Repeat

Summerfields, West Hunsbury, Northampton, NN4 9YN. 07985 408289.

www.Eat-sleep-bake-repeat.newzenler.com.

• **School Holiday cookery classes:** 10:00 - 10:45, 11:30 - 12:15 & 13:30 - 14:45.

Ages: 2 - 11 yrs. **Dates:** 7 Apr.

• **Preschool cookery classes:** 10:00 - 10:45 & 11:30 - 12:15.

Ages: 2 - 4 yrs.

• **HOME ED CLASSES:** 13:30 - 14:15. **Ages:** 2 - 8 yrs.

• **AFTER SCHOOL:** 16:30 - 17:15. **Ages:** 4 - 11 yrs.

Dates: 31 Mar, 28 Apr, 12 May - 19 May & 2 Jun - 30 Jun.

Weston Favell Library

Unit 35, Weston Favell Shopping Centre, Northampton, NN4 8JZ.

www.westnorthants.gov.uk.

• **Explore a Story:** 10:30 - 11:00.

A short session with a story, craft and singing!

Ages: 2 - 5 yrs. **Cost:** Free (book).

Dates: 31 Mar - 30 Jun.

DANCE & DRAMA

Oncore Dance Academy

Oncore Studios, Footshape House, Kingsthorpe Road, Northampton, NN2 6HT. 07971 824 759 or 07894 667 333.

www.oncoredanceacademy.co.uk.

• **Baby Ballet:** 16:15 - 17:00. **Ages:** 3 - 4 yrs.

Free trial class. Quote 'Toddle About' when booking.

• **Pre-Primary 1 Ballet:** 17:00 - 17:45. **Ages:** 4 - 5 yrs.

Dates: 31 Mar, 28 Apr, 12 May - 19 May & 2 Jun - 30 Jun.

PHYSICAL FUN

Northampton Gymnastics Academy

10 North Portway Close, Round Spinney Industrial Estate, Northampton, NN3 8RQ. 01604 461242.

• **Explore & Play @ NGA:** 9:30 - 11:00.

Swing, jump, bounce and enjoy gym equipment!

Ages: 0 - 5 yrs. **Cost:** £6.50. (book).

Dates: 31 Mar, 28 Apr, 12 May - 19 May & 2 Jun - 30 Jun.

SWIMMING

Aqualight Swim School - Headlands

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

• **Lessons 1-2 years:** 9:30 - 10:00 & 11:00 - 11:30.

• **Lessons 2-3 years:** 10:00 - 10:30 & 11:30 - 12:00.

• **Lessons 3-4 years:** 10:30 - 11:00.

Cost: £12.35. (book).

Dates: 31 Mar, 28 Apr, 12 May - 19 May & 2 Jun - 30 Jun.

Everyone Active Moulton Leisure Centre

Chris Moody Centre, Gate 4, Moulton, NN3 7QL. 01604 492222. www.everyoneactive.com.

• **Adult & Child (19 - 3½ yrs):** 9:30 - 10:00 & 11:00 - 11:30.

• **Pre School Stage 1 (3-5yrs):** 10:00 - 10:30.

• **Adult & Child (4 - 18 months):** 10:30 - 11:00 & 11:30 - 12:00.

Cost: £9.58. (book).

• **Pre School Stage 1:** 15:30 - 16:00.

Ages: 3 - 5 yrs. **Cost:** £9.01. (book).

Dates: 31 Mar & 28 Apr - 30 Jun.

Water Babies Bucks & Beds

Hunter Shields, The Avenue, Flore, Northampton, NN7 4LZ. 01295 709221. www.waterbabies.co.uk.

Times: 9:30 - 14:30. **Ages:** 0 - 6 yrs. **Cost:**

£19.50(book). **Dates:** 31 Mar, 28 Apr, 12 May - 19 May & 2 Jun - 30 Jun.

TUESDAY

PARENTS & TOTS

Duston Library

Pendle Road, Northampton, NN5 6DT. 0300 126 7000. www.westnorthants.gov.uk.

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

Introduce your children to rhymes and songs

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 1 Apr - 1 Jul.

Mini Springers

The Life Centre, 9 Tower Street, Northampton, NN1 2SN. 01604 630457.

Times: 9:30 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £1.

(drop in). **Dates:** 1 Apr & 22 Apr - 1 Jul.

Moulton Library

Moulton Library, Moulton Community Centre, Reedings, Moulton, NN3 7AX.

www3.northamptonshire.gov.uk.

- **Stay & Play under 1s:** 9:30 - 11:30. **Ages:** 0 - 1 yrs.

- **Construction Club:** 13:30 - 15:30. **Ages:** 1 - 5 yrs.

Cost: Free (book). **Dates:** 1 Apr - 1 Jul.

St Gregory's Toddler Group

St Gregory's Catholic Church, Birchfield Road East, Abington, Northampton, NN3 2HS. 01604 713015.

Times: 9:30 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £0.50.

(drop in). **Dates:** 1 Apr, 22 Apr - 20 May & 3 Jun - 1 Jul.

The Spring Charity

The Spring Charity - Annex Community Centre, Spring Lane, Northampton, NN1 2JW. 07465231663.

www.thespringcharity.org.

- **Stay and Play:** 9:00 - 11:00. **Ages:** 0 - 5 yrs.

Cost: £1. (drop in).

Dates: 1 Apr, 22 Apr - 20 May & 3 Jun - 1 Jul.

Toddle In

St Giles Church Centre, St Giles Terrace, Northampton, NN1 2BN. 01604 628623.

www.stgilesnorthampton.org.uk.

- **St Giles Toddle In:** 10:00 - 11:00.

Parent and Tots group with crafts, play and singing.

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

Dates: 1 Apr, 22 Apr - 20 May & 3 Jun - 1 Jul.

MUSIC & SIGNING

Boogie Beanies

Wootton Community Centre, Curtlee Hill, Wootton, Northampton, NN4 6ED. 07766 731542.

www.boogiebeanies.com.

Times: 10:00 - 11:00. **Ages:** 0 - 5 yrs. **Cost:** £5. (book).

Dates: 1 Apr, 22 Apr - 20 May & 3 Jun - 1 Jul.

Hunsbury Library

Hunsbury Library, Overslade Close, Hunsbury, NN4 0RZ. 01604 702691.

www.northamptonshire.gov.uk.

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

Ages: 0 - 5 yrs. **Cost:** Free. **Dates:** 1 Apr - 1 Jul.

Music Bugs Northampton

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

- **Family Bugs:** 10:00 - 10:40. **Ages:** 0 - 5 yrs.
- **Mini Bugs:** 11:00 - 11:40. **Ages:** 6 mths - 2 yrs.
- **Baby Bugs:** 12:00 - 12:40. **Ages:** 0 - 10 mths.
- **Family Bugs:** 13:00 - 13:40. **Ages:** 0 - 5 yrs.

Cost: £7.50. (book).

Dates: 1 Apr, 22 Apr - 20 May & 3 Jun - 1 Jul.

Sing and Sign - Towcester, Daventry & Northampton

Wootton Community Centre, Curtlee Hill, Wootton, Northampton, NN4 6ED. 07506257073. www.singandsign.co.uk.

- **Babes Classes - up to 6 mths:** 12:45 - 13:15.

Supporting your baby's communication from the early days

Cost: £5. (book).

- **Sing and Sign Babies - (6-14 month):** 14:00 - 14:45.

Signing Baby class - develop communication pre-speech

Cost: £7.50. (book).

Dates: 1 Apr, 22 Apr - 20 May & 3 Jun - 1 Jul.

SENSORY & DEVELOPMENT

Baby Sensory Northampton

The Baby Sensory Centre, Green Lodge Barn, Nobottle, Northampton, NN7 4HD. 07512 469881. www.babysensory.com.

Baby development classes inc. signing, massage, music & play

- **Baby Sensory (6 - 13mths):** 10:00 - 11:00.
- **Baby Sensory (0 - 6mths):** 11:30 - 12:30.
- **Baby Sensory (0 - 13mths):** 13:00 - 14:00.

Cost: £8. (book).

Dates: 1 Apr, 22 Apr - 20 May & 3 Jun - 1 Jul.

Hartbeeps Kettering

Desborough Youth Centre, Desborough, NN14 2LZ. 07506700451. www.hartbeeps.com.

- **Happy House:** 9:45 - 10:30. **Ages:** 15 mths - 5 yrs

- **Baby Beeps:** 10:50 - 11:35. **Ages:** 7 - 15mths.

- **Baby Bells:** 12:00 - 12:45. **Ages:** 2 - 7 mths.

Cost: £8. (book).

Dates: 1 Apr, 22 Apr - 20 May & 3 Jun - 1 Jul.

Wootton Community Library

Wootton Community Centre, Curtlee Hill, Wootton, NN4 6ED. 01604 526363.

www.woottonparishcouncil.gov.uk.

- **Storytime:** 11:15 - 11:35.

Storytime for pre-school children and their grown ups

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

Dates: 1 Apr - 1 Jul.



Join my Kids' Baking Club Today!

and get ready for a deliciously fun time with my weekly baking classes for kids!

Classes are held in my home kitchen in West Hunsbury




Preschool classes
Mon 10am
Tues 10am
Wed 10am, 11.30am

Home Ed classes
Mon 11.30am
Tues 11.30am

Afterschool classes
Mon 4.30pm
Fri 4.30pm

BOOK NOW

eat-sleep-bake-repeat.newzenler.com/classes

CREATIVE

Eat Sleep Bake Repeat

Summerfields, West Hunsbury, Northampton, NN4 9YN. 07985 408289.

www.eat-sleep-bake-repeat.newzenler.com.

• **School Holiday cookery classes:** 10:00 - 10:45 & 11:30 - 12:15.

Ages: 2 - 11 yrs. **Dates:** 8 Apr.

• **Preschool classes:** 10:00 - 10:45. **Ages:** 2 - 4 yrs.

• **HOME ED CLASSES:** 11:30 - 12:15. **Ages:** 2 - 8 yrs.

Dates: 22 Apr - 1 Jul.

Northampton High School

Newport Pagnell Road, Hardingstone, Northampton, NN4 6UU. 01604 765765.

www.northamptonhigh.co.uk.

• **Toddler Tuesdays:** 9:15 - 10:00.

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

Dates: 6 May & 20 May.

DANCE & DRAMA

Oncore Dance Academy

Oncore Studios, Footshape House, Kingsthorpe Road, NN2 6HT. 07971 824 759 or 07894 667 333.

www.oncoredanceacademy.co.uk.

• **Baby Ballet:** 10:00 - 10:45. **Ages:** 3 - 4 yrs.

Free trial class. Quote 'Toddle About' when booking.

Dates: 1 Apr, 22 Apr - 20 May & 3 Jun - 1 Jul.

EXPLORE & PLAY @ NGA

Gymnastics for all under 5s



Sessions run Monday - Friday mornings at the Northampton Gymnastics Academy
10 NORTH PORTWAY CLOSE, ROUND SPINNEY INDUSTRIAL ESTATE, NN3 8RQ



TO BOOK ONLINE SCAN THE QR CODE OR VISIT:
www.bookwhen.com/exploreandplaynga

[f / NorthamptonGymnasticsAcademy](https://www.facebook.com/NorthamptonGymnasticsAcademy)

PHYSICAL FUN

Northampton County Lawn Tennis Club

Northampton County Lawn Tennis Club, 54b Church Way, Weston Favell, Northampton, NN3 3BX. 07766557122.

• **Tiny Tots Tennis:** 10:00 - 10:45. **Ages:** 2½ - 5 yrs. **Cost:** £5. (book).

Dates: 1 Apr, 22 Apr - 20 May & 3 Jun - 1 Jul.

Northampton Gymnastics Academy

10 North Portway Close, Round Spinney Industrial Estate, Northampton, NN3 8RQ. 01604 461242.

• **Explore & Play @ NGA:** 10:30 - 12:00 & 13:00 - 14:29. *Swing, jump, bounce and enjoy gym equipment!*

Ages: 0 - 5 yrs. **Cost:** £6.50. (book).

Dates: 1 Apr & 22 Apr - 1 Jul.

SWIMMING

Aqualight Swim School - Headlands

Headlands Primary School, Bushland Road, Northampton, NN3 2NS. 01604 830405.

www.aqualightbabies.co.uk.

• **3-4 years:** 10:00 - 10:30.

• **2-3 years:** 10:30 - 11:00.

• **1-2 years:** 11:00 - 11:30.

Cost: £12.35 (book).

Dates: 1 Apr, 22 Apr - 20 May & 3 Jun - 1 Jul.

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

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Precious Early Learning for Babies

Our multi-award winning classes will introduce 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.

For **Daventry & Rugby** classes:
Call: Lauren on 0784977705
Email: rugby@babysensory.co.uk
Classes: Tuesday, Long Lawford Memorial Hall, CV23 9BA
Wednesday, Cedar Grove Clinic, Daventry, NN11 4HB
Thursday, Lilbourne Village Hall, Rugby, CV23 0SX

For **Northampton** classes:
Call: Sarah on 07512 469881
Email: northampton@babysensory.co.uk
Classes: Daily, Monday to Friday
at The Baby Sensory Centre, Nobottle, NN7 4HD
www.babysensory.com

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

Everyone Active Moulton Leisure Centre

Chris Moody Centre, Gate 4, Moulton, NN3 7QL.
01604 492222. www.everyoneactive.com.

- **Adult & Child (4 - 18 months):** 10:00 - 10:30.
- **Adult & Child (19mths - 3½ yrs):** 10:30 - 11:00 & 11:00 - 11:30.
- **Pre School Stage 1 (3 - 5 yrs):** 11:30 - 12:00.

Cost: £9.58. (book).

- **Pre School Stage 1 (3 - 5 yrs):** 16:00 - 16:30.

Cost: £9.01. (book).

Dates: 1 Apr & 22 Apr - 1 Jul.

WEDNESDAY

PARENTS & TOTS

Chatterbox

Mount Pleasant Baptist Church, 147-155 Kettering Road, NN1 4BS. 01604 516809.
www.mountpleasantchurch.com.

Times: 9:30 - 11:15. **Ages:** 0 - 5 yrs. **Cost:** £1.50. (drop in). **Dates:** 2 Apr, 23 Apr - 21 May & 4 Jun - 2 Jul.

Dustin Library

Pendle Road, Northampton, NN5 6DT. 0300 126 7000.

- **Baby Bounce and Rhyme:** 10:30 - 11:00.
- Ages:** 0 - 1 yrs. **Cost:** Free. **Dates:** 2 Apr - 2 Jul.

Earls Barton Library

Broad Street, Earls Barton, NN6 0ND. 0300 126 1000. www3.northamptonshire.gov.uk.

- **Play and Learn for Under 5s:** 10:30 - 12:00.

Ages: 0 - 5 yrs. **Cost:** Free (book). **Dates:** 2 Apr - 2 Jul.

Emmanuel Family Tots

Emmanuel Church, Weston Favell Centre, Billing Brook Road, Northampton, NN3 8JR.
07812508711.

Times: 10:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £1. (drop in). **Dates:** 2 Apr - 2 Jul.

Moulton Library

Moulton Community Centre, Reedings, Moulton, NN3 7AX.

www3.northamptonshire.gov.uk.

- **Stay & Play under 5s:** 9:30 - 11:30.

Ages: 0 - 5 yrs. **Cost:** Free (book). **Dates:** 2 Apr - 2 Jul.

Rainbow Tots

The Salvation Army, 8 Tower Street, Northampton, NN1 2SN. 01603 624841.
www.salvationarmy.org.uk.

Times: 10:30 - 12:00. **Cost:** £1.50. (book). **Dates:** 2 Apr, 23 Apr - 21 May & 4 Jun - 2 Jul.

Storehouse Church

Lodge Farm Community Centre, Crestwood Road, Northampton, NN3 8JJ. 07853 765517. www.storehousechurch.co.uk

• **Tiny Tadpoles:** 9:30 - 11:00. **Ages:** 0 - 5 yrs.
Cost: £2. (drop in).
Dates: 2 Apr, 23 Apr - 21 May & 4 Jun - 2 Jul.

St Peter's Church Tiny Tots & Baby Group

Church Hall, 76 High Street, Weston Favell, Northampton, NN3 3JX. 07742587128. www.achurchnearyou.com.

• **Mums, Baby and Tots group:** 13:30 - 15:00.
Ages: 1 mths - 5 yrs. **Cost:** £1. (drop in).
Dates: 2 Apr, 30 Apr - 21 May & 4 Jun - 16 Jul.

Strong Start

Strong Start offer free groups for families with children under 5 in Northamptonshire. For details, please email strongstartteam@westnorthants.gov.uk

MUSIC & SIGNING

Hunsbury Library

Overslade Close, Hunsbury, NN4 0RZ. 01604 702691. www.northamptonshire.gov.uk.

• **Babytime:** 10:30 - 11:30.
Ages: 0 - 1 yrs. **Cost:** Free (drop in). **Dates:** 2 Apr - 2 Jul.

Music Bugs Northampton

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

• **Family Bugs:** 10:00 - 10:40. **Ages:** 0 - 5 yrs.
 • **Mini Bugs:** 11:00 - 11:40. **Ages:** 6 mths - 2 yrs.
 • **Baby Bugs:** 12:00 - 12:40. **Ages:** 0 - 10 mths.
Cost: £7.50. (book).

Dates: 2 Apr, 23 Apr - 21 May & 4 Jun - 2 Jul.

SENSORY & DEVELOPMENT

Baby Sensory Northampton

The Baby Sensory Centre, Green Lodge Barn, Nobottle, NN7 4HD. 07512 469881. www.babysensory.com.

• **Baby Sensory (0 - 13mths):** 10:00 - 11:00 & 13:00 - 14:00.
 • **Baby Sensory (0 - 6mths):** 11:30 - 12:30.

Cost: £8 (book). **Dates:** 2 Apr, 23 Apr - 21 May & 4 Jun - 2 Jul.

Hartbeeps Kettering

Thrapston Plaza, Thrapston, NN14 4PS. 07506700451. www.hartbeeps.com.

• **Happy House:** 9:45 - 10:30. **Ages:** 15 mths - 5 yrs.
 • **Baby Beeps:** 10:50 - 11:35. **Ages:** 7 - 15mths.
 • **Baby Bells:** 12:00 - 12:45. **Ages:** 2 - 7 mths.

Cost: £8. (book). **Dates:** 2 Apr, 23 Apr - 21 May & 4 Jun - 2 Jul.



COME AND JOIN OUR RISING 5'S

(FOR 3-4 YEAR OLDS STARTING SCHOOL IN SEPT 2025)

EVERY WEDNESDAY IN TERM TIME 10-10:45

HAVE YOU GOT A FEARLESS CHILD WITH LOTS OF ENERGY?

AFTER A SUCCESSFUL FIRST HALF TERM BASED ON THE BOOK 'WE'RE GOING ON A BEAR HUNT' WE HAVE SOME SPACES FOR OUR BOOK THEMED TERM OF DEAR ZOO.

WATCH YOUR CHILD GAIN CONFIDENCE, BUILD SOCIAL SKILLS AND LEARN MOTOR SKILLS WHILST EARNING BADGES, CERTIFICATES AND STICKERS TO SHOW THEIR PROGRESS ALONG THE SPECIALLY DESIGNED AWARD SCHEMES.

TO ENQUIRE - GLKGymnastics@outlook.com

CREATIVE

Eat Sleep Bake Repeat

Summerfields, West Hunsbury, Northampton, NN4 9YN. 07985 408289.

www.Eat-sleep-bake-repeat.newzenler.com.

• **Preschool classes:** 10:00 - 10:45. **Ages:** 2 - 4 yrs.
 • **HOME ED CLASSES:** 11:30 - 12:15. **Ages:** 2 - 8 yrs.

Dates: 2 Apr - 9th Jul.

• **School Holiday classes:** 10:00 - 10:45 & 11:30 - 12:15. **Ages:** 2 - 11 yrs. **Dates:** 9 Apr.

DANCE & DRAMA

Oncore Dance Academy

Oncore Studios, Footshape House, Kingsthorpe Road, Northampton, NN2 6HT. 07971 824 759 or 07894 667 333. www.oncoredanceacademy.co.uk.

• **Groovy Movers:** 16:15 - 17:00. **Ages:** 3 - 5 yrs.
 Free trial class. Quote 'Toddle About' when booking.

• **Junior Street Dance:** 17:00 - 17:45 & 17:45 - 18:30.

Ages: 4 - 5 yrs.

Dates: 2 Apr, 23 Apr - 21 May & 4 Jun - 2 Jul.

PHYSICAL FUN

GLK Gymnastics

Bugbrooke Community Centre, Camp Close, Bugbrooke, Northampton, NN7 3RW.

www.glkgymnastics.com

- **Rising 5's (3-5yrs):** 10:00 - 10:45 for children starting school in 2025

- **Rising 3's (2-3yrs):** 10:45 - 11:30 for children competently able to walk

Ages: 2 - 5 yrs. **Dates:** 2 Apr & 23 Apr - 2 Jul.

Northampton Gymnastics Academy

10 North Portway Close, Round Spinney Industrial Estate, Northampton, NN3 8RQ. 01604 461242.

- **Explore & Play @ NGA:** 10:00 - 11:30. Swing, jump, bounce and enjoy gym equipment!

Ages: 0 - 5 yrs. **Cost:** £6.50. (book).

Dates: 2 Apr & 23 Apr - 2 Jul.

SWIMMING

Aqualight Swim School - Headlands

Headlands Primary School, Bushland Road, Northampton, NN3 2NS. 01604 830405.

www.aqualightbabies.co.uk

- **1-2 years:** 9:30 - 10:00.

- **2-3 years:** 10:00 - 10:30.

- **3-4 years:** 10:30 - 11:00 & 11:00 - 11:30.

Cost: £12.35. (book).

Dates: 2 Apr, 23 Apr - 21 May & 4 Jun - 2 Jul.

Everyone Active Moulton Leisure Centre

Chris Moody Centre, Gate 4, Moulton, NN3 7QL. 01604 492222. www.everyoneactive.com.

- **Adult & Child (19 - 3½ yrs):** 10:30 - 11:00.

- **Pre School Stage 1 (3 - 5yrs):** 10:00 - 10:30 & 11:30 - 12:00.

- **Adult & Child (4 - 18 months):** 11:00 - 11:30.

Cost: £9.58. (book).

- **Pre School Stage 1 (3 - 5yrs):** 16:00 - 16:30 & 16:30 - 17:00.

Cost: £9.01. (book).

Dates: 2 Apr - 2 Jul, 2 Apr & 23 Apr - 2 Jul.

PREGNANCY

The Little Bears Company

Kettering Rd, Pytchley, Kettering NN14 1EY www.thelittlebearscompany.com

- **Antenatal class:** 18:30 - 20:30.

Cost: £11. (book). **Dates:** 2 - 16 April & 21 May - 4 Jun



THURSDAY

PARENTS & TOTS

Abbey Centre Baptist Church Baby & Toddler Group

Abbey Centre Baptist Church, Overslade Close, Hunsbury, Northampton, NN4 0RZ. 01604 767568. www.abbeycentre.org.uk.

Times: 9:30 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** £2. (drop in). **Dates:** 3 Apr, 24 Apr, 8 May - 22 May & 12 Jun - 26 Jun.

Kislingbury & Upton Community Church

Mill Lane, Kislingbury, NN7 4BB. 07432881576. www.kucc.co.uk.

- **Kizzle Tots and Babies:** 10:00 - 12:00.

Contact totsgroup@kucc.co.uk for updates and bookings

Ages: 0 - 5 yrs. **Cost:** £3. (drop in).

Dates: 3 Apr, 24 Apr - 22 May & 5 Jun - 3 Jul.

Moulton Library

Moulton Community Centre, Reedings, Moulton, NN3 7AX.

www3.northamptonshire.gov.uk.

- **Sling Library Thursday:** 10:00 - 11:30.

Ages: 1 - 5 yrs. **Cost:** Free (book). **Dates:** 3 Apr - 3 Jul.

St Matthew's Minis

St Matthew's Church Hall, 27A The Drive, Kingsley, Northampton, NN1 4RY. 01604 791251. www.stmatthews-northampton.org.uk.

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

Cost: £1.50. (drop in).

Dates: 3 Apr, 24 Apr - 22 May & 5 Jun - 3 Jul.

Sunbeams

Duston United Reformed Church, Main Road, Duston, NN5 6JF. 07751522303.

Times: 9:30 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** £1.

(drop in). **Dates:** 3 Apr, 24 Apr - 22 May & 5 Jun - 3 Jul.

Talking Point (Grange Park)

Grange Park, Northampton, NN4 5AZ. 07725 474341.

Times: 10:00 - 12:00. **Ages:** Pregnancy - 1 yrs.

Cost: Free (drop in).

Dates: 3 Apr, 24 Apr - 22 May & 5 Jun - 3 Jul.

The Spring Charity

Annex Community Centre, Spring Lane, Northampton, NN1 2JW. 07465231663.

www.thespringcharity.org.

- **Stay and Play:** 9:00 - 11:00.

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

Dates: 3 Apr, 24 Apr - 22 May & 5 Jun - 3 Jul.

Toddlers Group

Park Avenue Methodist Church, Park Avenue North, NN3 2HT. 01604 633436. www.parkavenue.org.uk.

Times: 13:15 - 15:00. **Ages:** 0 - 4 yrs. **Cost:** £1. (drop in). **Dates:** 3 Apr, 24 Apr - 22 May & 5 Jun - 3 Jul.

MUSIC & SIGNING

Music Bugs Northampton

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

• **Family Bugs:** 10:00 - 10:40 & 11:00 - 11:40.

Ages: 0 - 5 yrs. **Cost:** £7.50. (book).

Dates: 3 Apr, 24 Apr - 22 May & 5 Jun - 3 Jul.

SENSORY & DEVELOPMENT

Baby Sensory Northampton

The Baby Sensory Centre, Green Lodge Barn, Nobottle, Northampton, NN7 4HD. 07512 469881. www.babysensory.com.

Baby development classes inc. signing, massage, music & play

• (0 - 13mths): 10:00 - 11:00 & 13:00 - 14:00.

• (0 - 6mths): 11:30 - 12:30.

Cost: £8. (book). **Dates:** 3 Apr, 24 Apr - 22 May & 5 Jun - 3 Jul.

Bloom Baby Classes

Overstone Village Hall, Sywell Road, Overstone, Northampton, NN6 0AQ. www.bloombabyclasses.com.

• **Busy Bees (6-15mths):** 10:00 - 10:45.

• **Caterpillars (0 - 6mths):** 11:00 - 11:45.

Dates: 3 Apr, 24 Apr - 22 May & 5 Jun - 3 Jul.

The Little Bears Company

Pytchley Village Hall, Church Rd, Pytchley, NN14 1EL. www.thelittlebearscompany.com

• **Active Bears (6 mths - 2 yrs):** 9:30 - 10:30.

Cost: £11. (book).

Dates: 17 Apr - 22 May & 5 Jun - 3 Jul

The Little Bears Company

The Midwives Circle and Wellness Centre, Unit 14, Brooklands Court, Kettering, NN15 6FD. www.thelittlebearscompany.com

• **Baby Bears (0-1yrs):** 11:45 - 12:45.

• **Massage Bears (0-1yrs):** 1:30 - 2:30.

Cost: £11. (book).

Dates: 17 Apr - 22 May & 5 Jun - 3 Jul

Tatty Bumpkin Childrens Yoga

Boughton Village Hall, Boughton NN2 8SF

• **2-7 yrs:** 9.15-10.15

Cost: £7.50. (book) or £9 (drop-in)

Dates: 3 Apr - 24 Apr - 22 May & 5 Jun - 3 Jul

music classes for children aged newborn to 5 years

Fun, friendly and interactive

Come and play with our puppets, scarves, bubbles, pom poms, parachutes and percussion instruments plus lots, lots more!

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www.musicbugs.co.uk



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miltonkeynes@tattybumpkin.com
07745 301624



CREATIVE

Weston Favell Library

Unit 35, Weston Favell Shopping Centre, NN4 8JZ. www.westnorthants.gov.uk.

• **Baby Bounce:** 10:00 - 10:30. **Ages:** 6 mths - 1 yrs. **Cost:** Free (book). **Dates:** 3 Apr - 3 Jul.

PHYSICAL FUN

Little Kickers Northampton Daventry & Rugby

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

• **Little Kickers**

Pre-school football classes from 18months

Times: 9:55 - 10:35. **Ages:** 1 ½ - 2 ½ yrs.

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

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

Cost: £7.49. (book). **Dates:** 3 Apr - 10 Apr & 1 May - 3 Jul.

Northampton Gymnastics Academy

10 North Portway Close, Round Spinney Industrial Estate, Northampton, NN3 8RQ. 01604 461242.

• **Explore & Play @ NGA:** 10:00 - 11:30.

Swing, jump, bounce and enjoy gym equipment!

Ages: 0 - 5 yrs. **Cost:** £6.50. (book).

Dates: 3 Apr & 24 Apr - 3 Jul.



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SWIMMING

Aqualight Swim School - Headlands

Headlands Primary School, Bushland Road, Northampton, NN3 2NS. 01604 830405.

www.aqualightbabies.co.uk.

- **1-2 years:** 9:30 - 10:00 & 10:30 - 11:00.
- **2-3 years:** 10:00 - 10:30.
- **3-4 years:** 11:00 - 11:30.

Cost: £12.35. (book).

Dates: 3 Apr, 24 Apr - 22 May & 5 Jun - 3 Jul.

Aqualight Swim School - The Beehive

The Beehive, Harborough Road, Kingsthorpe, NN2 8LR. 01604 830405.

www.aqualightbabies.co.uk.

- **8-12 months:** 9:30 - 10:00 & 11:00 - 11:30.
- **4-8 months:** 10:00 - 10:30 & 10:30 - 11:00.
- **0-4 months:** 11:30 - 12:00 & 12:30 - 13:00.
- **6-12 months:** 12:00 - 12:30.

Cost: £13.40 (book).

Dates: 3 Apr, 24 Apr - 22 May & 5 Jun - 3 Jul.

Everyone Active Moulton Leisure Centre

Moulton Leisure Centre, Chris Moody Centre, Gate 4, Moulton, NN3 7QL. 01604 492222.

www.everyoneactive.com.

- **Pre School Stage 1 (3 - 5yrs):** 11:00 - 11:30.
- **Adult & Child (4 - 18 months):** 10:30 - 11:00.

Cost: £9.58. (book). **Dates:** 24 Apr - 3 Jul.

• **Pre School Stage 1 (3 - 5yrs):** 16:00 - 16:30.

Ages: 3 - 5 yrs. **Cost:** £9.01. (book).

Dates: 3 Apr & 24 Apr - 3 Jul.

FRIDAY

PARENTS & TOTS

Earls Barton Library

Broad Street, Earls Barton, NN6 OND. 0300 126 1000.

www3.northamptonshire.gov.uk.

- **Rhymetime:** 14:30 - 15:00.

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

Dates: 4 Apr - 4 Jul.

Moulton Library

Moulton Community Centre, Reedings, Moulton, NN3 7AX. www3.northamptonshire.gov.uk.

- **Bounce and Rhyme:** 13:15 - 13:45. **Ages:** 0 - 1 yrs.
- **Rhymetime:** 14:00 - 14:30. **Ages:** 0 - 5 yrs.
- **Homework Club:** 15:00 - 16:30. **Ages:** 4 - 10 yrs.

Cost: Free (book). **Dates:** 4 Apr - 4 Jul.

Toddle In

St Giles Church Centre, St Giles Terrace, Northampton, NN1 2BN. 01604 628623. stgilesnorthampton.org.uk.

- **St Giles Toddle In:** 10:00 - 11:00.

Parent and Tots group with crafts, play and singing.

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

MUSIC & SIGNING

Hunsbury Library

Overslade Close, Hunsbury, NN4 0RZ. 01604 702691. www.northamptonshire.gov.uk.

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

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

Dates: 4 Apr - 4 Jul.

Music Bugs Northampton

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

- **Family Bugs:** 10:00 - 10:40. **Ages:** 0 - 5 yrs.
- **Baby Bugs:** 11:00 - 11:40. **Ages:** 0 - 1 yrs.

Cost: £7.50. (book).

Dates: 4 Apr, 25 Apr - 23 May & 6 Jun - 4 Jul.

SENSORY & DEVELOPMENT

Baby Sensory Northampton

The Baby Sensory Centre, Green Lodge Barn, Nobottle, Northampton, NN7 4HD. 07512 469881. www.babysensory.com.

- **(0 - 13mths):** 10:00 - 11:00.
- **(0 - 9 mths):** 11:30 - 12:30.

Cost: £8. (book).

Dates: 4 Apr, 25 Apr - 23 May & 6 Jun - 4 Jul.

Hartbeeps Kettering

Orlingbury Village Hall, Orlingbury, Kettering, NN14 1JH. 07506700451. www.hartbeeps.com.

- **Baby Beeps (7 - 15 mths):** 10:50 - 11:35.
- **Baby Bells (2 - 7 mths):** 12:00 - 12:45.

Cost: £8. (book).

Dates: 4 Apr, 25 Apr - 23 May & 6 Jun - 4 Jul.

Little Learners West Northampton & Kettering

Tigers Indoor Play, Leisure Village, Thurston Dr, Kettering NN15 6PB www.littlelearnersuk.com

- **Little Learners:** 10:30 - 11:30

Ages: 5 mths - 5 yrs.

Dates: 4 Apr, 25 Apr - 23 May & 6 Jun - 4 Jul.

Wootton Community Library

Wootton Community Centre, Curtlee Hill, Wootton, Northampton, NN4 6ED. 01604 526363. www.woottonparishcouncil.gov.uk.

• **Rhymetime:** 11:00 - 11:30.

Rhymetime baby and toddler singing session.

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

Dates: 4 Apr - 4 Jul.

CREATIVE

Eat Sleep Bake Repeat

Summerfields, West Hunsbury, Northampton, NN4 9YN. 07985 408289.

www.Eat-sleep-bake-repeat.newzenler.com.

• **AFTER SCHOOL:** 16:30 - 17:15.

Ages: 4 - 11 yrs.

Dates: 4 Apr, 25 Apr - 23 May & 6 Jun - 4 Jul.

Weston Favell Library

Unit 35, Weston Favell Shopping Centre, Northampton, NN4 8JZ.

www.westnorthants.gov.uk.

• **Rhyme Time:** 10:00 - 10:30.

A fun interactive singing session. First come first served.

Ages: 1 - 5 yrs. **Cost:** Free (*book*).

Dates: 4 Apr - 4 Jul.

PHYSICAL FUN

Little Kickers Northampton Daventry & Rugby

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

• **Little Kickers**

Pre-school football classes from 18months

Times: 9:55 - 10:35. **Ages:** 1 ½ yrs - 2 ½ yrs.

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

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

Cost: £7.49. (*book*).

Dates: 4 Apr - 11 Apr & 2 May - 4 Jul.

Northampton County Lawn Tennis Club

Northampton County Lawn Tennis Club, 54b Church Way, Weston Favell, Northampton, NN3 3BX. 07766557122.

• **Tiny Tots Tennis:** 13:30 - 14:15.

Ages: 2 yrs 6 mths - 5 yrs. **Cost:** £5. (*book*).

Dates: 4 Apr, 25 Apr - 23 May & 6 Jun - 4 Jul.

Northampton Gymnastics Academy

10 North Portway Close, Round Spinney Industrial Estate, Northampton, NN3 8RQ. 01604 461242.

• **Explore & Play @ NGA:** 10:00 - 11:30.

Swing, jump, bounce and enjoy gym equipment!

Ages: 0 - 5 yrs. **Cost:** £6.50. (*book*).

Dates: 4 Apr & 25 Apr - 4 Jul.



Football fun

for 18 months–7 year olds

www.LittleKickers.co.uk

Learning the
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of Football

To get the ball rolling...**BOOK NOW!**

Via our website: www.LittleKickers.co.uk

Call Coach Lynne & Antony: 01327 705915

LittleKickers Northampton, Daventry & Rugby

SWIMMING

Aqualight Swim School - Barry Road

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

• **4-5 years:** 16:00 - 16:30.

• **3-5 years:** 16:30 - 17:00 & 17:00 - 17:30.

Cost: £12.35. (*book*).

Dates: 4 Apr, 25 Apr - 23 May & 6 Jun - 4 Jul.

Aqualight Swim School - Headlands

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

• **2.5 - 4 years:** 11:15 - 11:45.

• **1-2 years:** 11:45 - 12:15.

Cost: £12.35. (*book*).

Dates: 4 Apr, 25 Apr - 23 May & 6 Jun - 4 Jul.





Fun Spanish for children 0-11 y

Venue classes & online

We bring languages to life through amazing adventures. Come and be a pirate for the day, visit the circus or explore a world of magical creatures.

Book a 3 week trial for £15 on our website

kidsingo.co.uk/area/spanish-classes-northampton-nw-towcester-winey/

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SATURDAY

CREATIVE

Eat Sleep Bake Repeat

Summerfields, West Hunsbury, Northampton, NN4 9YN. 07985 408289.

www.Eat-sleep-bake-repeat.newzenler.com.

• **Saturday Kitchen:** 10:00 - 10:45 & 11:15 - 12:00.

Ages: 2 - 11 yrs. **Dates:** 5 Apr.

DANCE & DRAMA

Oncore Dance Academy

Oncore Studios, Footshape House, Kingsthorpe Road, Northampton, NN2 6HT. 07971 824 759 or 07894 667 333. www.oncoredanceacademy.co.uk.

• **Baby Ballet:** 9:00 - 9:45. **Ages:** 3 - 4 yrs.

Free trial class. Quote 'Toddle About' when booking.

• **Pre-Primary 1 Ballet:** 9:45 - 10:30. **Ages:** 4 - 5 yrs.

• **Tip Tap Toe Beginners Tap:** 10:30 - 11:15.

Ages: 4 - 5 yrs.

Dates: 26 Apr - 17 May & 7 Jun - 5 Jul.

TINY TOTS TENNIS

Come join the FUN learn about the game and develop fundamental skills aimed at 2½ - 5 years.

Tuesday: 10-10.45am

Friday: 1:30-2.15pm (term time).

Limited spaces available.

To book, please contact:

Laura Mineards: 07766 557 122

Northampton County Lawn Tennis Club,
54b Church Way, Weston Favell, Northampton.

lauramineards@yahoo.co.uk

PHYSICAL FUN

Rugbytots Banbury, Towcester & Northampton

Caroline Chisholm School, Wooldale Rd, Wootton, Northampton, NN4 6TP. 0345 313 0286.

www.rugbytots.co.uk.

• **Free Tasters Available:** 8:25 - 8:55, 9:00 - 9:45, 9:50 - 10:35 & 10:40 - 11:10.

Rugby classes for ages 2-5

Ages: 2 yrs - 3 yrs 6 mths.

• **Ages 2-3.5:** 8:30 - 9:00 & 11:00 - 11:30.

• **Ages 3.5-5:** 9:15 - 10:00 & 11:45 - 12:30.

• **Ages 5-7:** 10:10 - 10:55.

Cost: £7.50. (book).

Dates: 26 Apr - 17 May & 7 Jun - 5 Jul.

SWIMMING

Aqualight Swim School - Barry Road

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

www.aqualightbabies.co.uk.

• **3 - 5 years:** 12:00 - 12:30 & 12:30 - 13:00.

• **2 - 3 years:** 13:30 - 14:00 & 15:00 - 15:30.

• **18 mths - 2 years:** 14:00 - 14:30 & 15:30 - 16:00.

Cost: £12.35. (book).

Dates: 26 Apr - 17 May & 7 Jun - 5 Jul.

Aqualight Swim School - Headlands

Headlands Primary School, Bushland Road, Northampton, NN3 2NS. 01604 830405.

www.aqualightbabies.co.uk.

• **3-4 years:** 9:30 - 10:00, 10:30 - 11:00 & 11:30 - 12:00

• **2-3 years:** 10:00 - 10:30 & 11:00 - 11:30.

Cost: £12.35. (book).

Dates: 26 Apr - 17 May & 7 Jun - 5 Jul.

Aqualight Swim School - NSG

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

- **3 - 4 years:** 13:00 - 13:30, 14:00 - 14:30 & 16:15 - 16:45.
- **0 - 5 years:** 13:30 - 14:00, 14:30 - 15:00, 15:15 - 15:45 & 15:45 - 16:15.

Cost: £12.35. (book). **Dates:** 26 Apr - 17 May & 7 Jun - 5 Jul.

Aqualight Swim School - The Beehive

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

- **8-12 months:** 8:30 - 9:00 & 10:30 - 11:00.
- **4 - 8 months:** 9:00 - 9:30 & 10:00 - 10:30.
- **6-12 months:** 9:30 - 10:00
- **0-4 months:** 11:00 - 11:30 & 11:30 - 12:00.

Cost: £13.40. (book).

Dates: 26 Apr - 17 May & 7 Jun - 5 Jul.

Everyone Active Moulton Leisure Centre

Moulton Leisure Centre, Chris Moody Centre, Gate 4, Moulton, NN3 7QL. 01604 492222.
www.everyoneactive.com.

- **Adult & Child (4 - 18 months):** 8:30 - 9:00.

Cost: £9.58. (book).

- **Pre School Stage 1 (3 - 5yrs):** 9:15 - 9:45 & 10:45 - 11:15.

- **Adult & Child (19 months- 3½ yrs):** 10:15 - 10:45.

Dates: 26 Apr - 5 Jul. **Cost:** £9.01. (book).

SUNDAY

SENSORY & DEVELOPMENT

Kidslingo Spanish Northants, Towcester & Olney

Caroline Chisholm School, Wooldale Rd, Northampton, NN4 6TP. 07772536338.
www.kidslingo.co.uk.

Multi-award-winning fun Spanish classes 18m-4yrs

- **Kidslingo Fun Spanish Class**

Times: 9:00 - 9:30. **Ages:** 18 mths - 4 yrs 11 mths. **Cost:** £4. (book).

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

- **Kidslingo Full immersion fun Spanish class:** 10:20 - 10:50. **Ages:** 4 - 7 yrs.

- **Kidslingo Fun Spanish Class:** 11:05 - 11:45.

Ages: 7 - 11 yrs. **Cost:** £5. (book).

Dates: 30 Mar, 27 Apr - 18 May & 8 Jun - 6 Jul.



PHYSICAL FUN

Little Kickers Northampton Daventry & Rugby

Kingsthorpe College, Boughton Green Road, Northampton, NN2 7HR. 01327 705915.
www.littlekickers.co.uk.

- **3 ½ - 5 years:** 8:30 - 9:15, 9:25 - 10:10 & 11:15 - 12:00.
- **5 - 7 years:** 9:25 - 10:10 & 10:20 - 11:05. 11:15 - 12:00.
- **2½ - 3½ years:** 9:25 - 10:10.
- **1 ½ - 2½:** 8:30 - 9:10 & 9:30 - 10:10.

Cost: £7.49. (book)

Dates: 30 Mar - 13 Apr & 4 May - 6 Jul.

SWIMMING

Aqualight Swim School - Barry Road

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

- **3 - 5 years:** 8:30 - 9:00, 9:00 - 9:30, 9:30 - 10:00, 10:00 - 10:30 & 11:30 - 12:00.
- **3 - 4 years:** 9:00 - 9:30 & 10:30 - 11:00.
- **4 - 5 years:** 11:00 - 11:30.

Cost: £12.35. (book).

Dates: 30 Mar, 27 Apr - 18 May & 8 Jun - 6 Jul.



SOUTH NORTHANTS AREA

MONDAY

PARENTS & TOTS

Strong Start

Strong Start offer free groups for families with children under 5 in Northamptonshire.

For details, please email

strongstartteam@westnorthants.gov.uk

MUSIC & SIGNING

Cha Char Chimps - Towcester

Syresham Village Hall, Main Road, Syresham, NN13 5HE

• **0-5's:** 10:00 - 11:00.

Cost: £7 (book).

Dates: 31 Mar - 7 July.

Towcester Library

Towcester Library, The Forum, Moat Lane, Towcester, NN12 6AD. 0300 126 7000.

www.westnorthants.gov.uk.

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

Ages: 0 - 1 yrs. **Cost:** Free (book).

Dates: 31 Mar - 30 Jun.

TUESDAY

PARENTS & TOTS

Litchborough Play Time Group

Litchborough Village Hall, Northampton Road, Litchborough, NN12 8JA. 01327 830364.

Times: 9:30 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** £2.

(drop in). **Dates:** 1 Apr, 22 Apr - 20 May & 3 Jun - 1 Jul.

MUSIC & SIGNING

Brackley Library

Brackley Library, Manor Road, Brackley, NN13 6AJ. 0300 126 7000.

www.westnorthants.gov.uk.

• **Rhymetime:** 10:00 - 10:30 & 11:00 - 11:30.

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

Dates: 1 Apr - 1 Jul.

Cha Char Chimps - Towcester

Greens Norton Community Centre, Towcester Road, Greens Norton, NN12 8BL

• **0-5's:** 10:00 - 11:00.

Cost: £7 (book). **Dates:** 8 Apr - 1 Jul.

Ragdolly Annas

Tove Valley Centre, Northampton Road, Towcester, NN12 7AH. 07989 713745.

www.ragdollyannas.co.uk.

• **Ragdolly Annas Towcester:** 10:00 - 10:45.

High energy, music and rhyme activity for the 0-5's

Ages: 0 - 5 mths. **Cost:** £7.95. (book).

Dates: 22 Apr - 20 May & 3 Jun - 1 Jul.

Towcester Library

Towcester Library, The Forum, Moat Lane, Towcester, NN12 6AD. 0300 126 7000.

www.westnorthants.gov.uk.

• **Explore-a-Story:** 11:00 - 11:30.

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

Dates: 1 Apr - 1 Jul.

CREATIVE

Little Lambs Baby and Toddler Group

St Nicholas Church, Church Lane, Potterspurty, Towcester, NN12 7PU.

• **Little Lambs Babies & Toddlers:** 9:00 - 11:15.

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

Dates: 1 Apr, 22 Apr - 20 May & 3 Jun - 1 Jul.

WEDNESDAY

PARENTS & TOTS

Little Fishes Playtime

Baptist Church, Waynflete Close, Brackley, NN13 6AE. www.brackleybaptist.org.uk.

Times: 9:15 - 11:00. **Ages:** 0 - 4 yrs.

Cost: Free (drop in).

Dates: 2 Apr, 23 Apr - 21 May & 4 Jun - 2 Jul.

Tots @ TVC

Tove Valley Centre, Northampton Road, Towcester, NN12 7AH. Jane: 07713034845.

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

Cost: £2. (drop in).

Dates: 2 Apr, 23 Apr - 21 May & 4 Jun - 2 Jul.

MUSIC & SIGNING

Roade Library

Roade Library, High Street, Roade, Northampton, NN7 2NW. 0300 1261000.

www.northamptonshire.gov.uk.

• **Rhymetime:** 11:00 - 11:30.

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

Dates: 2 Apr - 2 Jul.



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hello@swimworks.co.uk | www.swimworks.co.uk

SENSORY & DEVELOPMENT

Hartbeeps Kettering

Thrapston Plaza, Cosy Nook, Thrapston, NN14 4PS. 07506700451. www.hartbeeps.com.

- **Happy House:** 9:45 - 10:30. **Ages:** 15 mths - 5yrs.
- **Baby Beeps:** 10:50 - 11:35. **Ages:** 7 - 15 mths
- **Baby Bells:** 12:00 - 12:45. **Ages:** 2 - 7 mths.

Cost: £8. (book).

Dates: 2 Apr, 23 Apr - 21 May & 4 Jun - 2 Jul.

THURSDAY

PARENTS & TOTS

Denton Village Tots

Denton Village Hall, Vicarage Lane, Denton, Northampton, NN7 1DT.

Times: 9:30 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £2.50. (drop in). **Dates:** 3 Apr, 24 Apr - 22 May & 5 Jun - 3 Jul.

Tove Benefice - St Bartholomew's

St Bartholomew's Church, Church View, Greens Norton, NN12 8DL. 01327 350459. www.tovebenefice.org.uk.

- **Tots Own Tea and Toast:** 9:00 - 10:30.

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

Dates: 3 Apr, 24 Apr - 22 May & 5 Jun - 3 Jul.




Classes in the East Northants area, see website for your nearest venue

BLOOM BABY CLASSES

WWW.BLOOMBABYCLASSES.COM

@BLOOMEASTNORTHANTSBABYCLASSES

eastnorthants@bloombabyclasses.com 07717364204

Tove Benefice - St Lawrence

St Lawrence Church, Moat Lane, Towcester, NN12 6YY. 01327 350459.

www.tovebenefice.org.uk.

- **Little Sprouts:** 9:30 - 11:00.

Parent and child group for under 5's

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

Dates: 3 Apr, 24 Apr - 22 May & 5 Jun - 3 Jul.

Strong Start

Strong Start offer free groups for families with children under 5 in Northamptonshire.

For details, please email

strongstartteam@westnorthants.gov.uk

MUSIC & SIGNING

Brackley Library

Manor Road, Brackley, NN13 6AJ. 0300 126 7000. www.westnorthants.gov.uk.

- **Explore A Story:** 10:00 - 10:30.

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

Dates: 3 Apr - 3 Jul.

Cha Char Chimps - Towcester

Whittlebury Reading Rooms, High Street, Whittlebury, NN12 8XJ

- **0-5's:** 10:00 - 11:00.

Cost: £7 (book). **Dates:** 3 Apr - 3 Jul.

Sing and Sign - Towcester, Daventry & Northampton

Pattishall Parish Hall, 44 School Road, Astcote, Towcester, NN12 8NN. 07506257073. www.singandsign.co.uk.

- **Babes - up to 6 months:** 12:00 - 12:30.

Supporting your baby's communication from the early days

- **Babies - 6-14 months:** 13:30 - 14:15.

Signing Baby class - develop communication pre-speech

- **Toddlers 13-30 months:** 10:15 - 11:00.

Signing Toddler class - develop communication pre-speech

Dates: 3 Apr, 24 Apr - 22 May & 5 Jun - 3 Jul.

Cost: £7.50. (book).

Sing and Sign Banbury, Bicester, Brackley & Buckingham

Charlton - The Old Farmyard, The Old Farmyard, Charlton, NN13 5PJ. 07771550335.
www.singandsign.co.uk.

• **Sing and Sign Babies:** 12:00 - 12:45.
A gentle music and sensory class for babies from birth
Ages: 0 - 6 mths. **Cost:** £8. (book).
Dates: 1 May - 22 May & 5 Jun - 3 Jul.

Towcester Library

Towcester Library, The Forum, Moat Lane, Towcester, NN12 6AD. 0300 126 7000.
www.westnorthants.gov.uk.

• **Rhymetime:** 10:30 - 11:00. **Ages:** 0 - 5 yrs.
• **Colour & Chill:** 15:30 - 17:00. **Ages:** 0 - 7 yrs.
Cost: Free (book). **Dates:** 3 Apr - 3 Jul.

FRIDAY

PARENTS & TOTS

Blisworth Baptist Church

Blisworth Baptist Church, Chapel Lane, Blisworth, NN7 3BU. 01604918405.
www.blisworthbaptistchurch.org.

• **Toddlers & Tea:** 10:00 - 12:00.
FREE group. 10-12 Fridays.

Ages: 5 mths. **Cost:** Free (drop in).
Dates: 4 Apr - 30 May & 4 Apr - 4 Jul.

Silverstone Tiggers

Silverstone Methodist Chapel, Murswell Lane, Silverstone, NN12 8UT.

• **Tiggers:** 9:15 - 11:00.
Ages: 0 - 5 yrs. **Cost:** £2. (drop in).
Dates: 4 Apr, 25 Apr - 23 May & 6 Jun - 4 Jul.

MUSIC & SIGNING

Cha Char Chimps - Towcester

Tove Valley Centre, Northampton Road, Towcester, NN12 7AH www.ccchimps.com

• **0-5's:** 10:00 - 11:00. **Cost:** £7 (book).
• **Non-walkers:** 11:30 - 12:30. **Cost:** £7.50 (book).

Ragdolly Annas

Road Village Hall, Bailey Brooks Lane, Road, NN7 2LS. 07989 713745.
www.ragdollyannas.co.uk.

• **Ragdolly Annas Road:** 10:15 - 11:00.
High energy, music and rhyme activity for the 0-5's
Ages: 0 - 5 yrs. **Cost:** £7.95. (book).
Dates: 25 Apr - 23 May & 6 Jun - 4 Jul.

SENSORY & DEVELOPMENT

Cogenhoe Primary School Forest Tots

Cogenhoe Primary School, Cogenhoe, York Avenue, Northampton, NN7 1NB. 01604 890380. www.cogenhoeprimary.co.uk.

• **Forest Tots: Public Forest school explore session:** 10:00 - 11:30.
Ages: 1 yrs 6 mths - 5 yrs. **Cost:** £7. (book).
Dates: 4 Apr, 25 Apr - 23 May & 6 Jun - 4 Jul.

SATURDAY

MUSIC & SIGNING

Sing and Sign - Towcester, Daventry & Northampton

Pattishall Parish Hall, 44 School Road, Astcote, Towcester, NN12 8NN. 07506257073.
www.singandsign.co.uk.

• **Toddlers 13-30 months:** 10:15 - 11:00.
Signing Toddler class - develop communication pre-speech
Cost: £7.50. (book).

Dates: 5 Apr, 26 Apr - 17 May & 7 Jun - 5 Jul.

Towcester Library

Towcester Library, The Forum, Moat Lane, Towcester, NN12 6AD. 0300 126 7000.
www.westnorthants.gov.uk.

• **Saturday Crafts:** 10:30 - 12:00.
Ages: 3 - 11 yrs. **Cost:** Free (drop in).
Dates: 5 Apr - 5 Jul.

SUNDAY

PHYSICAL FUN

Rugbytots Banbury, Towcester & Northampton

The Gateway School, St Johns Rd, Tiffield, Towcester, NN12 8AA. 0345 313 0286.
www.rugbytots.co.uk.

• **2-3½ years:** 8:25 - 8:55, 9:00 - 9:45, 9:50 - 10:35, 10:40 - 11:10 & 11:15 - 12:00.
• **3½-5 years:** 9:00 - 9:45 & 11:15 - 12:00.
• **5-7 years:** 9:50 - 10:35.

Cost: £7.50. (book).
Dates: 27 Apr - 18 May & 8 Jun - 6 Jul.



DAVENTRY AREA

MONDAY

MUSIC & SIGNING

Boogie Beansies

Daventry Community, Centre Ashby Road,
Daventry, NN11 9QD. 07766 731542.

www.boogiebeansies.com.

Times: 10:00 - 11:00. **Ages:** 0 - 5 yrs. **Cost:** £5.
(book). **Dates:** 31 Mar, 28 Apr, 12 May - 19 May &
2 Jun - 7th Jul.

Daventry Library

The Abbey Centre, St John's Square, Daventry,
NN11 4XG. 0300 126 7000.

• **Under 1's Fun:** 11:00 - 11:45.

Ages: 0 - 1 yrs. **Cost:** Free. **Dates:** 31 Mar - 30 Jun.

Rhythm Time Coventry, Rugby
and West Northants

Watford Village Hall, Station Road, Watford,
Northampton, NN6 7UY. 07591720345.

www.rhythmtime.net.

• **Baby Class:** 10:45 - 11:15.

Ages: 2 - 13 mths. **Cost:** £7.01. (book).

Dates: 31 Mar & 28 Apr - 7th Jul.

PHYSICAL FUN

Little Kickers Northampton
Daventry & Rugby

Daventry Leisure Centre, Lodge Road, Daventry,
NN11 4FP. 01327 705915.

www.littlekickers.co.uk.

• **Little Kicks** 1½ - 2½yrs, 9:20am - 10:00am,

• **Junior Kickers** 2½ - 3½ yrs, 9:20am - 10:05am

• **Mighty Kickers** 3½ - 5yrs, 10:15am - 11:00am

Cost: £7.49. (book).

Dates: 31 Mar - 7 Apr & 28 Apr - 7th Jul

SWIMMING

Everyone Active Daventry Leisure
Centre

Daventry Leisure Centre, Lodge Road, Daventry,
NN11 4FP. 01327 871144.

www.everyoneactive.com.

• **Preschool Stage 1:** 9:45 - 10:15, 10:45 -

11:15, 15:45 - 16:15 & 17:00 - 17:30.

Ages: 3 - 5 yrs.

• **Preschool Stage 2:** 10:15 - 10:45. **Ages:** 3 - 5 yrs.

• **Adult and Child (19 - 3½ yrs):** 10:30 - 11:00,
11:00 - 11:30 & 16:30 - 17:00.

• **Adult and Child (4 - 18 months):** 10:30 -
11:00, 11:30 - 12:00 & 15:30 - 16:00.

Cost: £8.44. (book).

Dates: 31 Mar - 7th Jul

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www.boogiebeansies.com



Turtle Tots Daventry and Rugby

Mercure Daventry Court Hotel, Sedgemoor Way,
Daventry, NN11 0SG. 07972772922.

www.turtletots.com.

• **Turtle Tots:** 10:00 - 14:00.

30 min sessions

Ages: 3 mths - 4 yrs. **Cost:** £14. (book). **Dates:** 31

Mar, 28 Apr, 12 May - 19 May & 2 Jun - 30 Jun.

OTHER

Northampton and Lamport Railway

Pitsford and Brampton Station, Pitsford Road,
Chapel Brampton, Northampton, NN6 8BA.

01604 820327. www.nlr.org.uk.

• **Easter Egg Specials:** 10:00 - 15:00.

Ages: 0 - 99 yrs. **Cost:** £7. (book). **Dates:** 21 Apr.

• **Bluey Weekend:** 10:00 - 15:00.

Ages: 0 - 99 yrs. **Cost:** £8.50. (book).

Dates: 26 May.





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ICAP

MUSIC & SIGNING

Daventry Library

The Abbey Centre, St John's Square, Daventry, NN11 4XG. 0300 126 7000.

- **Rhymetime:** 10:15 - 10:45.

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

Dates: 1 Apr - 1 Jul.

Rhythm Time Coventry, Rugby and West Northants

Watford Village Hall, Station Road, Watford, Northampton, NN6 7UY. 07591720345.

www.rhythmtime.net.

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

Cost £7.01., booking is essential

Ages: 1 - 3 yrs. **Cost:** £7.01. (book). **Dates:** 1 Apr - 8 Apr & 29 Apr - 1 Jul.

Sing and Sign - Towcester, Daventry & Northampton

Cedar Grove Clinic, Daventry, 1 8 High March, High March Industrial Estate, Daventry, Nn11 4HB. 07506257073. www.singandsign.co.uk.

- **Babies - 6-14 months:** 10:15 - 11:00.

Communication for little ones before they can talk

Cost: £7.50. (book). **Dates:** 1 Apr - 9th Jul

SWIMMING

Everyone Active Daventry Leisure Centre

Daventry Leisure Centre, Lodge Road, Daventry, NN11 4FP. 01327 871144.

www.everyoneactive.com.

- **Preschool Stage 1:** 10:00 - 10:30. **Ages:** 3 - 5 yrs.
- **Preschool Stage 2:** 10:30 - 11:00. **Ages:** 3 - 5 yrs.
- **Adult and Child (19 - 3½ yrs):** 11:00 - 11:30.

Cost: £8.44. (book).

Dates: 2 Apr - 9th Jul.



TUESDAY

PARENTS & TOTS

Brixworth Library

Brixworth Library, Spratton Road, Brixworth, NN6 9DS. 0300 126 7000.

www.westnorthants.gov.uk.

- **Explore a Story:** 10:00 - 10:30.

Interactive story time with activities

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

Dates: 1 Apr & 22 Apr - 1 Jul.

Long Buckby Little Rascals

Long Buckby Baptist Church, Market Place, Long Buckby, NN6 7RR. 01327 842587.

www.longbuckbybaptist.org.uk.

Times: 9:00 - 11:00. **Ages:** 0 - 5 yrs. **Cost:** Free (drop in).

Dates: 1 Apr, 22 Apr - 20 May & 3 Jun - 1 Jul.

Strong Start

Strong Start offer free groups for families with children under 5 in Northamptonshire.

For details, please email

strongstartteam@westnorthants.gov.uk

WEDNESDAY

PARENTS & TOTS

Brixworth Library

Brixworth Library, Spratton Road, Brixworth, NN6 9DS. 0300 126 7000.

www.westnorthants.gov.uk.

- **Rhyme Time (Booking Online):** 9:30 - 10:00.

Ages: 1 mths - 4 yrs.

- **10:30 Rhyme Time (Drop-in):** 10:30 - 11:00.

Ages: 1 mths - 4 yrs.

Dates: 2 Apr, 23 Apr - 21 May & 4 Jun - 2 Jul.

- **Under Ones Fun:** 10:30 - 12:00.

Session for babies to explore and learn through play

Ages: 0 - 1 yrs. **Dates:** 2 Apr. **Cost:** Free (book).

SENSORY & DEVELOPMENT

Little Learners West Northampton & Kettering

Norton Village Hall, Norton, NN7 4HD.
www.littlelearnersuk.com

• **Little Learners:** 10:30 - 11:30

Ages: 5 mths - 5 yrs.

Dates: 2 Apr, 23 Apr - 21 May & 4 Jun - 2 Jul.

SWIMMING

Everyone Active Daventry Leisure Centre

Daventry Leisure Centre, Lodge Road, Daventry, NN11 4FP. 01327 871144.

www.everyoneactive.com.

• **Preschool Stage 1:** 16:15 - 16:45.

Ages: 3 - 5 yrs. **Cost:** £8.44. (book).

Dates: 2 Apr - 9th Jul.

THURSDAY

PARENTS & TOTS

Brixworth Library

Brixworth Library, Spratton Road, Brixworth, NN6 9DS. 0300 126 7000.

www.westnorthants.gov.uk.

• **Under Ones Fun:** 10:30 - 12:00.

Ages: 0 - 1 yrs. **Cost:** Free (drop in).

Dates: 24 Apr - 22 May & 5 Jun - 3 Jul.

Byfield Baby & Toddler Group

Byfield Village Hall, The Green, Byfield, NN11 6WT.

Times: 10:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £2.

Dates: 3 Apr, 24 Apr - 22 May & 5 Jun - 3 Jul.

Welton Playgroup

Welton Village Hall, High Street, Welton, Daventry, NN11 2JP.

• **Summer Term April 2024:** 9:30 - 11:30.

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

Dates: 3 Apr, 24 Apr - 22 May & 5 Jun - 3 Jul.

MUSIC & SIGNING

Boogie Beanies

Daventry Town Football Club, Browns Road, Daventry, NN11 4NS. 07766 731542.

www.boogiebeanies.com.

Times: 10:00 - 11:00. **Ages:** 0 - 5 yrs. **Cost:** £5. (book).

Dates: 3 Apr, 24 Apr - 22 May & 5 Jun - 3 Jul.

Buckby Library & Hub

Buckby Library & Hub, Station Road, Long Buckby, NN6 7QB. 01604 368274.

www.buckbylibraryhub.org.

• **Stories and Rhymes:** 10:30 - 11:00.

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

Dates: 3 Apr - 3 Jul.



CLASSES IN DAVENTRY & RUGBY

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  @TTSOUTHEASTMIDSANDRUGBY

www.turtletots.com

Daventry Library

Daventry Library, The Abbey Centre, St John's Square, Daventry, NN11 4XG. 0300 126 7000.

• **Preschool Play:** 9:30 - 11:00.

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

Dates: 3 Apr - 3 Jul.

SWIMMING

Everyone Active Daventry Leisure Centre

Lodge Road, Daventry, NN11 4FP. 01327 871144. www.everyoneactive.com.

• **Preschool Stage 1:** 11:30 - 12:00 & 17:00 - 17:30. **Ages:** 3 - 5 yrs.

• **Preschool Stage 2:** 12:30 - 13:00, 16:15 -

16:45 & 16:30 - 17:00. **Ages:** 3 - 5 yrs.

• **Adult and Child (19 - 3½ yrs):** 12:00 - 12:30.

• **Adult and Child (4 - 18 months):** 11:00 - 11:30.

Cost: £8.44. (book). **Dates:** 2 Apr - 9th Jul.

Turtle Tots Daventry and Rugby

Mercury Daventry Court Hotel, Sedgemoor Way, Daventry, NN11 0SG. 07972772922.

www.turtletots.com. 30 min sessions

• **Turtle Tots:** 11:00 - 14:00. **Ages:** 3 mths - 4 yrs.

Cost: £14. **Dates:** 3 Apr, 24 Apr - 22 May & 5 Jun - 3 Jul.

FRIDAY

PARENTS & TOTS

Brixworth Library

Spratton Road, Brixworth, NN6 9DS. 0300 126 7000. www.westnorthants.gov.uk.

• **Pre-School Play:** 10:00 - 11:00. **Ages:** 1 mths - 4 yrs.

Cost: Free.

Dates: 4 Apr, 25 Apr - 23 May & 6 Jun - 4 Jul.

Stay & Play

Long Buckby Community Centre, 41 Station Road, Long Buckby, NN6 7QB.

Times: 9:30 - 11:30. **Ages:** Pregnancy - 5 yrs.

Cost: £1. (*drop in*).

Dates: 4 Apr, 18 Apr - 23 May & 6 Jun - 4 Jul.

Timken Tots

Mayfield Park Sports Club, Royal Star Drive, Timken, Daventry, NN11 9FZ.

Times: 10:00 - 12:00. **Ages:** 0 - 4 yrs.

Cost: £1.50. (*drop in*).

Dates: 4 Apr, 25 Apr - 23 May & 6 Jun - 4 Jul.

Welford Babes and Tots

Welford Community Centre, West Street Playing Fields, Welford, NN6. 07891287626.

• **Babes & Tots:** 9:30 - 11:00. **Ages:** 0 - 5 yrs.

Cost: £2. (*drop in*).

Dates: 4 Apr, 25 Apr - 23 May & 6 Jun - 4 Jul.

MUSIC & SIGNING

Buckby Library & Hub

Station Road, Long Buckby, NN6 7QB. 01604 368274. buckbylibraryhub.org.

• **Rhyme Time:** 10:30 - 11:00. **Ages:** 1 - 5 yrs.

Cost: £1. (*drop in*).

• **Stay and Play:** 14:15 - 15:00.

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

Dates: 4 Apr - 4 Jul.

SWIMMING

Everyone Active Daventry Leisure Centre

Lodge Road, Daventry, NN11 4FP. 01327

871144. www.everyoneactive.com.

• **Preschool Stage 1:** 16:00 - 16:30 & 16:15 - 16:45. **Ages:** 3 - 5 yrs. **Cost:** £8.44. (*book*).

Dates: 2 Apr - 9th Jul.

Turtle Tots Daventry and Rugby

Holiday Inn Rugby, Northampton M1 J18, Crick, NN6 7XR. 07972772922. www.turtletots.com.

• **Turtle Tots:** 10:00 - 12:00.

30 min sessions

Ages: 3 mths - 4 yrs. **Cost:** £14. (*book*).

Dates: 4 Apr, 25 Apr - 23 May & 6 Jun - 4 Jul.

SATURDAY

MUSIC & SIGNING

Boogie Beansies

Daventry Brass Band Hall, Daneholme Close, Daventry, NN11 0PN. 07766 731542.

www.boogiebeansies.com.

Times: 10:30 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £5.

Dates: 26 Apr, 10 May, 7 Jun, 21 Jun & 5 Jul.

SWIMMING

Turtle Tots Daventry and Rugby

Holiday Inn Rugby, Northampton M1 J18, Crick, NN6 7XR. 07972772922. www.turtletots.com.

• **Turtle Tots:** 9:00 - 11:30. 30 min sessions

Ages: 3 mths - 4 yrs. **Cost:** £14. (*book*).

Dates: 26 Apr - 17 May & 7 Jun - 5 Jul.

Turtle Tots Daventry and Rugby

Staverton Park Hotel, Daventry Road, Daventry, NN11 6JT. 07972772922. www.turtletots.com.

• **Turtle Tots:** 10:00 - 14:00.

Ages: 3 mths - 4 yrs. **Cost:** £14. (*book*).

Dates: 26 Apr - 17 May & 7 Jun - 5 Jul.

SUNDAY

SWIMMING

Everyone Active Daventry Leisure Centre

Lodge Road, Daventry, NN11 4FP. 01327

871144. www.everyoneactive.com.

• **Preschool Stage 1:** 8:00 - 8:30, 9:30 - 10:00 & 10:30 - 11:00. **Ages:** 3 - 5 yrs.

• **Preschool Stage 2:** 10:00 - 10:30. **Ages:** 3 - 5 yrs.

• **Adult and Child (4 - 18 months):** 8:30 - 9:00.

Cost: £8.44. (*book*). **Dates:** 30 Mar - 9th Jul.

OTHER

Northampton and Lamport Railway

Pitsford and Brampton Station, Pitsford Road, Chapel Brampton, Northampton, NN6 8BA.

01604 820327. www.nlr.org.uk. **Ages:** 0 - 99 yrs.

• **Mums Go Free (Mother's Day):** 10:00 - 15:00.

Cost: £8.50. (*book*). **Dates:** 30 Mar.

• **Easter Egg Specials:** 10:00 - 15:00.

Cost: £7. (*book*). **Dates:** 20 Apr.

• **Bluey Weekend:** 10:00 - 15:00. **Dates:** 25 May.

• **Dads Go Free (Father's Day):** 10:00 - 15:00.

Dates: 15 Jun. **Cost:** £8.50. (*book*).

Rugby Mum2Mum Market

Daventry Community Centre, Ashby Road, NN11 0QE. www.mum2mummarket.co.uk.

• **Daventry - 27th April 2025 - Nearly New Stalls:** 10:00 - 12:00.

Cost: £2. **Dates:** 27 Apr.

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