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about toddler

MK & Bedford

Jan - Mar 2026

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Craft Ideas

2026
New Years
Events



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WELCOME



TO THE NEW YEAR 2026 ISSUE!

Our New Year Edition is Here!

What an incredible year 2025 turned out to be. We are still glowing after hosting two wonderfully successful Toddle About Baby Shows – one in Milton Keynes and another in Bedford – both filled with energy, learning and joy. Families came together to meet fantastic local businesses, listen to inspiring talks, enjoy hands-on activities, and discover new ways to support their little ones. A heartfelt thank you to everyone who visited, exhibited or helped behind the scenes. Your enthusiasm made these events truly special, and we are excited to bring you even more in 2026.

This New Year edition is full of ideas, advice and inspiration to help you and your family start 2026 feeling confident and uplifted. Here are just a few favourites:

Article from Andy Day (p. 18-19) - celebrating stories for World Book Day, offering lively inspiration to spark your child's love for books.

When Postnatal Recovery Meets Perimenopause (p. 23) - a compassionate look at an often overlooked experience, with guidance for navigating this unique stage.

Crack Potty Training the Fun Way: Make Poo-Doh! (p. 24) - a playful, practical approach to help your toddler master this milestone with more smiles and fewer struggles.

You will also find product recommendations, vouchers, competitions, and expert advice to support and entertain your little ones through the winter months. Whether you are planning local days out or taking a quiet moment with a warm drink, this magazine is here to brighten your season.

From our Toddle About family to yours, **Happy 2026** to you all!

Loving life with little ones,
Joanna OWNER & EDITOR

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Join us on Whatsapp for important updates!



9,000 copies of Toddle About are distributed every quarter all over North Bucks & Beds, including Milton Keynes, Bletchley, Bedford, Buckingham, Newport Pagnell, Olney and surrounding areas.

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Toddle About MK & Bedford Ltd, 89 Western Road, Wolverton, Milton Keynes, MK12 5AY. Call us on 01908 596050.

Follow us for daily updates!



Exciting Baby Show Coming to Milton Keynes This April

We are thrilled to announce that the next **Toddle About Baby Show** is coming to Milton Keynes in collaboration with **The Webber Independent School**. Join us on

Saturday 25th April for a fun-filled day packed with exhibitors, baby essentials, taster classes, expert advice and plenty of family-friendly activities. It's the perfect chance for parents-to-be and young families to discover amazing local services and meet the people behind them. Save the date - you won't want to miss it. [See P.21](#)

Book your family tickets NOW!
toddleabout.co.uk/live-events/milton-keynes



Aptus Fitness Training Share Heart-warming Baby Show Story

At the recent Baby Show in Milton Keynes, Aptus Fitness Training, one of our fantastic exhibitors, experienced a truly special moment. They met a mum they had supported throughout her entire pregnancy, guiding her safely with tailored fitness sessions. She proudly returned to share that she had just welcomed beautiful, healthy twins, Aptus' very first "twin training" success! It's wonderful to see how events like ours bring people together. Aptus Fitness Training continues to offer exceptional support for pregnancy, postnatal and beyond.



Find out more:
www.apтусfitnesstraining.co.uk
 IG: aptuspersonaltraining



Buy & Sell Quality Preloved Baby & Children's Goods

Stalls will be bursting with new and nearly-new baby and children's clothes, toys, equipment and more, suitable from birth to 5 years old. Plus a small selection of local businesses showcasing their products and services. So pop along and grab yourself a bargain. £1.50 entry, kids go free. Or do you need to clean out those cupboards? Then book a stall!

Medbourne Pavilion: Saturday 14th February, 3pm - 4.30pm

Broughton Pavilion: Sunday 22nd March, 11am - 12.30pm

Old Stratford Community Hall: Sunday 19th April, 11am - 12.30pm

For more info, visit www.littlepoppetsprelovedmarket.co.uk.

Steam Into Mother's Day: Free Rides for Mums!

The Northampton & Lamport Railway reopens to the public on Sunday 15th March (Mother's Day), with steam train rides where mums go FREE! For an extra-special Mother's Day treat, we're also offering our popular Cream Tea Specials. Upcoming special events include:

- 5th-6th April – Easter Egg Specials
- 3rd-4th May – Teddy Bear Weekend
- 10th May – Heritage Transport Day

Trains run most Sundays from 29th March to 4th October.

See www.nlr.org.uk for full information, event details and online tickets or follow them on Facebook, Instagram & X.

[See P.25](#)



Open Morning at Thornton College



Thornton College invites families to their Open Morning on Saturday 7 March, 10am–12pm. With up to 30 hours of free funding available, their Pre-Reception class offers an exciting, nurturing education for girls aged 3. The setting provides individual support, differentiated activities, and ambitious Early Years targets to help each child thrive. Come and explore the school, meet the team, and discover what makes Thornton such a special place. To book, email admissions@thorntoncollege.com.

[See P.6](#)

Mum and Baby Nurture Supporting Families in Bedford

Mum and Baby Nurture continues to be a much-loved wellbeing resource for families in Bedford. Offering pregnancy yoga, baby massage, and postnatal yoga, their gentle classes provide a calming space for relaxation, connection, and confidence-building throughout pregnancy and early parenthood. Many local parents value the nurturing atmosphere and sense of community these sessions create. A wonderful option for anyone looking for mindful movement, bonding time with baby, and supportive guidance during the journey into motherhood. Thornton College Open Morning – 7 March. Find out more at: www.mumbabynurture.com

[See P.36](#)



Ashfold Becomes Part of The Stowe Group Family



In 2025, Ashfold prep school near Bicester joined Stowe, Swanbourne House and Winchester House as part of The Stowe Group. Together, the schools provide independent education for ages 3–18 across more than 800 acres of exceptional facilities, including Stowe's Worsley Science Centre, Roxburgh Theatre, Chung Music School, athletics track, gym, equestrian centre, competition pool and golf course. Regular Change Maker Days bring pupils together for inspiring workshops and adventures.

Find out more at www.stowe.co.uk

Soft-Play Fun at Playhouse Bedford



Playhouse Bedford continues to be a much-loved soft-play destination for families in the area. Designed for children up to 10 years old, it offers dedicated zones for babies, toddlers and older children, giving everyone a safe and engaging space to play. With climbing frames, slides, tunnels and plenty of room to explore, it is perfect for active indoor fun. Parents can relax in the on-site café, and the venue also offers party hire and free parking for easy visits.

More information at www.playhousebedford.com



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- Stephanie



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Valid until 31st Mar 2026.

OPEN MORNING

Saturday March 7th (10am - 12pm)

THORNTONCOLLEGE.COM



THORNTON

With up to 30 hours of free funding, at Thornton College we offer a Pre-Reception education full of wonder and excitement for girls aged 3 years old.

Thornton's Pre-Reception class caters for individual needs and offers lots of differentiation within the activities to support and challenge those girls who are more able at this young age. Ambitious targets are set with the intention of achieving all Early Years Learning goals by the end of their Reception Class year.

To book a place please email admissions@thorntoncollege.com



Thornton College, Thornton, Milton Keynes, MK17 OHJ Tel: 01280 812610

NEW YEAR Days Out

JAN/
FEB

LAND OF LIGHTS LANTERN FESTIVAL

Gulliver's Park, Sat's & Sun's

A bright outdoor lantern trail featuring colourful displays and gentle family-friendly atmosphere perfect for young children.

Gulliver's Dinosaur & Farm Park, MK15 0DT

miltonkeynes.landoflights.co.uk

Cost: Adult & Child (3-15) £23, Infant (0-2) Free.

JAN
10

TODDLE EXHIBITION TOUR

MK Gallery, 10am

Interactive art tour encouraging young children to explore exhibitions through playful sensory activities and movement.

MK Gallery, MK9 3QA

www.mkgallery.org

Cost: Family Ticket £7



JAN/
FEB

BABY SONGS AND RHYMES

MK Central Library, Tuesdays 10am

Gentle singing session introducing babies to rhyme, rhyme, early language skills and bonding with participating carers. Tuesdays 13th Jan to 3rd Feb.

Central Library, 555 Silbury Blvd, MK9 3HL

www.milton-keynes.gov.uk/events/U2s-songs

Cost: Free

FEB
8

PUBLIC TREE PLANTING DAY

College Wood, 11am-3pm

Expect muddy boots, hot drinks, tools provided, and a chance to help wildlife thrive, while creating a woodland that will grow for years to come!

College Wood, Silsoe, Bedfordshire

www.marstonvale.org/events

Cost: Free

JAN/
FEB

PUGGLE CLUB – EARLY YEARS CRAFTS

The Higgins Bedford, 10:30am & 1pm

Creative craft session offering hands-on themed activities, gentle guidance and enjoyable exploration for early years children.

The Higgins Bedford, Castle Lane, MK40 3XD

www.thehigginsbedford.org.uk

Cost: Free

FEB
14-22

LAMBING SEASON @ THRIFT FARM

Thrift Farm, check online for times

Meet adorable newborn lambs, explore the barn, and enjoy fun farm adventures at Thrift Farm this half-term.

Buckingham Road, Whaddon, MK17 0EQ

www.thrift-farm.co.uk

Cost: Check website for details

FEB
16

AFTERNOON TEA WITH THE PRINCESSES

Forest of Marston Vale, 12pm & 3pm

Don't miss this exciting opportunity to join in for a special afternoon tea with none other than Sleeping Beauty and Princess Beauty!

The Forest Centre, Marston Moretaine, MK43 0PR

www.marstonvale.org/events

Cost: £15

MAR/
APR

LAMBING @ WATERGATE FARM

Watergate Farm, check online for times

Hold newborn lambs, meet calves and pigs, enjoy pony-rides, tractor fun — the perfect spring farm adventure!

Hockliffe, Bedfordshire, LU7 9LN

www.watergatefarmturkeys.com

Cost: £8-10

THIS IS SWANBOURNE SPIRIT

Transformative learning and meaningful experiences beyond the classroom sit at the heart of life at Swanbourne House. Pupils are supported and stretched by dedicated subject experts and benefit from extensive grounds and exceptional sporting facilities, including two astroturfs, a golf course and an indoor pool. For our youngest learners joining Nursery or Reception, the Manor House provides an inspiring start, with small class sizes, specialist co-curricular lessons and outdoor spaces set beside open farmland.

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Valentine's Day Recipe

LOVE BUGS BISCUITS

These chocolate cookies are great fun to make and are delicious!

INGREDIENTS:

50g Soft Butter
50g Caster Sugar
15g Beaten Egg
85g Plain Flour
15g Cocoa Powder

FILLING

15g Chocolate Chips
25g Soft Butter
40g Icing Sugar
15g Soft Brown Sugar
5g Cocoa Powder

DECORATION

50g Icing Sugar
Red Food Colour

Sugar Eyes & Sprinkles

TUTORIAL:

1. Put butter and caster sugar in a bowl & beat together until just creamy.
2. Pour in the beaten egg and combine. Then add the flour & cocoa powder and mix into a ball of dough.
3. Wrap in cling-film and refrigerate for 1 hour.
4. Gently knead on a floured surface. Using a rolling pin, roll out the dough to an even thickness of about 5-7mm.
5. Use a heart shape cutter to cut out 12-14 biscuits.

6. Place your biscuits on a baking tray lined with greaseproof paper. Chill in the fridge for 30 mins. Preheat the oven to 180°C/160°C fan/gas 4.
7. Bake for 12-15 minutes, turning halfway. Leave to cool.
8. Meanwhile, make the chocolate filling. Melt the chocolate chips in sealed bag in a mug of hot water. Put the butter in a bowl and beat until soft and creamy. Add the icing sugar and brown sugar, mixing until fluffy. Add the cocoa powder and melted chocolate & stir.
9. Spread the filling on a heart. Pop a heart on top. Repeat.
10. Mix icing sugar with cold water until toothpaste consistency. Add red colouring to desired shade. Pipe onto each cookie to make wings. Stick on eyes with icing, add sprinkles. Leave to harden and enjoy!



Recipe by Rebecca Honeywell-Ward, founder of Honeywell Bakes, and author of Planet Friendly Baking - available at www.honeywellbakes.com and good book stores.



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TODDLE MODELS



Winner



Stanley, 3 years old



Winner

Amber, 3 years old

Baby and Toddler Photo Competition Winner

Thank you to everyone who entered our Autumn Toddle Models competition!

Congratulations to little Stanley and Amber who **both** won a **Family Ticket to Disney On Ice**, worth £220!

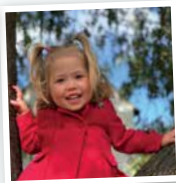
We received so many gorgeous entries - we hope you enjoy looking through them as much as we have and that this gives all our entrants a lovely keepsake.



Find out more at www.disneyonice.com



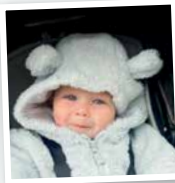
Alisa, 3 years



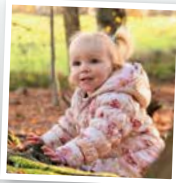
Annabelle, 3 years



Aston, 3 years



Brock, 10 months



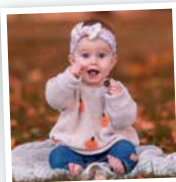
Ivy, 17 months



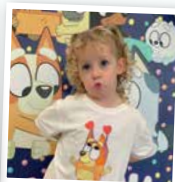
Cooper, 4.5 years



Eesa, 2.5 years



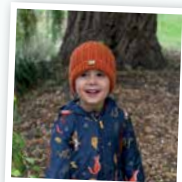
Esmé, 8 months



Essie, 4 years



Daniel, 3 years



Ezra, 3 years



Freddie, 2 years



Grace, 19 months



Harley, 6 years



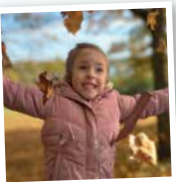
Hayden, 14 Months



Hope, 4.5 years



Irena, 2 years



Isobel, 4 years



Jace, 2 years



Jack, 3 years



Joshua & Molly, 5 & 2 years



Kiara, 11 weeks



Kiara, 5 weeks



Kit, 3



Lily-Mae, 2 years 11 months



Millee and Maxson,
4 & 3 years



Olive, 19 months



Poppy, 3 years



Rex, 3 years



Sia Nikhil, 2 year 5 months



Spencer, 3 years



Wren, 3 years



Zainab, 13 months



Poppy Elizabeth, 3 years



Ziggy, 1 year 9 months

COMPETITION

TODDLE MODELS

WIN A LITTLE TIKES BUNDLE, WORTH £129

THE PRIZE: Win a Creative Construction Workbench, a Creative Chefs™ Waffle Kit, and a Little Tikes Story Dream Machine from Little Tikes.

Budding builders will love the **Creative Construction Workbench**, complete with tools, nails and wood-look foam pieces that can be cut and used for building. **The Creative Chefs™ Waffle Kit** includes play sand, a visual recipe card and waffle moulds for imaginative cooking play.

Finally, the **Little Tikes Story Dream Machine** brings stories to life with read-along narration and projection, encouraging early reading skills. It comes with three classic fairytales: *The Ugly Duckling*, *The Princess and the Pea*, and *The Emperor's New Clothes*.

Follow on socials @officiallittletikesuk.

T&Cs apply - all online at www.toddle.fun/toddlemodels. The winners will be chosen at random.



HOW TO ENTER:

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

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

Enter by **Sun 8th March 2026**.

**WORTH
£129**

ENTER AT:
www.toddle.fun/toddlemodels





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

EMA AND BOO

5.0 ★

Beautifully packaged hamper and the personalised bodysuit was crazy cute. 100% recommended to anyone looking for a special gift hamper for new parents to be.



Dino H

5.0 ★ LITTLE TINKERS PRESCHOOL



All the staff are wonderful with kids and you can tell all the kids love it there! Staff are extremely good at communicating everything to you.

Emily S

5.0 ★

SU MURLEY



Su's visit to our Reception class was fantastic. She brought her story to life with props and an engaging, interactive style that had every child completely absorbed.

Danielle P



PHONICS WITH ROBOT REG

5.0 ★

Claire is incredibly engaging and makes each session fun, interactive, and age-appropriate. It's a great way to bond, learn, and play together.



Josie P

HATCHED

5.0 ★

I really enjoyed my aquanatal class with Hatched. I'm 30 weeks pregnant and it felt great to be doing some exercise without pressure on my joints.



Emma T

5.0 ★

DAISY FIRST AID



The CPR & Defibrillator training was excellent. Lucy presented in a clear personable style which I found easy to follow.

Helen P

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toddling about

MK & Bedford

SPOTLIGHT ON... MUMMY LIFE, LOCAL FUN, HONEST REVIEWS

We have teamed up with local mum vlogger Anisa, from Milton Keynes, to share some of her favourite adventures and activities to try out with your little ones.

Hey, I'm Anisa Kealy, mummy to two beautiful girls and a wifey too. I'm a vlogger from Milton Keynes, sharing all things fun, tasty, and exciting over on my Instagram page, [@amummyandherbeautifulgirls](#). If you head over and give me a follow, you can check out all the local tasty places to eat, drink, and take the little ones. We've had lots of amazing days out right here in Milton Keynes recently, as well as some further afield that I'd love for you to check out too! My top two favourites for the little ones have to be Hogshaw Farm and Tenpin Bowling!



Photos by
Forget Me Not Photography

Let me also tell you all about my **NEW** mummy group, 'Mama's Bubbas & Tots'! This group is very relaxed and perfect for little newborns right up until they start school. It's £10 per session, including cake and coffee, and a lovely way to unwind and socialise. Come and meet other mummies and carers too! My next event is here in Milton Keynes at Willen Lake on the **9th February from 10am till 12pm**, and we'll have lots of fun activities and toys for the babies too! I've got lots more events coming up and I'm really excited for you all to come and join us. Head on over to my Instagram page, give me a follow, and pop me a message to get your spaces booked. Can't wait to see you all :)

Anisa is a mum blogger and the founder of [@amummyandherbeautifulgirls](#). Through her blog, she shares her adventures with her children and days out in and around Milton Keynes.



KUMON

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Available now at www.wriggleease.co.uk



HAPPY, CONFIDENT ME CONVERSATION CARDS, £12.99

This pack of 50 cards gets the conversation flowing - it's the perfect antidote to one-word answers on the school run, family meals and times together. Designed for year-round use, with questions guaranteed to give different responses each day!

www.happyconfident.com

20% Off with code **TOD20**
Exp. 31/3/26



ROLL + GO MEALTIME MAT, £15.99

Designed for busy parents and independent toddlers, the Roll + Go Mealtimes Mat rolls up neatly for easy travel. The non-slip silicone base and curved-edge bowl promote confident self-feeding, while the included spoon and dishwasher-safe design ensure convenient, mess-free and hygienic meals anywhere.

uk.bbox.com



YOUNG BAKER'S CLUB SUBSCRIPTION, £16.99+

Perfect for children aged 2 (with help!) to 12, the Young Bakers Club inspires a love of baking. Each month, you receive a fun baking box filled with pre-weighed ingredients, an easy-to-follow recipe and a craft activity. The packaging is eco-friendly, the results are delicious, and your child learns lifelong skills.

www.honeywellbakes.com



EDURINO BEST-SELLER BUNDLE, £101.94

Fancy turning screen time into meaningful play? With EDURINO, children aged 4-8 learn through interactive adventures in phonics, maths, creativity, emotions and coding using a smart stylus and figurines. Ad-free and educator-approved, it combines fun with learning - trusted by over 400,000 families.

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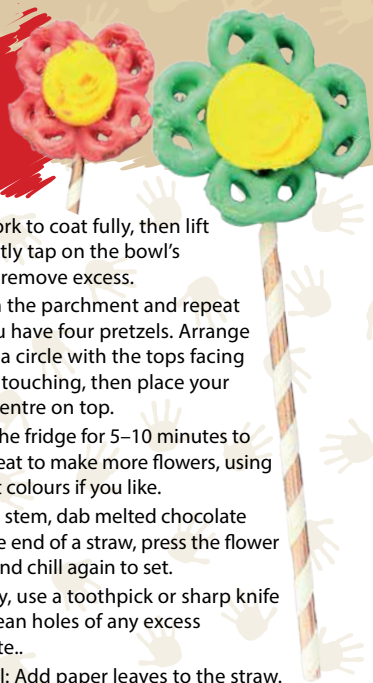
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CHOCOLATE PRETZEL FLOWERS



EQUIPMENT:

- Oven Dish
- Spatula, fork & spoon
- Parchment paper
- Paper straws
- Mixing bowl
- Cut-out paper leaves
- Glue

INGREDIENTS:

- 200g White chocolate
- Food colouring
- Pretzels

INSTRUCTIONS:

1. Lay two sheets of parchment paper on your work surface and prepare your equipment.
2. Place a wrapped chocolate bar in a heatproof dish, cover with boiling water and allow it to melt until smooth.
3. Pour half the melted chocolate into a bowl, add yellow food colouring and mix. Spoon a small amount onto the parchment and spread into a circle (about the size of a 10p) – this will be the flower centre.
4. Melt more chocolate and add your chosen colours for the petals.
5. Dip a pretzel into the coloured chocolate, press it down with a fork to coat fully, then lift and gently tap on the bowl's edge to remove excess.
6. Place on the parchment and repeat until you have four pretzels. Arrange them in a circle with the tops facing out and touching, then place your yellow centre on top.
7. Chill in the fridge for 5–10 minutes to set. Repeat to make more flowers, using different colours if you like.
8. To add a stem, dab melted chocolate onto one end of a straw, press the flower onto it and chill again to set.
9. Once dry, use a toothpick or sharp knife tip to clean holes of any excess chocolate..
10. Optional: Add paper leaves to the straw.

This craft was lovingly prepared for you by Toddle About's very own Lou Holmes. Thanks Lou!



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ANDY'S READING ADVENTURES

by Andy Day



Andy Day, much-loved CBeebies presenter, frontman of *Andy & The Odd Socks* and author of the *Dino Dad* book series, shares how becoming a father has shaped his storytelling, what television taught him about writing for children and why sparking a love of reading is more important than ever.

HOW HAS FATHERHOOD INSPIRED YOUR WRITING?

Becoming a dad has been one of, if not the most, important jobs of my life. I've always loved entertaining children – on screen, on stage and in person – but it's an entirely new level when those children call you 'dad'. My three kids have really inspired me as I've gone on my writing journey, first with the *Dino Dad* series, then with *Dylan the Dino Boy Saves Christmas*, and now with my next few projects.

Of course, I try to encourage my own little ones to love reading as much as I did when I was younger so, when I write, I am keeping them in mind. I always want to write something that they will really enjoy reading. I don't want it to feel like a slog or a chore for any of my young readers (or parents reading to their little ones) to get through my books – I want the stories to be engaging and entertaining, make them laugh out loud if possible and make reading fun.

Having young children definitely impacts the stories I choose to write and the way I write them as well. When writing the *Dino Dad* books for example, I could hear my eldest daughter's voice in my head (and my youngest's, with her cheeky ways!) Those

books are for five to eight year-olds and my own daughter fell within that age range while I was working on that project. So I tried to see the world through her eyes and to capture that world-view in my writing.

Not only that, but I based the characters in *Dino Dad* on my own children. Ruby – the protagonist of the *Dino Dad* series – is also the name of my eldest daughter. Both my daughter and the Ruby in the books are sweet, sensitive souls, but with huge appetites for adventure. Little Indie is based on my younger daughter, also called Indie, with heaps of energy and a knack for getting up to mischief. My little boy Luca is only a baby still, but even he made it into the *Dino Dad* series, with an appearance in *Dino Dad: Mystery of the Missing Egg* – I couldn't leave him out!

HAS YOUR WORK IN CHILDREN'S TV INFLUENCED YOUR WRITING?

People often ask whether working as a children's television presenter helps with writing for children and I think it must. When you spend years creating content aimed at children through a camera lens, you get a pretty good idea of what appeals to them.

TV presenting trains you to think about energy and engagement. Children tune out if something doesn't grab them, and they're not shy about letting you know. That's the great thing about them – they are brutally honest with you all the time: they can't be any different. So I think by now, I've developed a fairly strong sense of what will keep their attention and what won't.

In my job as a presenter, I have to ask myself: Is this fun enough? Is it too complicated? Or not complicated enough? Does it encourage them to join in? Am I teaching them something? Will this spark their imagination? And these are all questions that I apply to my writing too. If you imagine you are reading aloud to a room full of children, it's not all that different from presenting TV for them.

I think that working in kids' TV has also helped to keep me young-minded. There is a wonder in the way that young people view the world that we can lose as we get older, and I think that it's really important to try to reconnect with that hopeful way of viewing the world, where everything is exciting and everything is an opportunity to learn.

And, of course, my role as a TV presenter has helped to launch the opportunity to write children's books for a built-in audience that I love and to reach new audiences as well. For that, I'm very grateful.

DO YOU HAVE ANY TIPS FOR GETTING RELUCTANT READERS INTO BOOKS?

I know that for a lot of parents today, it feels harder and harder to encourage children to pick up a book over an iPad or a tablet. We are living in a period that is so oversaturated by technology – which of course also has its benefits – that it can be surprising to see the power that a good old-fashioned book can still hold.

The fight to encourage a love of reading is a cause which is close to my heart, both as an author and as a father. The statistics on reading for pleasure are shocking and can be discouraging, but I firmly believe there's a book for every child, and a way to help even the most reluctant readers discover the joy of stories.



*Hello! Andy here. If you've enjoyed reading about my storytelling adventures, you might enjoy my books too – the **Dino Dad** series and **Dylan the Dino Boy Saves Christmas** are available to purchase now and are chock full of adventure, energy, and dino-fun! Creating stories is one of my greatest joys, and I hope that my books bring plenty of joy to you too!*



↑ *Dylan the Dino Boy Saves Christmas*

I'm no expert, but a couple of tips I've learned are:

1 Lean into their interests

If your child is obsessed with trains, fairies, sharks, outer space, dogs or DINOSAURS – there is a book for that! Start with those books. When children see themselves or their passions in a story, they're more likely to go back to books for more, in my experience.

2 Get them involved

Nobody likes being talked AT! When reading with your children, give them the chance to really get involved, to immerse themselves in the story. Give characters silly voices to bring them to life. Add sound effects. Pause dramatically. Invite your child to join in by asking them questions about the story or having them take on the role of one of the characters. The more interactive, the better!

3 Don't make it a chore

If reading turns into a battle, take a step back. It's important to keep the fun alive! Not everyone comes to reading at the same pace. Offer up a book as a fun alternative to other modes of entertainment, rather than something they *have* to do. If they feel forced, chances are they will resist the wonder that is reading! Let them choose the book (even if it's the same book for the twentieth night in a row) and let them come to it in their own time.



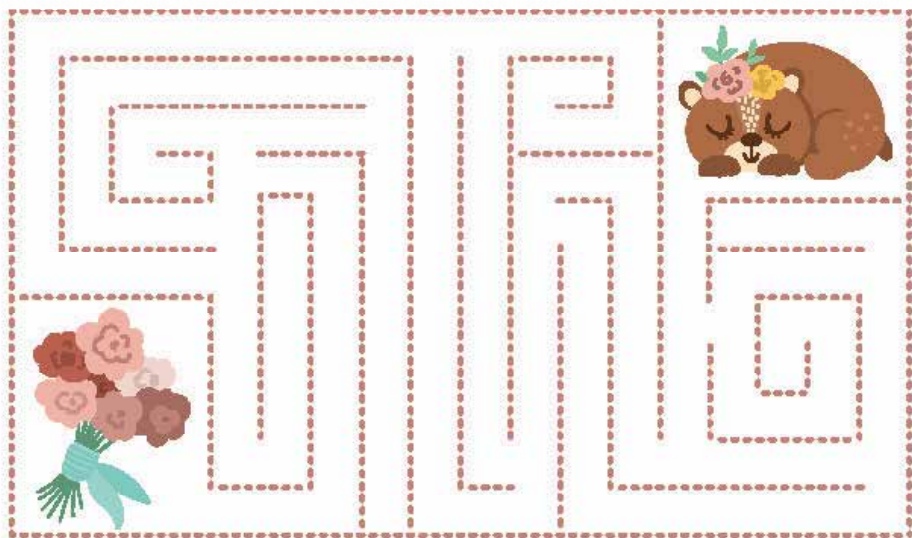
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CAN YOU GET THE FLOWERS TO
MAMA BEAR FOR MOTHER'S DAY?



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THERE ARE 10 TO FIND!



ANSWERS ON P.35

toddle^{about}

BABY SHOW

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Back again for the Toddle About Baby Show Milton Keynes!

The excitement is building as we prepare for the Toddle About Baby Show's third year, this time at **The Webber Independent School** on **Saturday 25th April 2026**. This event will bring together small, local independent businesses and well-known national brands, all celebrating everything from **pregnancy to preschool** under one roof.

You'll have the chance to meet and learn from children's service providers and parenting experts, and try out and purchase a variety of products. Refreshments and snacks will be available at the venue, and there's plenty of free parking.

To make the day extra special, little ones can enjoy **free soft play, bouncy castle, little mess trays**, and there will be **special guest appearances** from their favourite characters throughout the day, including **Bluey, Chase, Bing** and others.

Visitors can also buy **raffle tickets** for a chance to win fantastic prizes (all listed in the **Baby Show Guide**). We invite the community to nominate local charities that could benefit from the funds raised through the raffle. The chosen charity will also have the opportunity to raise awareness of their work at the event.

There will be a jam-packed program with activities such as car seat safety and pram demonstrations, baby and toddler first aid, weaning/feeding advice, and much more.

Don't miss the opportunity to engage with experts in parenting and child development who will be available for consultations.



The show is **FREE to attend if you book online**, or £2 per family at the door. Receive one of our **exclusive goody bags** filled with great treats! Goody bags are limited to one per family and will only be available to the first 200 visitors.

Calling all Business Owners

Don't miss out on this amazing opportunity to showcase your products and services. This event is a fantastic platform to reach a highly engaged audience of parents with 0-5s. For the ultimate exposure, **grab one of our last remaining spots for a stage demo opportunity**, where you can showcase your expertise with a live demo or talk! Secure your space now via **toddle.fun/babyshowmk**

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WHEN POSTNATAL RECOVERY MEETS PERIMENOPAUSE

The Overlooked Overlap

by Rose Constantine RNutr



Since the 1990s, the number of women having babies in their 40s has more than doubled. Whilst there are many benefits to having children later in life, including potentially living to a greater age, it can create a doubling up effect where a woman is navigating postnatal recovery alongside the onset of perimenopause.

Add to this the stresses and strains of motherhood and it becomes the perfect storm for anxiety, low mood, fatigue and constant brain fog.

Sadly, these symptoms are often placed under the label "motherhood", giving a sense of needing to just get on with it. When in actual fact, mothers are confused, frustrated and feeling broken and alone.

What no one is telling you is that **you are not broken**. Your body is carrying a huge load, such as...

- nutrient depletion from pregnancy
- sleep disruption
- breastfeeding demands
- physical healing
- the mental load of caring for a young child

All things new mums experience, plus reducing progesterone levels (your calming and sleep supporting hormone), and a greater sensitivity to everyday stress (in part due to perimenopausal hormone fluctuations).

So how can you support yourself through this phase?

This is not about bouncing back, it is about providing realistic and kind support for your body.

① Concentrate on what to include, not avoid

Your body needs more nutrients now than at almost any other life stage, so build meals with:

- Protein to stabilise blood sugar and support hormone production
- Healthy fats for mood and brain health
- Leafy greens and colourful vegetables for minerals and antioxidants
- Whole carbohydrates (potatoes, lentils and beans) for slow-release energy.

TIP: Many women benefit from checking iron, B vitamins and magnesium, as they're commonly depleted postnatally and important in perimenopause.



Rose Constantine RNutr is a Nutritionist specialising in hormone health. She supports women who feel overwhelmed by mood swings, anxiety or PMDD-type symptoms, helping them understand their bodies and feel calmer, clearer and in control. www.roseconstantine.co.uk @the.womensnutritionist

② Stabilise blood sugar

Blood sugar swings can worsen anxiety and fatigue. Eating regularly and balancing meals can make a big difference.

TIP: Eat within an hour of eating (even just a little)

③ Support your nervous system

Complete the stress cycle. Often a stress response is triggered but never switched off, leaving you in a heightened state. You can complete the cycle by:

- Shaking your body
- Taking deep breaths
- Belly laughs
- Being creative (writing, drawing or music)
- Having a positive conversation with a friend

④ Track your cycle and mood

Charting helps you spot patterns, understand symptoms and identify whether changes are postnatal, perimenopausal or both. It also helps you track where things are improving.

⑤ Seek support

You do not need to wait until things feel unmanageable. A women's health specialist can help you understand what is going on and what you need. The amount of information available online is overwhelming and confusing. Remember you are unique and your needs may be different to others.

But always remember: You are not broken.

MAKE POO-DOH!

Crack Potty Training the Fun Way

By Children's Nurse & Potty Learning Expert, Rebecca Mottram



Potty training can feel like one of the trickiest milestones of early childhood, but what if you could turn it into play? Research shows that many parents hit roadblocks such as refusal, anxiety, or difficulty adapting from nappies to the potty. The good news is, there's a playful way through: **Poo-Doh**.

This delightfully fun activity uses homemade play-doh (yes, brown if you like!) to help children explore how their bodies work and teach them the basics of how to manage poo and wee whilst building their confidence.

1. MAKE THE POO-DOH

Children love sensory play with something squishy and hand squeezing activities such as the motion of forming "poo" from dough are also beneficial for their fine motor development.

My favourite is to make it brown, but you can also make glitter poo, rainbow poo, even dinosaur poo! Making the poo gives you a chance to show them what healthy poo should look like.



2. NORMALISE AND TALK ABOUT POO

When you roll and squeeze the poo doh with a bit of humour and giggles, conversations about bodily functions become natural.

You can playfully introduce the character of Mr Poo, who always wants to find his way to Pooland, down the toilet. Using play like this allows children to explore the topic safely and provides a powerful antidote to the pressure they may feel when learning to use the toilet.

Sensory activities like rolling and squeezing dough help children with emotional regulation, helping to create a beneficial learning environment for your child.



Rebecca Mottram is a children's nurse, researcher and potty learning specialist. She's the author of *Positively Potty* from Bloomsbury, and hosts the Go Potty Podcast. Find more evidence-based, child-centred toilet training resources at rebeccamottram.com.

3. ROLE-PLAY TO PRACTICE AND BUILD SKILLS

Once you've made your Poo-Doh, you can use it to act out what happens at toilet time: plop poo in the potty, tip it into the loo, flush, and wash hands. Let dolly or teddy have a go too.

Modelling each step gives children structure and predictability; two key ingredients for toileting success. At this stage of development, children live in their imagination so delivering information through play meets them where they are in a child-centred way.

4. A HANDS-ON BIOLOGY LESSON

Make your hand into a fist and gently push the dough through to show how poo moves through the body. Children can see and feel what's happening, helping them recognise those "tummy tickles" as signals to go. Understanding the process reduces fear and builds trust in their bodies.



READY TO GIVE IT A GO?

Download your free Poo-Doh Recipe + Poo Checker!

You'll get:

- A simple step-by-step recipe for homemade "poo"
- A printable chart to spot healthy poos and wees
- Constipation checker and links to more support

Get your free download at www.toddle.club/poo

Turn toilet training into a bonding adventure, one squishy "poo" at a time!





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Daily Activity Planner

Your local 'What's On Guide' for families with bumps - 5s in MK & Bedford.



MILTON KEYNES



MONDAY

PARENTS & TOTS

Cornerstone Toddlers

Cornerstone Church, 300 Saxon Gate West, MK9 2ES.
01908 237777 or 07854 762676. www.cornerstonemk.co.uk.
Times: 10:00 - 11:30. **Ages:** 1 mths - 4 yrs 11 mths. **Cost:** £1 per session (drop in). **Dates:** 12 Jan - 9 Feb & 23 Feb - 23 Mar.

MK Multiples

Kents Hill Community Centre, Kents Hill, MK7 6HG.
Times: 10:00 - 12:00. **Ages:** Pregnancy - 5 yrs. **Cost:** £4 per session (drop in). **Dates:** 12 Jan - 6 Apr.

MUSIC & SIGNING

Music Bugs Milton Keynes

Summerlin Centre Station Rd, Woburn Sands, MK17 8SG.
0844 822 1158. www.musicbugs.co.uk.
Times: 10:00 - 10:40 & 11:00 - 11:40. **Ages:** 0 - 4 yrs. **Cost:** £7.50 per session (booking essential). **Dates:** 12 Jan - 9 Feb & 23 Feb - 23 Mar.

Ragdolly Annas

Shenley Brook End Village Hall, Church End Road, Shenley Brook End, MK5 7AA. 07989 713745. www.ragdollyannas.co.uk.

• **Ragdolly Annas Shenley Brook End:** 10:00 - 10:45.
High energy, music and rhyme activity for the 0-5's
Ages: 0 - 5 yrs. **Cost:** £7.95 per session (booking essential). **Dates:** 12 Jan - 9 Feb & 23 Feb - 23 Mar.

SENSORY & DEVELOPMENT

Phonics with Robot Reg

The Quaker Centre, 1 Oakley Gardens, Downhead Park, MK15 9BH.
07809 459648. www.robotreg.co.uk.

• **MINIS Phonics:** 12:45 - 13:30.
With songs, role play & dancing. **Ages:** 1 - 3 yrs.
• **Pre-school Phonics:** 13:45 - 14:30.

Fun introduction to Phonics. **Ages:** 2.5 yrs - 5 yrs.
Cost: Free (booking essential).
Dates: 12 Jan - 9 Feb & 23 Feb - 23 Mar.

DANCE & DRAMA

Tot Bop

Pitstone Village Hall, Vicarage Road, Pitstone, Leighton Buzzard, LU7 9EY. 01525 237474 / 07775 582791. www.totbop.co.uk.

• **Tiny Tots (1-2.5) - Pitstone:** 9:30 - 10:05.
Ages: 1 yrs - 2 yrs 6 mths.
• **Baby Boppers (age 2.5 - rising 5) - Pitstone:** 10:20 - 11:05.
Ages: 2 yrs 6 mths - 5 yrs.
Cost: £8 per session (booking essential).
Dates: 5 Jan - 13 Feb & 23 Feb - 28 Mar.

PHYSICAL FUN

Rugbytots (Milton Keynes & Bedford)

Lace Hill Academy, Catchpin Street, Buckingham, MK18 7RR. 0845 313 6712. www.rugbytots.co.uk.
Times: 9:10 - 9:40 & 10:35 - 11:20. **Ages:** 2 - 7 yrs. **Cost:** £7 per session (booking essential). **Dates:** 12 Jan - 6 Apr.



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SWIMMING

Water Babies Bucks & Beds

Revival Health Club Buckingham, A421 Ring Road South, Buckingham, MK18 1RY. 01295 709221. www.waterbabies.co.uk.
Times: 9:30 - 11:30. **Ages:** 0 - 6 yrs.
Cost: £19.50 per session (*booking essential*).
Dates: 12 Jan - 19 Jan.

Holiday Inn Hotel, Milton Keynes Central, 500 Saxon Gate West, MK9 2HQ. 01295 709221. www.waterbabies.co.uk.
Times: 10:00 - 12:00. **Ages:** 0 - 6 yrs.
Cost: £19.50 per session (*booking essential*).
Dates: 12 Jan - 19 Jan.

HEALTH & WELLNESS

Fit Mummy MK

Fit Mummy MK, 24 First Avenue, Bletchley, MK1 1DX. 07723 020994. www.fitmummybootcamp.com.

- **Fit Mummy Bootcamp:** 11:00 - 11:45.
 Group fitness for mums with babies and small children
Cost: £7.50 per session (*booking essential*).
Dates: 12 Jan - 9 Feb & 23 Feb - 23 Mar.

PREGNANCY

Vicki Wilkinson Birth & Baby

Oxley Park Community Centre, Redgrave Drive, Oxley Park, MK4 4TA. 07581 559856.

- **Tinies Baby Massage - Milton Keynes:** 11:00 - 12:00.
Ages: 0 - 6 mths.
Cost: £60 per session (*booking essential*).
Dates: 12 Jan - 9 Feb & 23 Feb - 23 Mar.

TUESDAY

PARENTS & TOTS

Milton Keynes Christian Centre Parent and Toddler Group

Milton Keynes Christian Centre, Milton Keynes Christian Centre, Strudwick Drive, Oldbrook, MK6 2TG. 01908 670655. www.mkcc.org.uk.

Times: 10:00 - 11:00. **Ages:** 0 - 4 yrs.
Cost: £1 per session (*drop in*).
Dates: 13 Jan - 10 Feb & 24 Feb - 24 Mar.

Milton Keynes Libraries

Milton Keynes Central Library, 555 Silbury Boulevard, MK9 3HL.

- **Song and Rhyme Time:** 10:00 - 10:30.
 Free weekly drop-in Baby Songs and Rhymes for the Under 2s.
Ages: 0 - 2 yrs. **Cost:** Free (*drop in*).
Dates: 13 Jan - 31 Mar.

Bletchley Library, Westfield Road, Bletchley, MK2 2RA.

- **STAY & PLAY (Bletchley Library):** 10:30 - 11:30.

Toys and books for the Under 5s

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*).
Dates: 13 Jan - 10 Feb & 24 Feb - 24 Mar.

Milton Keynes Central Library, 555 Silbury Boulevard, MK9 3HL.

- **Storytime (MK Central Library):** 10:45 - 11:15.

Free weekly drop-in Storytimes for the Under 5s.

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*).
Dates: 13 Jan - 31 Mar.

Woburn Sands Library, The Institute, High Street, Woburn Sands, MK17 8SD.

- **Storytime (Woburn Sands Library):** 11:15 - 11:45.

Free weekly drop-in Storytimes for the Under 5s.

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*).
Dates: 13 Jan - 31 Mar.

Wolverton Library, Town Hall, Creed Street, Wolverton, MK12 5LY.

- **Lego & Duplo Club (Wolverton Library):** 15:30 - 16:30.

Free weekly drop-in Lego & Duplo Club for all ages.

Ages: 0 - 17 yrs. **Cost:** Free (*drop in*).

Dates: 13 Jan - 31 Mar.

Milton Keynes Central Library, 555 Silbury Boulevard, MK9 3HL.

- **Lego & Duplo Club (MK Central Library):** 16:00 - 17:00.

Free weekly drop-in Lego & Duplo Club for all ages.

Ages: 0 - 17 yrs. **Cost:** Free (*drop in*).

Dates: 13 Jan - 31 Mar.

Winslow Baby and Toddler Group

Winslow Public Hall, Elmfields Gate, Winslow, MK18 3JA.

www.facebook.com.

Times: 10:00 - 11:15.

Ages: 0 - 5 yrs. **Cost:** £2.50 per session (*drop in*).

Dates: 13 Jan, 27 Jan - 10 Feb, 24 Feb - 10 Mar & 24 Mar - 7 Apr.

MUSIC & SIGNING

Mini Mozart Bedford & Milton Keynes

St Mary & St Giles Church, 1 Church Street, Stony Stratford, MK11 1FD. 0207 193 1983. www.minimozart.com.

- **Mini Mozart: Babies & Toddlers:** 10:00 - 10:40.

Live toddler music classes led by professional musicians

Ages: 0 - 4 yrs. **Cost:** £12 per session (*booking essential*).

Dates: 13 Jan - 10 Feb & 24 Feb - 24 Mar.

Music Bugs Milton Keynes

360 Play, Roebuck Way, Knowhill, MK5 8HL. 0844 822 1158. www.musicbugs.co.uk.

- **Music Bugs (360 Play, MK):** 10:00 - 10:40 & 11:00 - 11:40.

Get 3 sessions (in a row) as a trial for just £15.00

Ages: 3 mths - 4 yrs. **Cost:** £7.50 per session (*booking essential*).

Dates: 13 Jan - 10 Feb & 24 Feb - 24 Mar.

TinyTalk Milton Keynes and Olney

Downhead Park Quaker Centre, 1 Oakley Gardens, Downhead Park, MK15 9BH. 07581 185265. www.tinytalk.co.uk.

- **Toddler Talking MK Tue:** 9:45 - 10:45.

Toddler Talking Downhead Park

Ages: 1 yrs 4 mths - 4 yrs 11 mths.

- **Baby Signing MK Tue:** 11:00 - 12:00.

Baby Signing Downhead Park

Ages: 0 - 1 yrs 11 mths.

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

Dates: 13 Jan - 10 Feb & 24 Feb - 24 Mar.

SENSORY & DEVELOPMENT

Phonics with Robot Reg

East Street Community Centre, East Street, Olney, MK46 4DH. 07809 459648. www.robotreg.co.uk.

- **MINIS Phonics with Robot Reg:** 13:30 - 14:15.

With songs, role play & dancing

Ages: 1 - 3 yrs. **Cost:** £7.50 per session (*booking essential*).

Dates: 13 Jan - 10 Feb & 24 Feb - 24 Mar.

SWIMMING

Water Babies Bucks & Beds

Revival Health Club Buckingham, A421 Ring Road South, Buckingham, MK18 1RY. 01295 709221. www.waterbabies.co.uk.

Times: 9:30 - 11:00.

Ages: 0 - 6 yrs. **Cost:** £19.50 per session (*booking essential*).

Dates: 13 Jan - 20 Jan.

Wolverton Swimming & Fitness Centre, Addington Avenue, Stratford Park, Wolverton, MK12 5GH. 01295 709221. www.waterbabies.co.uk.

Times: 9:00 - 11:00.

Ages: 0 - 6 yrs. **Cost:** £19.50 per session (*booking essential*).

Dates: 13 Jan - 20 Jan.

HEALTH & WELLNESS

Fit Mummy MK

Fit Mummy MK, 24 First Avenue, Bletchley, MK1 1DX. 07723 020994. www.fitmummybootcamp.com.

• **Fit Mummy Bootcamp:** 11:00 - 11:45.

Group fitness for mums with babies and small children

Cost: £7.50 per session (booking essential).

Dates: 13 Jan - 10 Feb & 24 Feb - 24 Mar.

WEDNESDAY

PARENTS & TOTS

Jumping Beans Under 5s stay and playgroup

Springfield Community Hall, Springfield, MK6 3JH. 07962891680. www.instagram.com.

• **Every Wednesday - All Year Round:** 9:30 - 11:30.

Cost: £4 per session (booking essential).

Dates: 7 Jan - 8 Apr.

Milton Keynes Libraries

Olney Library, High Street, Olney, MK46 4EF.

• **Storytime (Olney Library):** 11:00 - 11:30.

Free weekly drop-in Storytimes for the Under 5s.

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

Dates: 7 Jan - 25 Mar.

Newport Pagnell Library, St John Street, Newport Pagnell, MK16 8HQ.

• **Saturday Lego & Duplo Club (Newport Pagnell Library):** 11:00 - 12:00.

Free weekly drop-in Lego & Duplo Club for all ages.

Ages: 0 - 17 yrs. **Cost:** Free (drop in).

Dates: 7 Jan - 1 Apr.

Milton Keynes Central Library, 555 Silbury Boulevard, MK9 3HL.

• **STAY & PLAY (Central Library):** 13:30 - 14:30.

Toys and books for the Under 5s

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

Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.

Newport Pagnell Library, St John Street, Newport Pagnell, MK16 8HQ.

• **Lego & Duplo Club (Newport Pagnell Library):** 15:30 - 16:30.

Free weekly drop-in Lego & Duplo Club for all ages.

Ages: 0 - 17 yrs. **Cost:** Free (drop in).

Dates: 7 Jan - 25 Mar.

MUSIC & SIGNING

Music Bugs Milton Keynes

The Methodist Church, Silver Street, Stony Stratford, MK11 1JS. 0844 822 1158. www.musicbugs.co.uk.

Times: 10:00 - 10:40 & 11:00 - 11:40.

Ages: 0 - 5 yrs. **Cost:** £7.50 per session (booking essential).

Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.

Ragdolly Annas

Summerlin Community Centre, 138 Station Road, Woburn Sands, MK17 8SG. 07989 713745. www.ragdollyannas.co.uk.

• **Ragdolly Annas Woburn Sands:** 10:00 - 10:45.

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

Ages: 0 - 5 yrs.

• **Ragdolly Annas SEND Woburn Sands:** 11:15 - 12:00.

High energy, music and rhyme activity all ages (SEND)

Ages: 0 - 30 yrs.

Cost: £7.95 per session (booking essential).

Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.



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SENSORY & DEVELOPMENT

Phonics with Robot Reg

360 Play, Roebuck Way, Knowhill, MK5 8HL. 07809 459648. www.robotreg.co.uk.

• **MINIS Phonics:** 10:00 - 10:45.

With songs, role play & dancing

Ages: 1 - 3 yrs.

• **Pre-school Phonics:** 11:00 - 11:45.

Fun introduction to Phonics

Ages: 2 yrs 6 mths - 4 yrs 11 mths.

Cost: £7.50 per session (booking essential).

Dates: 14 Jan - 11 Feb & 25 Feb - 25 Mar.



SWIMMING

Water Babies Bucks & Beds

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

Times: 10:00 - 12:00. **Ages:** 0 - 6 yrs. **Cost:** £19.50 per session

(booking essential). **Dates:** 7 Jan - 21 Jan.

HEALTH & WELLNESS

Fit Mummy MK

Fit Mummy MK, 24 First Avenue, Bletchley, MK1 1DX. 07723 020994. www.fitmummybootcamp.com.

• **Fit Mummy Bootcamp:** 11:00 - 11:45.

Group fitness for mums with babies and small children

Cost: £7.50 per session (booking essential). **Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

OTHER

Stowe House

Stowe House, Stowe, Buckingham, MK18 5EH. 01280818006.
www.stowehouse.org.

• **Stowe-Tots:** 10:00 - 10:45.

Ages: 0 - 5 yrs. **Cost:** £5 per session (*booking essential*). **Dates:** 28 Jan, 25 Feb & 25 Mar.

THURSDAY

PARENTS & TOTS

Church Mice

St Peter's & St Paul's Church, Church Street, Olney, MK46 4AD.
01234 712772. www.olney.church.

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

Cost: Free (*booking essential*).

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.

Milton Keynes Libraries

Stony Stratford Library, 5-7 Church Street, Stony Stratford, MK11 1BD.

• **Stories, Songs and Rhymes:** 10:00 - 10:30.

Free weekly drop-in Storytimes for the Under 5s.

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

Dates: 8 Jan - 26 Mar.

Bletchley Library, Westfield Road, Bletchley, MK2 2RA.

• **Storytime (Bletchley Library):** 10:00 - 10:30.

Free weekly drop-in Storytimes for the Under 5s.

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

Dates: 8 Jan - 26 Mar.

Kington Library, Winchester Circle, Kington, MK9 3HL.

• **Storytime (Kington Library):** 10:00 - 10:30.

Free weekly drop-in Storytimes for the Under 5s.

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

Dates: 8 Jan - 26 Mar.

Olney Library, High Street, Olney, MK46 4EF.

• **Read & Play:** 14:30 - 16:30.

Books to read and toys to play with!

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

Dates: 8 Jan - 26 Mar.

Bletchley Library, Westfield Road, Bletchley, MK2 2RA.

• **Lego & Duplo Club (Bletchley Library):** 15:30 - 16:30.

Free weekly drop-in Lego & Duplo Club for all ages.

Ages: 0 - 17 yrs. **Cost:** Free (*drop in*).

Dates: 8 Jan - 26 Mar.

Westcroft Library, Wimborne Crescent, Westcroft, MK4 4DE.

• **Lego & Duplo Club (Westcroft Library):** 15:30 - 16:30.

Free weekly drop-in Lego & Duplo Club for all ages.

Ages: 0 - 17 yrs. **Cost:** Free (*drop in*).

Dates: 8 Jan - 26 Mar.

Noah's Ark Baby & Toddler Group

Whaddon Way Church Centre, Beaverbrook Court, Bletchley, MK3 7JS. 01908 372072.

www.whaddonway.church.

Times: 10:00 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** Free (*booking essential*).

Dates: 8 Jan - 9 Apr.

Steeple Claydon Baby & Toddler Group

The Village Hall, 48 Queen Catherine Rd, Steeple Claydon, MK18 2PY.

• **Steeple Claydon Baby and Toddler Group:** 10:00 - 11:30.

Ages: 0 - 5 yrs. **Cost:** £2.50 per session (*drop in*).

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.

Fun, friendly and interactive music classes for children aged 3 months to 4 years.

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www.musicbugs.co.uk

MUSIC & SIGNING

Music Bugs Milton Keynes

Portfield Community Centre, 8 Wordsworth Avenue, Newport Pagnell, MK16 8SB. 0844 822 1158. www.musicbugs.co.uk.

Times: 10:00 - 10:40 & 11:00 - 11:40.

Ages: 6 mths - 4 yrs.

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

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.

TinyTalk Milton Keynes and Olney

Wolverton The Old School, Old Wolverton, Wolverton, MK12 5NP. 07581 185265. www.tinytalk.co.uk.

• **Baby Signing MK ThuAM:** 10:00 - 11:00.

Baby Signing Wolverton

Ages: 0 - 1 yrs 11 mths.

• **Baby Signing MK ThuLateAM:** 11:15 - 12:15.

Baby Signing Wolverton#2

Ages: 0 - 1 yrs 11 mths.

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

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.

SENSORY & DEVELOPMENT

Phonics with Robot Reg

East Street Community Centre, East Street, Olney, MK46 4DH. 07809 459648. www.robotreg.co.uk.

• **Pre-school Phonics with Robot Reg Class:** 13:30 - 14:15.

Fun introduction to Phonics

Ages: 2 yrs 6 mths - 4 yrs 11 mths.

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

Dates: 15 Jan - 12 Feb & 26 Feb - 26 Mar.

SWIMMING

Water Babies Bucks & Beds

Revival Health Club Buckingham, A421 Ring Road South, Buckingham, MK18 1RY. 01295 709221. www.waterbabies.co.uk.

Times: 10:30 - 12:00. **Ages:** 0 - 6 yrs. **Cost:** £19.50 per session (*booking essential*). **Dates:** 8 Jan - 22 Jan.

HEALTH & WELLNESS

Fit Mummy MK

Fit Mummy MK, 24 First Avenue, Bletchley, MK1 1DX. 07723 020994. www.fitmummybootcamp.com.

• **Fit Mummy Bootcamp:** 11:00 - 11:45.

Group fitness for mums with babies and small children

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

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.

PREGNANCY

Vicki Wilkinson Birth & Baby

Oxley Park Community Centre, Redgrave Drive, Oxley Park, MK4 4TA. 07581 559856.

www.vickiwillkinsonbirthandbaby.co.uk.

• **Postnatal Yoga Flow:** 11:00 - 12:00.

Ages: 0 - 9 mths. **Cost:** £60 per session (*booking essential*).

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.

FRIDAY

PARENTS & TOTS

Milton Keynes Libraries

Westcroft Library, Wimborne Crescent, Westcroft, MK4 4DE.

• **Storytime (Westcroft Library):** 10:00 - 10:30.

Free weekly drop-in Storytimes for the Under 5s.

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

Dates: 9 Jan - 27 Mar.

Newport Pagnell Library, St John Street, Newport Pagnell, MK16 8HQ.

• **Stories, Songs and Rhymes:** 10:00 - 10:30.

Free weekly drop-in Storytimes for the Under 5s.

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

Dates: 9 Jan - 27 Mar.

Kingston Library, Winchester Circle, Kingston, MK9 3HL.

• **STAY & PLAY (Kingston Library):** 10:30 - 11:30.

Toys and books for the Under 5s

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

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

Wolverton Library, Town Hall, Creed Street, Wolverton, MK12 5LY.

• **Stories, Songs and Rhymes:** 14:00 - 14:30.

Free weekly drop-in Storytimes for the Under 5s.

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

Dates: 9 Jan - 27 Mar.

Woburn Sands Library, The Institute, High Street, Woburn Sands, MK17 8SD.

• **Lego & Duplo Club (Woburn Sands Library):** 15:30 - 16:30.

Free weekly drop-in Lego & Duplo Club for all ages.

Ages: 0 - 17 yrs. **Cost:** Free (*drop in*).

Dates: 9 Jan - 27 Mar.

Olney Library, High Street, Olney, MK46 4EF.

• **Lego & Duplo Club (Olney Library):** 15:30 - 16:30.

Free weekly drop-in Lego & Duplo Club for all ages.

Ages: 0 - 17 yrs. **Cost:** Free (*drop in*).

Dates: 9 Jan - 20 Mar.

Stony Stratford Library, 5-7 Church Street, Stony Stratford, MK11 1BD.

• **Friday Lego & Duplo Club (Stony Stratford Library):**

15:30 - 16:30.

Free weekly drop-in Lego & Duplo Club for all ages.

Ages: 0 - 17 yrs. **Cost:** Free (*drop in*).

Dates: 9 Jan - 27 Mar.

Kingston Library, Winchester Circle, Kingston, MK9 3HL.

• **Lego & Duplo Club (Kingston Library):** 15:30 - 16:30.

Free weekly drop-in Lego & Duplo Club for all ages.

Ages: 0 - 17 yrs. **Cost:** Free (*drop in*).

Dates: 9 Jan - 27 Mar.

Woburn Baby And Toddler Group

Woburn Village Hall, Crawley Road, Woburn, MK17 9QD. 0771 7883356.

• **Woburn Baby and Toddler Group:** 9:45 - 11:30.

Ages: 0 - 4 yrs. **Cost:** £2.50 per session (*booking essential*).

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

MUSIC & SIGNING

Music Bugs Milton Keynes

The Sunshine Centre, Dulverton Drive, Furzton, MK4 1EZ. 0844 822 1158. www.musicbugs.co.uk.

Times: 10:00 - 10:40 & 11:00 - 11:40.

Ages: 0 - 5 yrs. **Cost:** £7.50 per session (*booking essential*).

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

Ragdolly Annas

Whitehouse, The Hive (Whitehouse Community Centre), Barrosa Way, Whitehouse, MK8 1JS. 07989 713745. www.ragdollyannas.co.uk.

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

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

Ages: 0 - 5 yrs. **Cost:** £7.95 per session (*booking essential*).

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

TinyTalk Milton Keynes and Olney

Willen Pavilion, 24 Portland Drive, MK15 9JP. 07581 185265. www.tinytalk.co.uk.

• **Toddler Talking MK Fri:** 9:45 - 10:45.

Toddler Talking Willen

Ages: 1 yrs 4 mths - 4 yrs 11 mths.

• **Baby Signing MK Fri:** 11:00 - 12:00.

Baby Signing Willen

Ages: 0 - 1 yrs 11 mths.

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

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.



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SENSORY & DEVELOPMENT

Phonics with Robot Reg

360 Play, Roebuck Way, Knowhill, MK5 8HL. 07809 459648. www.robotreg.co.uk.

• **MINIS Phonics with Robot Reg:** 10:00 - 10:45.

With songs, role play & dancing

Ages: 1 - 3 yrs.

• **Pre-school Phonics with Robot Reg Class:** 11:00 - 11:45.

Ages: 2 yrs 6 mths - 4 yrs 11 mths.

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

Dates: 16 Jan - 13 Feb & 27 Feb - 27 Mar.

DANCE & DRAMA

Tot Bop

Billington Village Hall, Gaddesden Turn, Leighton Buzzard, LU7 9BW. 01525 237474 / 07775 582791. www.totbop.co.uk.

• **Tiny Tots - Billington, Leighton Buzzard:** 9:30 - 10:05.

Ages: 1 yrs - 2 yrs 6 mths.

• **Baby Boppers - Billington, Leighton Buzzard:** 10:20 - 11:05.

Ages: 2 yrs 6 mths - 5 yrs.

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

Dates: 5 Jan - 13 Feb & 23 Feb - 28 Mar.

SWIMMING

Water Babies Bucks & Beds

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

Times: 9:30 - 13:00.

Ages: 0 - 6 yrs. **Cost:** £19.50 per session (*booking essential*).

Dates: 9 Jan - 23 Jan.

HEALTH & WELLNESS

Fit Mummy MK

Fit Mummy MK, 24 First Avenue, Bletchley, MK1 1DX. 07723 020994. www.fitmummybootcamp.com.

- **Fit Mummy Bootcamp:** 11:00 - 11:45.

Group fitness for mums with babies and small children

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

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

SATURDAY

PARENTS & TOTS

DadTime

Kents Hill Community Centre, Frithwood Crescent, Kents Hill, MK7 6HQ. 07887 756651.

www.newcitychurch.co.uk.

Times: 10:00 - 12:00.

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

Dates: 17 Jan, 21 Feb & 21 Mar.

Milton Keynes Libraries

Milton Keynes Central Library, 555 Silbury Boulevard, MK9 3HL.

- **Saturday Lego & Duplo Club (MK Central Library):** 10:00 - 12:00.

Free weekly drop-in Lego & Duplo Club for all ages.

Ages: 0 - 17 yrs. **Cost:** Free (*drop in*).

Dates: 10 Jan - 28 Mar.

Stony Stratford Library, 5-7 Church Street, Stony Stratford, MK11 1BD.

- **Saturday Lego & Duplo Club (Stony Stratford Library):** 11:00 - 12:00.

Free weekly drop-in Lego & Duplo Club for all ages.

Ages: 0 - 17 yrs. **Cost:** Free (*drop in*).

Dates: 10 Jan - 28 Mar.

Olney Library, High Street, Olney, MK46 4EF.

- **Saturday Storytime (Olney Library):** 11:00 - 11:30.

Ages: 0 - 7 yrs. **Dates:** 31 Jan, 28 Feb & 28 Mar.

- **Saturday Lego & Duplo Club (Olney Library):** 10:30 - 11:30.

Free monthly drop-in Lego & Duplo Club for all ages.

Ages: 0 - 17 yrs. **Dates:** 7 Feb & 7 Mar.

Cost: Free (*drop in*).

DANCE & DRAMA

Tot Bob

Pages Park Pavilion, Richmond Road, Leighton Buzzard, LU7 4RF. 01525 237474 / 07775 582791. www.totbob.co.uk.

- **Tiny Tots - Leighton Buzzard:** 8:45 - 9:15.

Ages: 1 yrs - 2 yrs 6 mths.

- **Baby Boppers - Leighton Buzzard:** 9:30 - 10:15.

Ages: 2 yrs 6 mths - 3 yrs 6 mths.

- **Funky Monkeys - Leighton Buzzard:** 10:30 - 11:15.

Ages: 3 yrs 6 mths - 5 yrs 11 mths.

- **Groovy Movers - Leighton Buzzard:** 11:30 - 12:15.

Ages: 5 - 9 yrs.

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

Dates: 5 Jan - 13 Feb & 23 Feb - 28 Mar.

PHYSICAL FUN

Rugbytots (Milton Keynes & Bedford)

Shenley Brook End School, Walbank Grove, Shenley Brook End, MK5 7ZT. 0845 313 6712. www.rugbytots.co.uk.

Times: 9:00 - 9:30, 9:40 - 10:25, 10:35 - 11:05 & 11:15 - 12:00.

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

Dates: 10 Jan - 11 Apr.

Lace Hill Academy, Catchpin Street, Buckingham, MK18 7RR. 0845 313 6712. www.rugbytots.co.uk.

Times: 8:35 - 9:05, 9:45 - 10:30 & 11:25 - 12:10.

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

Dates: 10 Jan - 11 Apr.

SWIMMING

Water Babies Bucks & Beds

Milton Keynes University Hospital, Standing Way, Eaglestone, MK6 5LD. 01295 709221. www.waterbabies.co.uk.

Times: 9:30 - 10:00.

Ages: 0 - 6 yrs. **Cost:** £19.50 per session (*booking essential*).

Dates: 10 Jan - 24 Jan.

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

Times: 8:00 - 13:00.

Ages: 0 - 6 yrs. **Cost:** £19.50 per session (*booking essential*).

Dates: 10 Jan - 24 Jan.

OTHER

Little Poppets Preloved Market - Milton Keynes

Medbourne Pavilion, 31 Pascal Dr, Medbourne, MK5 6LS. 07894 126753. www.littlepoppetsprelovedmarket.co.uk.

- **Medbourne Pavilion baby & children's nearly new sales:** 15:00 - 18:10.

Ages: Pregnancy - 8 yrs.

Cost: £1.50 per session (*booking essential*).

Dates: 14 Feb.

SUNDAY

PHYSICAL FUN

Rugbytots (Milton Keynes & Bedford)

Hazeley Academy, Emperor Dr, Hazeley, MK8 0PT. 0845 313 6712. www.rugbytots.co.uk.

- **Rugbytots Milton Keynes (Hazeley Academy):** 9:10 - 9:40, 9:45 - 10:30 & 22:35 - 23:20.

Rugbytots is fun, structured play sessions

Ages: 2 yrs - 3 yrs 5 mths.

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

Dates: 11 Jan - 5 Apr.

SWIMMING

Water Babies Bucks & Beds

Nuffield Health - 602 Marlborough Gate, MK9 2HQ. 01295 709221. www.waterbabies.co.uk.

Times: 14:30 - 17:30.

Ages: 0 - 6 yrs. **Cost:** £19.50 per session (*booking essential*).

Dates: 11 Jan - 18 Jan.

Wolverton Swimming & Fitness Centre, Addington Avenue, Stratford Park, Wolverton, MK12 5GH. 01295 709221. www.waterbabies.co.uk.

Times: 15:00 - 18:30.

Ages: 0 - 6 yrs. **Cost:** £19.50 per session (*booking essential*).

Dates: 11 Jan - 18 Jan.

OTHER

Little Poppets Preloved Market - Milton Keynes

Broughton Pavilion, 139 Tanfield Lane, Broughton, MK10 9NJ.
07894 126753.

www.littlepoppetsprelovedmarket.co.uk.

- **Broughton Pavilion baby & children's nearly new sales:**
15:00 - 16:30.

Ages: Pregnancy - 8 mths.

Cost: £1.50 per session (*booking essential*).

Dates: 22 Mar.

BEDFORD

MONDAY

PARENTS & TOTS

Bromham Benefice

St Owen's Church Bromham, Bromham, Bedford, MK43 8HH.
www.bromhambenefice.org.

- **Messy Morning:** 11:30 - 13:30.

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

Dates: 12 Jan - 9 Feb & 23 Feb - 23 Mar.

The Parish Church of Transfiguration

Transfiguration Church - Kempston, Bedford Road, Kempston,
MK42 8QB. 01234 854726. www.transfiguration.org.uk.

- **Transfig Tots:** 9:15 - 11:00.

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

Dates: 12 Jan - 9 Feb & 23 Feb - 23 Mar.

MUSIC & SIGNING

Ragdolly Annas

Pages Park Pavilion, Pages Park, Billington Road, Leighton Buzzard,
LU7 4TG. 07989 713745. www.ragdollyannas.co.uk.

- **Ragdolly Annas Pages Park:** 10:00 - 10:45.

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

Ages: 0 - 5 yrs. **Cost:** £7.95 per session (*booking essential*).

Dates: 12 Jan - 9 Feb & 23 Feb - 23 Mar.

DANCE & DRAMA

Tappy Toes Bedford

Lakeview Village Hall, 155 Brooklands Avenue, Wixams, Bedford,
MK42 6AB. 07779159710. www.tappytoes.com.

- **Tappy Toes Mixed - Lakeview Village Hall:** 9:15 - 10:15.

Dance and movement class

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

Dates: 12 Jan - 9 Feb & 23 Feb - 23 Mar.

PHYSICAL FUN

The Forest Centre & Millennium Country Park - Forest of Marston Vale

The Forest Centre and Millennium Country Park, Forest of Marston Vale, Station Road, Marston Moretaine, MK43 0PR. 01234 767037.
www.marstonvale.org.

- **Afternoon Tea with Princesses:** 12:30 - 14:00.

Princess afternoon tea

Ages: 0 - 10 yrs. **Cost:** £15 per session (*booking essential*).

Dates: 16 Feb.

PREGNANCY

Mum and Baby Nurture

Parkside Community Hall, Woburn Street, Ampthill, MK45 2HX.
07523323389. www.mumbabynurture.com.

- **Baby Massage Ampthill AM**

Baby Massage AM Ampthill

Times: 10:15 - 11:30. **Dates:** 12 Jan - 9 Feb & 23 Feb - 23 Mar.

Times: 12:00 - 13:15. **Dates:** 12 Jan - 23 Mar.

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

TUESDAY

PARENTS & TOTS

Great Barford Tots & Teenies

Great Barford Village Hall, Fishers Close, Great Barford, Bedford,
MK44 3HA. 07970114030.

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

Cost: £3 per session (*booking essential*).

Dates: 13 Jan - 10 Feb & 24 Feb - 24 Mar.

MUSIC & SIGNING

Ragdolly Annas

Parkside Community Hall, Woburn Street, Ampthill, MK45 2HX.
07989 713745. www.ragdollyannas.co.uk.

- **Ragdolly Annas Ampthill:** 10:00 - 10:45.

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

Ages: 0 - 5 yrs. **Cost:** £7.95 per session (*booking essential*).

Dates: 13 Jan - 10 Feb & 24 Feb - 24 Mar.

PHYSICAL FUN

The Forest Centre & Millennium Country Park - Forest of Marston Vale

The Forest Centre and Millennium Country Park, Forest of Marston Vale, Station Road, Marston Moretaine, MK43 0PR. 01234 767037.
www.marstonvale.org.

- **Half-Term Kids' Crafts:** 11:00 - 12:00 & 13:00 - 14:00.

Half-term crafts

Ages: 0 - 10 yrs. **Cost:** £4 per session (*booking essential*).

Dates: 17 Feb.

SWIMMING

Water Babies Bucks & Beds

Clophill Pool, 22 Back Street, Clophill, MK45 4BY. 01295 709221.
www.waterbabies.co.uk.

Times: 12:30 - 14:30.

Ages: 0 - 6 yrs.

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

Dates: 13 Jan - 20 Jan.

WEDNESDAY

PARENTS & TOTS

All Nations Church Bedford

All Nations Church Bedford, Brickhill Drive, Bedford, MK41 7QF.
01234 237773. www.allnationsbedford.org.

- **New Mums and Babies:** 10:30 - 12:00.

Ages: 0 - 1 yrs.

Cost: Free (*drop in*).

- **Stay & Play:** 13:30 - 15:00.

Ages: 0 - 4 yrs.

Cost: £1 per session (*drop in*).

Dates: 7 Jan - 8 Apr.



Christ Church Bedford

Christ Church Bedford, 140 Dudley Street, Bedford, MK40 3SX.
01234 327150. www.ccbedford.churchinsight.com.

- **Little Fishes:** 13:30 - 14:45.

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

Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.

Sharnbrook Tiny Tots

Sharnbrook Village Hall, Lodge Road, Sharnbrook, Bedford, MK44 1JP.

- **Sharnbrook Tiny Tots Playgroup:** 9:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** £2.50 per session (*drop in*).

Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.

DANCE & DRAMA**Tappy Toes Bedford**

Playhouse Bedford, Twinwoods Business Park, Thurleigh Road, Bedford, MK44 1FD. 07779159710. www.tappytoes.com.

- **Mixed 9.30:** 9:30 - 10:00.

Dance and movement class

Ages: 6 mths - 4 yrs.

Cost: £6.50 per session (*drop in*).

Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.

- **Mixed 10.30:** 10:30 - 11:00.

Ages: 6 mths - 4 yrs.

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

Dates: 7 Jan - 11 Feb.

PREGNANCY**Mum and Baby Nurture**

St Andrews C Of East Church, Rectory Lane, Ampthill, MK45 2EL.
07523323389. www.mumbabynurture.com.

- **Mum and Baby Yoga Wednesday:** 10:15 - 11:30.

Mum and Baby Yoga Ampthill

Ages: 0 - 11 mths.

Cost: £11.67 per session (*booking essential*).

Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.

THURSDAY**PARENTS & TOTS****Bromham Benefice**

St Mary's Church, Oakley, Church Lane, Oakley, Bedford, MK43 7RU.
www.bromhambenefice.org.

- **Messy Morning:** 10:00 - 11:45.

Ages: 0 - 5 yrs.

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

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.

Jolly Tots

London Road Methodist Church, 96 London Road, Bedford, MK42 0NT.

Times: 9:15 - 11:15.

Ages: 0 - 5 yrs.

Cost: £1 per session (*drop in*).

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.

Providence Baptist Chapel Bedford

Providence Baptist Chapel, Rothsay Road, Bedford, MK40 3PT.
07976 846159. www.providencechapel.org.uk.

- **Providence Parents and Toddlers:** 10:00 - 11:30.

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

Dates: 8 Jan - 12 Feb & 26 Feb - 26 Mar.

DANCE & DRAMA**Tot Bop**

Wing Village Hall, 71 Leighton Road, Wing, Leighton Buzzard, LU7 0NN. 01525 237474 / 07775 582791. www.totbop.co.uk.

- **Tiny Tots - Wing:** 9:30 - 10:05.

Ages: 1 yrs - 2 yrs 6 mths.

• **Baby Boppers - Wing:** 10:20 - 11:05.

Ages: 2 yrs 6 mths - 5 yrs.

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

Dates: 5 Jan - 13 Feb & 23 Feb - 28 Mar.

PHYSICAL FUN**The Forest Centre & Millennium Country Park - Forest of Marston Vale**

The Forest Centre and Millennium Country Park, Forest of Marston Vale, Station Road, Marston Moretaine, MK43 0PR. 01234 767037. www.marstonvale.org.

- **Little City Play:** 11:00 - 12:30 & 13:00 - 14:30.

Role play for under 6s

Ages: 0 - 6 yrs.

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

Dates: 19 Feb.

SWIMMING**Water Babies Bucks & Beds**

Clophill Pool, 22 Back Street, Clophill, MK45 4BY. 01295 709221. www.waterbabies.co.uk.

Times: 10:00 - 12:30.

Ages: 0 - 6 yrs.

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

Dates: 8 Jan - 22 Jan.

FRIDAY**PARENTS & TOTS****Christ Church Bedford**

Christ Church Bedford, 140 Dudley Street, Bedford, MK40 3SX.
01234 327150. www.ccbedford.churchinsight.com.

- **Morning Out:** 9:30 - 11:00.

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

- **Forge - after school club:** 15:30 - 16:45.

Ages: 9 - 11 yrs. **Cost:** Free (*booking essential*).

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

Clophill Toddler Group

Clophill Village Hall, Kiln Lane, Clophill, Bedford, MK45 4DA.

Times: 10:00 - 11:30. **Ages:** 0 - 3 yrs. **Cost:** £3 per session (*drop in*).

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

FACES Bedford

Kingsbrook Children's Centre, Oak Road, Cavin Way, Bedford, MK42 0HL. 01234270601. www.facesbedford.org.

- **Multi-Tots:** 10:00 - 12:00.

Term-time group for parents with twins/triplets aged 0-5

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

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

St Mary's Church, Marston Moreteyne and Lidlington

St Mary's Church, Marston Moreteyne and Lidlington, Church Walk, Bedford, MK43 0NR. www.stmarysmarston.org.

- **Tea and Tots:** 9:30 - 11:00.

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

Dates: 9 Jan, 13 Feb, 13 Mar, 10 Apr, 23 Jan, 27 Feb & 27 Mar.

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www.minimozart.com

MUSIC & SINGING

Mini Mozart Bedford & Milton Keynes

Putnoe Heights Church, Putnoe Heights, Bedford, MK41 8EB.
0207 193 1983. www.minimozart.com.

- **Mini Mozart Toddlers:** 9:30 - 10:10.

Live toddler music classes led by professional musicians

Ages: 1 yrs 4 mths - 4 yrs.

- **Mini Mozart Babies:** 10:25 - 11:05.

Live music classes for babies led by professional musicians

Ages: 0 - 1 yrs 4 mths.

Cost: £12 per session (booking essential).

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

DANCE & DRAMA

Tot Bop

St Leonard's Lower School, Thrift Road, Heath and Reach, Leighton Buzzard, LU7 0AX. 01525 237474 / 07775 582791.
www.totbop.co.uk.

- **TB Dance Club at St Leonard's Lower School:** 15:30 - 16:15.

Ages: 4 - 9 yrs.

Cost: £6 per session (booking essential).

Dates: 5 Jan - 13 Feb & 23 Feb - 28 Mar.

SWIMMING

Water Babies Bucks & Beds

Pilgrims Prep School, Brickhill Dr, Bedford, MK41 7QZ. 01295 709221. www.waterbabies.co.uk.

- **Water Babies - Pilgrims Prep School:** 9:00 - 11:30.

Ages: 0 - 6 yrs.

Cost: £19.50 per session (booking essential).

Dates: 9 Jan - 23 Jan.

PREGNANCY

Mum and Baby Nurture

St Andrews C Of East Church, Rectory Lane, Ampthill, MK45 2EL.
07523323389. www.mumbabynurture.com.

- **Pregnancy Yoga Friday:** 19:30 - 21:00.

Pregnancy Yoga Ampthill

Cost: £12.50 per session (booking essential).

Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

SATURDAY

DANCE & DRAMA

Tappy Toes Bedford

St James Church Barn, Church End, Biddenham, Bedford, MK40 4AS. 07779159710. www.tappytoes.com.

- **Tots Toes - St James Church Barn:** 9:30 - 10:00.

Dance and movement class

Ages: 2 yrs 6 mths - 4 yrs.

Cost: £7.50 per session (booking essential).

Dates: 17 Jan - 14 Feb.

PHYSICAL FUN

Joey Football

Great Ouse Primary Academy, Seaforth Gardens, Bedford, MK40 4TJ. www.facebook.com.

- **Joey Football Classes:** 8:00 - 8:45.

Fun indoor football sessions for toddlers

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

- **Joey Football Classes:** 9:00 - 9:45.

Ages: 2 yrs 6 mths - 3 yrs 6 mths.

- **Joey Football Classes:** 10:00 - 10:45.

Ages: 3 yrs 6 mths - 5 yrs.

- **Joey Football Classes:** 11:00 - 11:45.

Ages: 5 - 7 yrs.

Dates: 10 Jan - 28 Mar & 11 Apr.

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OR VISIT: JOEYFOOTBALLFUN

Rugbytots (Milton Keynes & Bedford)

Great Denham Community Hall, Great Denham, Bedford, MK40 4GP. 0845 313 6712. www.rugbytots.co.uk.

- **Rugbytots**

Rugbytots is a fun, structured play session.

Times: 8:35 - 9:05, 9:10 - 9:40, 9:45 - 10:30 & 10:35 - 11:20.

Ages: 2 - 7 yrs. **Cost:** £7.50 per session (*booking essential*).

Times: 11:25 - 12:10.

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

Dates: 10 Jan - 11 Apr.

Redborne Upper School, Flitwick Road, Amptill, Bedford, MK45 2NU. 0845 313 6712. www.rugbytots.co.uk.

Times: 8:35 - 9:05, 9:10 - 9:55, 9:45 - 10:15, 10:35 - 11:20 & 11:25 - 12:10.

Ages: 2 - 7 yrs. **Cost:** £7.50 per session (*booking essential*).

Dates: 10 Jan - 11 Apr.

SWIMMING

Water Babies Bucks & Beds

Pilgrims Prep School, Brickhill Dr, Bedford, MK41 7QZ. 01295 709221. www.waterbabies.co.uk.

- **Water Babies - Pilgrims Prep School : 12:30 - 17:30.**

Ages: 0 - 6 yrs.

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

Dates: 10 Jan - 24 Jan.

SUNDAY

PHYSICAL FUN

Joey Football

Brickhill Community Centre, Avon Drive, Bedford, MK41 7AF. www.facebook.com.

- **Joey Football Classes (18mths - 2.5 years): 10:00 - 10:45.**

Fun indoor football sessions for toddlers

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

- **Joey Football Classes (2.5 - 3.5 years): 10:00 - 10:45.**

Ages: 2 yrs 6 mths - 3 yrs 6 mths.

- **Joey Football Classes (3.5 - 5 years): 11:00 - 11:45.**

Ages: 3 yrs 6 mths - 5 yrs.

- **Joey Football Classes (5 - 7 years): 12:00 - 12:45.**

Ages: 5 - 7 yrs.

Dates: 11 Jan - 29 Mar.



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