

Loving life with little ones

FREE

# toddle <sup>about</sup>

South Bucks

Jan -Mar 2026

THE 3 C'S OF  
GENTLE SLEEP  
SUPPORT



toddle <sup>about</sup>  
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Saturday 7th  
March!

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A WORLD BOOK  
DAY BUNDLE  
WORTH UP TO  
£150

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# WELCOME

## NEW YEAR EDITION!



As we step into a fresh new year, full of hope, energy, and exciting possibilities, we are delighted to share our latest edition with you. This issue is absolutely packed with winter activities, inspiring ideas, and helpful features designed to support parents and entertain little ones all season long.

Winter may bring its share of sniffles, sneezes and cosy indoor days, but we've got you covered. Inside, you'll find an action-packed collection of articles to guide you through the colder months. We're especially excited to bring you a fantastic feature CBeebies favourite Andy Day, who shares his enthusiasm for World Book Day and offers brilliant tips on encouraging a love of reading in your children.

Whether your little ones are already bookworms or just beginning their reading journey, Andy's insights will help spark their imagination.

**Save the Date: Toddle About LIVE! South Bucks** - Did you miss out on our fantastic September event or loved it so much you can't wait for the next one? Great news... we're back!

This time we're in a brand-new location, and it's set to be even bigger, brighter, and more fun than before!

We're thrilled to announce that **Toddle About LIVE!** is back on **Saturday, 7th March**, hosted at the wonderful **Davenies Boys School** in Beaconsfield, Bucks. Get ready for a vibrant day filled with exciting discoveries, expert advice, hands-on activities and a fantastic showcase of local businesses.

We can't wait to welcome you through the doors and bring our community together for a truly unforgettable day.

Sign up for your **FREE** ticket today at  
[www.toddle.fun/LIVEBUCKS](http://www.toddle.fun/LIVEBUCKS)

*Bill & Emily*

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

### MEET THE TEAM



Bill & Emily - Owner/Editors



Tim & Ruth - Franchisors

Call us on 07359162124 or  
email: [bill@toddleabout.co.uk](mailto:bill@toddleabout.co.uk)

• [ToddleAboutSouthBucks](http://ToddleAboutSouthBucks)  
• [toddleaboutSouthBucks](http://toddleaboutSouthBucks)



### IN THIS ISSUE

|  |       |
|--|-------|
| Bite Size News                                   | 4-5   |
| Toddle Models                                    | 6-7   |
| Events and Days Out                              | 8     |
| Toddle About LIVE                                | 9     |
| Kids Activity Page                               | 10    |
| Valentine Biscuits                               | 11    |
| Toddle About VIP Club                            | 12-13 |
| Fab and Funky Products                           | 14    |
| When Your Child Hasn't Read the Parenting Manual | 15    |
| Cracking Potty Training                          | 16    |
| WIN a Nipper Wagon                               | 17    |
| Andy Day's Reading Adventures                    | 18-19 |
| Special Offer Vouchers                           | 20    |
| Gentle Sleep Support                             | 21    |
| World Book Day                                   | 22-23 |
| When Postnatal Recovery Meets Perimenopause      | 24    |
| Chocolate Pretzel Flowers                        | 25    |
| Daily Activity Planner                           | 27-38 |
| Activity Page Answers                            | 38    |

#### Cover picture:

Thank you to Bucks based photographer **Joanne Tolner Photography** for this gorgeous cover photo. Find out more at: [www.joannetolner.com](http://www.joannetolner.com)



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

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Toddle About South Bucks, 19 Herriard Way, Teddington, Middlesex TW11 8UG. Call us on 07359 162 124.

# Bite SIZED NEWS



## The Ultimate Family Day Out!

Toddle About Live is coming to Beaconsfield on 7th March, bringing a fun-filled day designed especially for parents, babies and young children. Families can enjoy a vibrant mix of activities, expert-led talks, demonstrations and the chance to meet brilliant local businesses all under one roof.

From discovering new services to enjoying hands-on fun with little ones, Toddle About Live is a brilliant opportunity to connect, explore and feel supported on your parenting journey. A must-visit event for local families with children aged 0-5.

**Book your tickets at [toddle.fun/LiveBucks](http://toddle.fun/LiveBucks) See P.9**



## New Party Ideas For All the Family

Chilterns Leisure Centre in Amersham has launched a host of new party ideas for 2026, ideal for all the family.

The centre - run by Everyone Active in partnership with Buckinghamshire Council - now offers fun-packed Splash Pad parties for little ones aged 0-5 years who love the water, alongside Fun and Floats and Football parties which are suitable for all ages.

**For further information or to book, visit reception or [www.everyoneactive.com/centre](http://www.everyoneactive.com/centre) and select your nearest centre. See P.34**



## So Much More Than a Dance Class!

Suitable for children from age 1 to 9, Tot Bop introduces dance to children in a multi-faceted learning experience; developing creativity, imagination, rhythm, co-ordination and confidence every single lesson! Super accessible with awesome, kid-friendly pop music and aligned with EYFS guidelines, Tot Bop classes deliver learning and fun in equal measures. Classes available in Aylesbury, Aston Clinton, Pitstone, Wing and Leighton Buzzard.

For more info visit [www.totbop.co.uk](http://www.totbop.co.uk) or email [rachelk@totbop.co.uk](mailto:rachelk@totbop.co.uk). See P.29

## SEND-ing HUGS

Do you have a child who struggles? Maybe they've been diagnosed with autism or ADHD. Maybe they've been slow to meet milestones. Maybe you can't put your finger on it, but you feel there's something...

It's a lonely journey, with lots of false starts and few signposts along the way, but help is at hand in 2026.

From a SEND toddler group meeting every Friday in term time in Chesham Bois to regular EHCP workshops for parents, SEND HUGS can offer support this year, wherever you are in your journey.

Visit [www.sendhugs.co.uk](http://www.sendhugs.co.uk) to find our more. See P.15

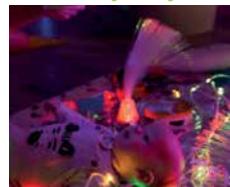


## Calm, Connection & Sensory Play

Little Glow Aylesbury offers soothing sensory room sessions for babies from birth to pre-walking.

Recently taken over by Charli, the Little Glow Leader, these cosy sessions support early development and curiosity, while giving parents a relaxed space to connect, socialise and enjoy the calming, therapeutic benefits together.

**To find out more, visit [www.aylesbury1.thelittlesensory.co](http://www.aylesbury1.thelittlesensory.co) See P.11**





## A Little Luxury for Everyday Self-Care

With busy days and endless to-do lists, Tropic Skincare offers an opportunity to pause and prioritise self-care. Made with naturally derived, cruelty-free ingredients, Tropic's products are designed to nourish skin while creating moments of calm and indulgence.

From refreshing cleansers to deeply hydrating moisturisers, Tropic's feel-good skincare makes a thoughtful Mother's Day gift, or a simple way to show yourself some kindness.

Contact [tropicalex@virginmedia.com](mailto:tropicalex@virginmedia.com) to find the perfect products.

## Childcare as Unique as Your Family

Harmony at Home Buckinghamshire, led by dedicated ex-nanny

Jo Vowles, specialises in tailored childcare and household solutions. With over 15 years of hands-on nanny experience, Jo understands the challenges faced by working parents. This distinguished agency promises a reliable, caring and personalised service, aiming to alleviate the stress of finding the right support for families. It's not just a recruitment agency; it's a commitment to meeting each family's unique needs.

Please call 01844-687302 or email [jo@harmonyathome.co.uk](mailto:jo@harmonyathome.co.uk) for more details.

See P.13



## Getting Your Little One School Ready

Phonics with Robot Reg classes are helping children prepare for starting school by introducing early letter sounds in a playful, age-appropriate way. The sessions focus on building confidence alongside basic phonics skills, using games and activities helping children develop key phonics foundations so they feel more prepared for the transition into the classroom.

To find out more, message Pip at [pip@robotreg.co.uk](mailto:pip@robotreg.co.uk). See P.33



## Joy, Creativity and Imagination are Truly What Matter

World Book Day is about celebrating stories and imagination, but we are often overwhelmed by the need to create the perfect outfit. With a little creativity, many brilliant outfits can be made using items already at home. A cosy pair of pyjamas is perfect for a bedtime story character, while everyday clothes paired with a homemade name label can instantly bring a favourite book character to life.

A cardboard crown turns a child into a king or queen, a striped top with drawn-on whiskers makes a playful cat, and a sheet or scarf can become a superhero cape. A simple wand, mask, or pair of glasses cut from card can add the finishing touch.

Getting children involved in choosing their character and making their costume together is all part of the fun. This World Book Day, keep it simple, affordable, and enjoyable, because it's the love of reading and storytelling that truly matters, whatever your child is wearing.

**Celebrate World Book Day this year on Thursday 5th March. For some great book reviews and to enter our World Book Day Giveaway, see P.22**



# TODDLE MODELS



## 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](http://www.disneyonice.com)



Amelia, 17 months



Yusuf, 3 years



Lottie, 1 year 10 months



Niall, 5 years 4 months



Evie, 4 years



Darcie, 9 months



Inaaya, 5 years



Leo, 3 years



Arthur, 4 years



Amber & Daisy, 6 & 2 years



Etta, 3 years 8 months



Poppy, 6 months



Thea, 5 years 11 months



Rosamund, 3 years



Victoria, 4 years



Sophia, 2 years 9 months



Lucas, 4 years



Myla, 3 years



James, 5 years



Xavier, 2 years 5 months

# TODDLE MODELS

## WIN A LITTLE TIRES 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 @officiallittlerikesuk.

T&Cs apply - all online at [www.toddle.fun/toddlemodels](http://www.toddle.fun/toddlemodels). The winners will be chosen at random.



**little tikes.**

### 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 8<sup>th</sup> March 2026.

**WORTH  
£129**

**ENTER AT:** [www.toddle.fun/toddlemodels](http://www.toddle.fun/toddlemodels)



Independent day school  
for girls aged 3-18



St Mary's School  
Gerrards Cross

## STAY, PLAY AND LEARN

Saturday 7 February

Girls aged 2-4 are invited to join our exciting session.  
A perfect first day for early learners.

Please scan to  
book your visit



# NEW YEAR Days Out

FEB  
20

## ONE WORLD ANIMALS

Wendover Memorial Hall, 10:15am

Song and rhymes, along with live animal encounters especially tailored for little ones. Come meet and learn about many beautiful exotic creatures.

Wharf Road, Wendover HP22 6AF

[www.oneworldanimals.com/events](http://www.oneworldanimals.com/events)

Cost: From £12

FEB  
27-28

## THE TIGER WHO CAME TO TEA

Aylesbury Waterside Theatre

Join the tea-guzzling tiger in this delightful family show: packed with oodles of magic, sing-a-long songs and clumsy chaos.

Exchange Street, Aylesbury HP20 1UG

[www.atgtickets.com/venues/alesbury-waterside-theatre](http://www.atgtickets.com/venues/alesbury-waterside-theatre)

Cost: From £18

FEB  
14-22

## LOVE AND LAMBS

Odds Farm, from 10am

Fall in love this Feb and experience watching new-born lambs take their very first steps at Little Hooves Lamb Nursery!

Wooburn Common, High Wycombe HP10 0LX

[www.oddsfarm.co.uk/love-and-lambs/](http://www.oddsfarm.co.uk/love-and-lambs/)

Cost: From £16.95, Children aged 1-2 £4.95, Under 1's Free

FEB  
1

## SNOWDROP WALK

The Walled Garden, 10:30am - 4pm

Join Child Bereavement UK's annual Snowdrop Walk at West Wycombe Park. Children can enjoy a treasure hunt with a small prize

West Wycombe Park, West Wycombe HP14 3AP

[www.westwycombewalledgarden.com/ticketed-events](http://www.westwycombewalledgarden.com/ticketed-events)

Cost: From £3

APR  
3-4

## DAY OUT WITH THOMAS

Bucks Railway Centre, 10:30am - 5pm

Hop aboard a train ride with Thomas, and enjoy a day filled with treasure hunts, games, live shows and music. A great day out for the whole family!

Station Road, Quainton near Aylesbury HP22 4BY

[www.grovetheatre.co.uk/jurassic-earth-i3412](http://www.grovetheatre.co.uk/jurassic-earth-i3412)

Cost: From £16.50

APR  
5-6

## THAME COUNTRY FAIR

Thame Showground, 10am - 6pm

A Country show full of Country sports and pursuits with family entertainment, food and craft stalls, and lots of live events.

Kingsey Road, Thame OX9 3JL

[www.livingheritagecountryshows.com/thame-country-fair/](http://www.livingheritagecountryshows.com/thame-country-fair/)

Cost: From £8

MAR  
7

## TODDLE ABOUT LIVE

Davenies School, 10am - 3pm

The ultimate family-friendly event for parents, babies, toddlers, and even big kids too! Join us for an action-packed day filled with fun, learning, and discovery, bringing together everything from pregnancy to early childhood and beyond. Whether you're a new or expecting parent, have little ones in tow, or just love a great family day out, there's something for everyone at Toddle About LIVE! And it's FREE! Book your tickets now at [toddle.fun/LiveBucks](http://toddle.fun/LiveBucks)

73 Station Rd, Beaconsfield HP9 1AA

Details are correct at time of printing but may change. Please check with the event host for prices, times and dates.

8 Jan - Mar 2026 Toddle About South Bucks



**toddle**  
about



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# THE ULTIMATE DISCOVERY & FUN DAY!



Family Fun, Interactive Taster Sessions,  
Live Talks & Expert Demo's, Provider Showcase

## Sat 7th March 2026 10am - 3pm

Davenies School Station Road, Beaconsfield, HP9 1AA

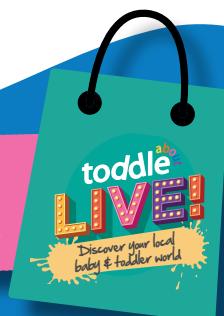
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Register for FREE at [www.toddle.fun/livebucks](http://www.toddle.fun/livebucks)

## MAMA BEAR'S BLOOMS

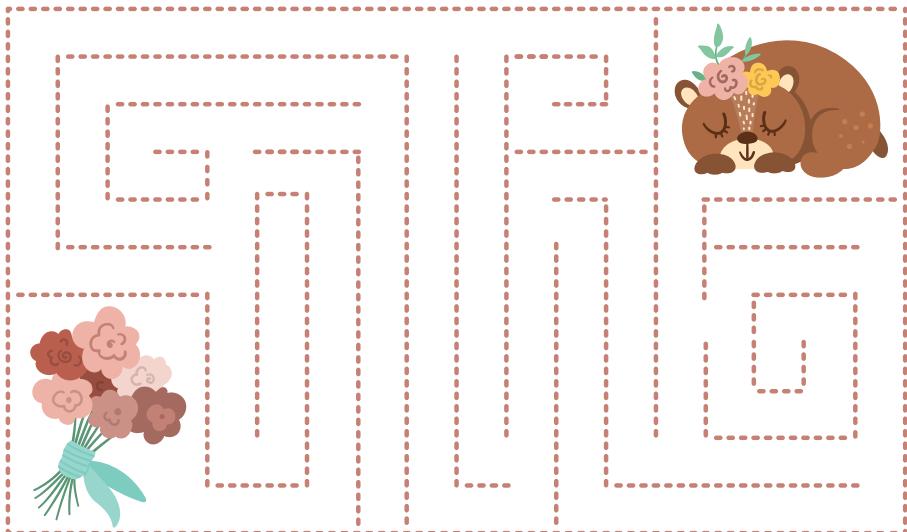
CAN YOU GET THE FLOWERS TO MAMA BEAR FOR MOTHER'S DAY?



## CHEEKY CHARLIE HUNT!

WE'VE HIDDEN CHARLIE, TODDLE ABOUT'S CHEEKY MASCOT, THROUGHOUT THE MAGAZINE!

CAN YOU COUNT HOW MANY TIMES HE APPEARS?



## SLEDGING SWITCH UP



SPOT THE DIFFERENCE.  
THERE ARE 10 TO FIND!

ANSWERS ON P.38

# 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 choc 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](http://www.honeywellbakes.com) and good book stores.

Scan the QR code below to contact Charli directly for 10% off your first Usborne new book order, and to enter a monthly free prize draw to win £100 worth of free books!

<https://linktr.ee/bunnyhopbookshop>





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## THIS ISSUE YOU COULD REVIEW:

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[GRACOBABY.EU/UK](http://GRACOBABY.EU/UK)



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TREEHOUSE, WORTH £39.99  
[WWW.TICKIT.CO.UK](http://WWW.TICKIT.CO.UK)



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SEAT TOY, WORTH £21.99  
[WWW.EYASLONDON.COM](http://WWW.EYASLONDON.COM)



LASCAL MINI BUGGYBOARD,  
WORTH £59.99  
[WWW.LASCAL.UK](http://WWW.LASCAL.UK)



BRAINSTORM TOYS SKETCH  
& GLOW FAIRYTALE,  
WORTH £9.99  
[WWW.VERY.CO.UK](http://WWW.VERY.CO.UK)



EDIE & JOE MEMORY BUNNY  
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[WWW.EDIEANDJOE.COM](http://WWW.EDIEANDJOE.COM)



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HIGHCHAIR, WORTH £60  
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## VIP CLUB READER REVIEW:

# BRAINSTORM HALFTOYS WORLD SET



Written by Louise Marriott, Toddle About Subscriber



**The Halftoys World Set is a hands-on, educational playset featuring magnetic 3D sea animal puzzles and a buildable ocean habitat – perfect for imaginative, STEM-inspired play. £50 from good toy shops.**

The Brainstorm Halftoys World Set is an imaginative, educational, hands-on activity for children – and we absolutely loved it! From the moment we opened the box, we were drawn in by the vibrant colours and detailed 'Ocean World' design. With five 3D sea animal puzzles to build, my 4-year-old eagerly matched the magnetic skeleton pieces to their animal bodies – no reading needed!

We then tackled the main feature: the Ocean Habitat. A little fiddly for small hands, we built the base together. My son then took the lead, enthusiastically assembling the underwater plants and doing a brilliant job.

Once complete, we spent ages role-playing with the scene, taking turns as different animals and creating underwater adventures.

My favourite part is the animal models – simple yet cleverly designed, they click together with magnets, are sturdy, and safe for younger children.

An unexpected bonus? The whole scene folds in half to store the pieces neatly inside – ideal for travel and tidy play.

Overall, this is a fantastic set that encourages creativity, storytelling, and quality time. Some adult help may be needed, but I secretly enjoyed that part!



Louise and her son were given this product **as a freebie** for writing this review.

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Discover the products up for grabs right now at [www.toddle.fun/vip-reviews](http://www.toddle.fun/vip-reviews)

Review has been edited



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For more information and a no obligation call, please contact:

Jo Vowles  
01844 617302  
[jo@harmonyathome.co.uk](mailto:jo@harmonyathome.co.uk)

[harmonyathome.co.uk](http://harmonyathome.co.uk)

# FAB & FUNKY PRODUCTS

THE LATEST AND FUNKIEST PRODUCTS FOR YOU & YOUR LITTLE ONES



## WRIGGLEEASE, £49.99

The WriggleEase lap seat is a simple and unique solution that makes travelling easier and more comfortable for young families. Suitable for infants 6 months - 2 years, it incorporates a five-point harness and folds into a handy travel bag - perfect for the plane, train, cinema or coffee shop - anywhere they need to sit still.

Available now at [www.wriggleease.co.uk](http://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](http://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 Mealtime 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](http://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](http://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.

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



WIN THIS!

Scan to find out more and enter:



# WHEN YOUR CHILD HASN'T READ THE PARENTING MANUALS

by Liz McCarthy

## **"Who does 'this' belong to?"**

"This" was my two-year-old, who was rolling around the floor of Costco having the mother of all meltdowns. "She's mine," I replied. "Well, you'll have to move it – it's a health and safety hazard!" Was that the low point in my toddler parenting journey?

Or was it that time we had a stand-off in the street? "Goodbye, then," I said, and set off home, expecting her to relent and follow me. Nope, not my toddler! She sped off in the opposite direction, towards a busy road.

My child was beautiful, joyful, determined. When she was happy, her smile lit up the room. When she wasn't happy, though, everybody knew about it.

**I felt like the worst parent ever.** Five years later, she was diagnosed with autism and PDA, and everything began to make sense.

My son's journey was challenging in different ways. But both journeys had one thing in common: **no**

If you need HUGS, reach out to Liz on 07930 842137 or email [liz@sendhugs.co.uk](mailto:liz@sendhugs.co.uk).

For more information, see [www.sendhugs.co.uk](http://www.sendhugs.co.uk), SEND HUGS on Facebook or [@\\_send\\_hugs\\_](https://www.instagram.com/_send_hugs_) on Insta-



**roadmap to follow.** My lifeline was other parents of children with special needs. We shared information as we figured things out. We mopped each other's tears, and celebrated small wins together.

The 'HUGS' part of **SEND HUGS** stands for Help, Understanding, Guidance and Support – all the things I needed, which were often in short supply.

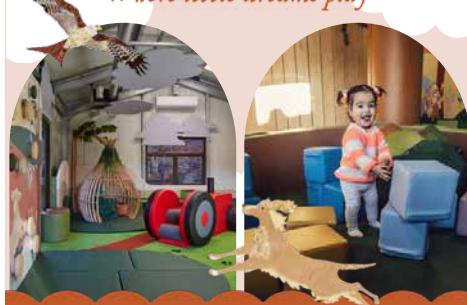
**SEND HUGS** aims to:

- **help** you to navigate the system and understand how to help your children;
- offer you the **understanding** that is often lacking as professionals and other parents blame you for your children's problems;
- **guide** you through the process of applying for SEND support in school; and
- **support** you as you adjust to the reality of your situation and sometimes just need a shoulder to cry on.



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# 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](http://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”
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**GRUFFALO**

# 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

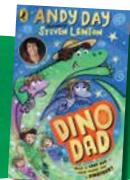
If your child is obsessed with trains, fairies, sharks, outer space, dogs or DINOSAURS – there is a book for that! Start with those books. When children see themselves or their passions in a story, they're more likely to go back to books for more, in my experience.

### 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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# THE THREE Cs OF GENTLE SLEEP SUPPORT

by Melanie Hastings

When helping little ones sleep better, most people focus on routines, timings, and wake windows. But how we support children matters just as much as what we do. That's where the Three Cs come in: *Consistency, Comfort, and Confidence*. Together, they create a calmer, more connected sleep experience for the whole family.

## Consistency

Babies and toddlers thrive on predictability. When their world feels familiar, they feel safe and begin to settle easily. Consistency isn't about rigid timings; it's about repeatable rhythms. A predictable wind-down, a clear response to wake-ups, and a familiar bedtime phrase all help your child understand what's coming next. When sleep steps unfold in the same order each night, their brain starts preparing for rest before they're even in the cot.

## Comfort

Sleep can feel vulnerable, especially for young children. Comfort means supporting your little one emotionally as well as physically. That might look

like staying nearby as they fall asleep, offering a hand to hold, or using gentle reassurance. It's about providing calm presence while making changes at a pace that feels manageable.

## Confidence

Children pick up on the energy around them. When parents feel grounded and clear, little ones naturally relax more easily. Confidence isn't about having every answer; it's about trusting that your approach is safe, responsive, and right for your family. Even the best sleep plan only works when it feels good to the parents using it.

I recently supported a family whose one-year-old was waking every couple of hours. Instead of traditional "training," we used the Three Cs. Within a week, their daughter was settling more peacefully, and her parents felt calmer and more capable.

These aren't a quick fix, they're a framework for nurturing sleep in a way that strengthens connection as well as rest.

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



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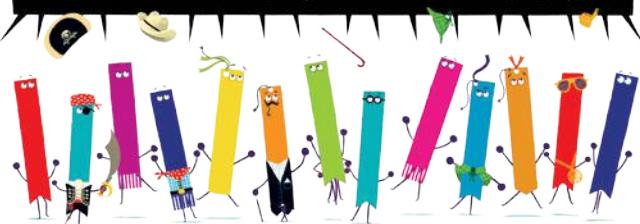
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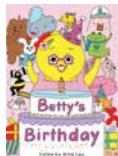
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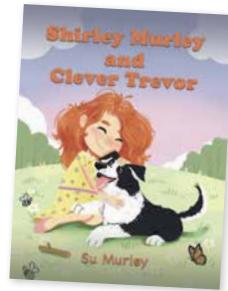


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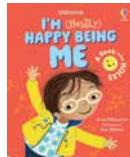


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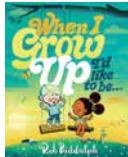


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# WHEN POSTNATAL RECOVERY MEETS PERIMENOPAUSE

## 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.

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.



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.

#### **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.



**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. [@the.womensnutritionist](http://www.roseconstantine.co.uk)

MOTHER'S DAY CRAFT

# CHOCOLATE PRETZEL FLOWERS

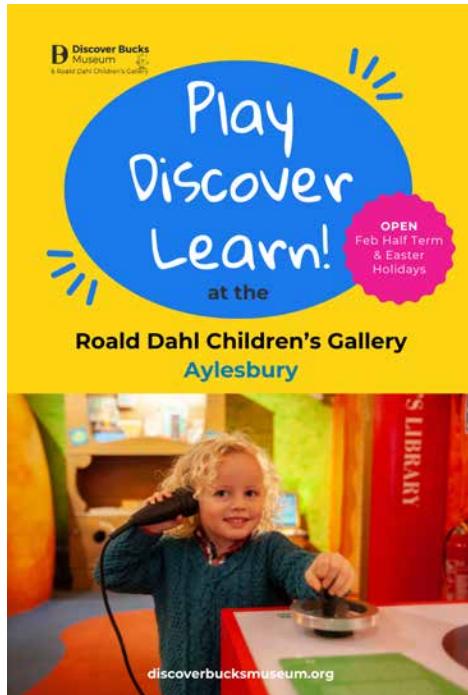
## EQUIPMENT:

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



**Play Discover Learn!** at the **Roald Dahl Children's Gallery** Aylesbury

OPEN Feb Half Term & Easter Holidays

discoverbucks.org

A young child with curly blonde hair is smiling and holding a microphone, appearing to be on a radio or telephone call. The background shows a colorful play area with shelves and a red 'LIBRARY' sign.

## TITCHY TODDLERS

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

Next dates

- Friday 9 January
- Monday 12 January
- Friday 6 February
- Friday 13 March

£7 per child (2 adults free)

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





## Ducklings

Nurturing parent,  
child & toddler  
classes

## Pre-school

Child-led pre-school  
daytime group  
lessons

Stages 1-7

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In pool teachers,  
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7 days a week

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& High Wycombe**

[ducks2water.com](http://ducks2water.com)

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WATER**  
SWIMMING FOR LIFE

# Daily Activity Planner



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



AYLESBURY VALE AREA

## MONDAY

### PARENTS & TOTS

#### Discover Bucks Museum

Church Street, Aylesbury, HP20 2QP. 01296 331441.  
[www.discoverbucksmuseum.org](http://www.discoverbucksmuseum.org)

• Half Term Family Craft Workshops: 10:00 - 15:00.

**Ages:** 0 - 99 yrs. **Cost:** Free (booking essential). **Dates:** 16 Feb - 16 Mar.

### MUSIC & SIGNING

#### Monkey Music Aylesbury & High Wycombe

St Martha's Church, Park Road, Tring, HP23 6BP. 01494 819138.  
[www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

• Heigh Ho: 10:10 - 10:40. **Ages:** 1 - 2 yrs.

• Rock n Roll: 10:50 - 11:20. **Ages:** 3 mths - 1 yrs.

**Cost:** £9.75 per session (booking essential).

**Dates:** 5 Jan - 9 Feb & 23 Feb - 23 Mar.

#### Monkey Music Aylesbury & High Wycombe

Nora Grace Hall, Faversham Close, Tring, HP23 5BA. 01494 819138.  
[www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

• Rock'n'Roll: 10:50 - 11:20. **Ages:** 3 mths - 1 yrs.

• Ding-Dong: 11:30 - 12:00. **Ages:** 3 - 5 yrs.

**Cost:** £9.75 per session (booking essential).

**Dates:** 5 Jan - 9 Feb & 23 Feb - 23 Mar.



## CREATIVE

### Elmhurst Family Centre

Dunsham Lane, Aylesbury, HP20 2DB. 01296383293.  
[familyinfo.buckinghamshire.gov.uk](mailto:familyinfo.buckinghamshire.gov.uk).

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

**Ages:** 0 - 1 yrs. **Cost:** Free (drop in). **Dates:** 5 Jan - 23 Mar

## SENSORY & DEVELOPMENT

### Little Glow Aylesbury

Fairford Leys Community Centre, Hampden Square, Aylesbury, HP19 7HT. [aylesbury1.thelittlesensory.co](http://aylesbury1.thelittlesensory.co).

• Little Glow Sensory Room: 9:00 - 10:00.

Sensory room for babies

**Ages:** 0 - 12 mths. **Cost:** £8 per session (booking essential).

**Dates:** 5 Jan - 29 Mar.

## TUESDAY

### PARENTS & TOTS

#### Fishes Toddler Group

Church of the Holy Spirit, Church Hall, 71a Camborne Avenue, Aylesbury, HP21 7UE. 01296 394759. [www.holyspiritbedgrove.org](http://www.holyspiritbedgrove.org).

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

**Cost:** Free (drop in). **Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar.

### Haddenham Community Library

Banks Park, Bank Road, Haddenham, HP17 8EE. 01296 382415.  
[haddenhamcommunitylibrary.org.uk](http://haddenhamcommunitylibrary.org.uk).

• Story Time: 10:30 - 11:00.

**Ages:** 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 6 Jan - 24 Mar.

# Quality Care and Education

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### DANCE & DRAMA

#### Perform Workshops LTD

Wendover Memorial Hall, Wharf Road, Wendover, HP22 6HF.  
020 7255 9120. [www.perform.org.uk](http://www.perform.org.uk).

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

Ages: 4 - 12 yrs. Dates: 6 Jan - 10 Feb & 24 Feb - 24 Mar.

#### Tot Bop

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

- Tiny Tots (age 1-2.5) - Fairford Leys, Aylesbury: 9:30 - 10:05.

Cost: Free (booking essential). Dates: 6 Jan - 10 Feb & 24 Feb - 24 Mar.

### CREATIVE

#### Berryfields Family Centre

John Fitzjohn Avenue, Aylesbury, HP18 0FG. 01296383293.  
[familyinfo.buckinghamshire.gov.uk](http://familyinfo.buckinghamshire.gov.uk).

- Play and Explore Berryfields: 13:30 - 15:00.

Ages: 0 - 5 yrs 11 mths. Cost: Free (drop in). Dates: 6 Jan - 24 Mar.

## WEDNESDAY

### PARENTS & TOTS

#### Discover Bucks Museum

Church Street, Aylesbury, HP20 2QP. 01296 331441.  
[www.discoverbucks museum.org](http://www.discoverbucks museum.org).

- Stay & Play Café: 10:00 - 12:00.

Weekly sessions with free refreshments

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

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

- I Grew Up 90s: 10:00 - 15:00.

Cost: £3 per session (booking essential). Dates: 7 Jan - 18 Feb.

### Southcourt Baptist Church

40 Penn Road, Aylesbury, HP21 8HW. 01296 480080.  
[www.southcourtbaptist.org.uk](http://www.southcourtbaptist.org.uk).

- The Ark Parent and Toddler Group: 10:00 - 11:30.

Free play, singing, stories and refreshments

Ages: 0 - 5 yrs. Cost: Free (drop in). Dates: 7 Jan - 11 Feb & 25 Feb - 25 Mar.

### MUSIC & SIGNING

#### Monkey Music Aylesbury & High Wycombe

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

- Heigh Ho: 9:30 - 10:00. Ages: 1 - 2 yrs.
- Ding-Dong: 10:10 - 10:40. Ages: 3 - 5 yrs.
- Jiggety Jig: 10:50 - 11:20. Ages: 2 - 4 yrs.
- Rock n Roll: 11:30 - 12:00 & 12:15 - 12:45. Ages: 3 mths - 1 yrs.

Cost: £10 per session (booking essential).

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

#### Monkey Music Aylesbury & High Wycombe

The Village Midwife HQ, 2 Holly Court, Tring Road, Wendover, HP22 6PE. 01494 819138. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

- Monkey Music Sessions

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

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

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

Cost: £9.75 per session (booking essential).

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



## SENSORY & DEVELOPMENT

### Little Glow Aylesbury

Haydon Hill Community Centre, Dickens Way, Aylesbury, HP19 8SR.  
alesbury1.thelittlesensory.co.

- Little Glow Sensory Room: 10:00 - 11:00 & 11:10 - 12:10.

Sensory room for babies

**Ages:** 0-12 mths. **Cost:** £8 per session (*booking essential*).

**Dates:** 7 Jan - 11 Feb & 4 - 25 Mar.

## THURSDAY

### PARENTS & TOTS

#### Discover Bucks Museum

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

- *Grew Up 90s:* 10:00 - 15:00.

**Cost:** £3 per session (*booking essential*). **Dates:** 8 Jan - 19 Feb.

- *Discover Ducks:* 10:00 - 12:00. *Fun bi-monthly themed sessions*

**Ages:** 0 - 5 yrs. **Cost:** £7 per session (*booking essential*).

**Dates:** 8 Jan, 29 Jan, 12 Feb, 26 Feb, 12 Mar & 26 Mar.

#### Fishes Toddler Group

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

**Times:** 10:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £2 per session (*drop in*).

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

#### Lighthouse Toddler Group

Walton Hall, Walton Street, Aylesbury, HP21 7QX. 01296 398110. www.haylesbury.org.

**Times:** 10:30 - 11:45. **Ages:** 0 - 4 yrs. **Cost:** Free (*drop in*).

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

#### Toybox and Babybox

Long Crendon Baptist Church, High Street, Long Crendon, HP18 9AF. 01844 201335. www.lcbc.org.uk.

**Times:** 10:45 - 12:00. **Ages:** Pregnancy - 3 yrs. **Cost:** Free (*booking essential*). **Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

#### Wendover Community Library

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

- *Duplo Club:* 14:00 - 15:00.

**Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 8 Jan.

## MUSIC & SIGNING

### Monkey Music Aylesbury & High Wycombe

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

- *Jiggety Jig:* 9:30 - 10:00. **Ages:** 2 - 4 yrs.

**Cost:** £10.25 per session (*booking essential*).

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

## SEND

### Sparkles - Speech Therapy for Children with Down's Syndrome

Email for Location, Aylesbury, HP20. sparkles.org.uk.

- *Sparkles Speech Therapy:* 9:30 - 14:00.

*Supporting Children with Down's Syndrome*

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

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

## CREATIVE

### Southcourt Family Centre

Aylesbury College Campus, Oxford Road, Aylesbury, HP21 8PD. 01296383293. familyinfo.buckinghamshire.gov.uk.

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

**Ages:** 0 - 1 yrs. **Cost:** Free (*drop in*). **Dates:** 8 Jan - 26 Mar.



**Fun & funky dance and creative movement classes for 1-9 year olds.**

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Buckinghamshire classes in Aylesbury  
Other classes across Hertfordshire and Bedfordshire.

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## FRIDAY

### PARENTS & TOTS

#### Discover Bucks Museum

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

- *Grew Up 90s:* 10:00 - 15:00.

**Cost:** £3 per session (*booking essential*). **Dates:** 9 Jan - 20 Feb.

#### Haddenham Community Library

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

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

**Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** fortnightly in term time.

#### Wendover Community Library

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

- *Bounce & Rhyme:* 13:30 - 14:00.

**Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 9 Jan - 27 Mar.

## DANCE & DRAMA

### Tot Bop

Fairford Leys Church Hall, Hampden Square, Aylesbury, HP19 7HT. 01295 237474 / 07775 582791. www.totbop.co.uk.

- *Baby Boppers:* 10:20 - 11:05. **Ages:** 2 yrs 6 mths - 5 yrs.

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

## CREATIVE

### Berryfields Family Centre

John Fitzjohn Avenue, Aylesbury, HP18 0FG. 01296383293. familyinfo.buckinghamshire.gov.uk.

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

**Ages:** 0 - 1 yrs. **Cost:** Free (drop in). **Dates:** 9 Jan - 27 Mar.

### Southcourt Family Centre

Aylesbury College Campus, Oxford Road, Aylesbury, HP21 8PD. 01296383293. familyinfo.buckinghamshire.gov.uk.

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

**Ages:** 0 - 5 yrs 11 mths. **Cost:** Free (drop in). **Dates:** 9 Jan - 27 Mar.

## SENSORY & DEVELOPMENT

### Little Glow Aylesbury

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

- **Sensory Room - Birth to PreWalking:** 13:30 - 14:30.

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

**Dates:** 9 Jan - 6 Feb & 27 Feb - 20 Mar.

## OTHER

### Buckinghamshire Railway Centre

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

- **Day Out With Thomas:** 10:30 - 17:30. **Dates:** 3 Apr.

**Ages:** 1 - 12 yrs. **Cost:** £15 per session (booking essential).

### Weeniebeans

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

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

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

Book A Free Trial at  
[www.UnicornMandarin.com](http://www.UnicornMandarin.com)



Group Lesson



Private Lesson



Play Group

Weekly Mandarin Group lesson & Play Group:

1. Sunday at 10-11 at the Lounge at St Thomas Church Beaconsfield HP9 1UF.
2. Sunday at 15:30-16:30 at the Lounge at St Thomas Church Beaconsfield HP9 1UF.
3. Saturday 10-11 at Gerrards Cross or Beaconsfield
4. Monday at 10-11 at the Lounge at St Thomas Church Beaconsfield HP9 1UF.
5. Friday at 10-11 at the Lounge at St Thomas Church Beaconsfield HP9 1UF.
6. Private lessons is available at your convenient time and location.

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email [UnicornMandarin@gmail.com](mailto:UnicornMandarin@gmail.com)

Unicorn Mandarin  
Lesson & Playgroup

## SATURDAY

### PARENTS & TOTS

#### Discover Bucks Museum

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

- **I Grew Up 90s:** 10:00 - 16:00.

**Cost:** £3 per session (booking essential). **Dates:** 10 Jan - 21 Feb.

- **Roald Dahl Children's Gallery:** 10:00 - 16:00.

**Ages:** 3 - 15 yrs. **Cost:** £5.50 per session (booking essential).

**Dates:** 10 Jan - 7 Feb & 14 Feb - 22 Feb.

#### Haddenham Community Library

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

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

**Ages:** 2 - 5 yrs. **Cost:** Free (drop in). **Dates:** 10 Jan - 11 Apr.

#### Who Let The Dads Out?

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

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

**Dates:** 10 Jan - 11 Apr.

## DANCE & DRAMA

### Tot Bop

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

- **Tiny Tots:** 9:00 - 9:30. **Ages:** 1 yrs - 2 yrs 6 mths.

- **Baby Boppers:** 9:45 - 10:30. **Ages:** 2 yrs 6 mths - 3 yrs 6 mths.

- **Funky Monkeys:** 10:45 - 11:30. **Ages:** 3 yrs 6 mths - 5 yrs 11 mths.

- **Groovy Movers:** 11:45 - 12:30. **Ages:** 5 - 9 yrs.

**Dates:** 10 Jan - 14 Feb & 27 Feb - 27 Mar.

## SUNDAY

### PARENTS & TOTS

#### Discover Bucks Museum

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

- **I Grew Up 90s:** 12:00 - 16:00.

**Cost:** £3 per session (booking essential). **Dates:** 11 Jan - 22 Feb.

- **Roald Dahl Children's Gallery:** 12:00 - 16:00. **Ages:** 3 - 15 yrs.

**Cost:** £5.50 per session (booking essential). **Dates:** 11 Jan - 8 Feb.

- **Simon Smith Schoolboy Spy with Mark Creasy:** 12:30 - 13:30.

**Ages:** 5 - 11 yrs. **Cost:** £3.50 per session (booking essential).

**Dates:** 22 Feb.

## OTHER

### Buckinghamshire Railway Centre

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

- **Meet Peter Rabbit:** 10:30 - 17:30. **Dates:** 15 Feb.

- **Meet The Gruffalo:** 10:30 - 17:30. **Dates:** 29 Mar.

**Ages:** 1 - 12 yrs. **Cost:** £15 per session (booking essential).



## SOUTH BUCKS AREA



## MONDAY

## PARENTS &amp; TOTS

## Amersham Library

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

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

**Ages:** 0 - 5 yrs. **Cost:** Free (booking essential). **Dates:** 5 Jan - 23 Mar.

## Holmer Green Tiddlywinks

Christ Church Centre, Holmer Green, High Wycombe, HP15 6XQ. 01494-715195. [www.pshg.org](http://www.pshg.org).

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

**Cost:** £2 per session (drop in). **Dates:** 5 Jan - 9 Feb & 23 Feb - 23 Mar.

## Little Fish High Wycombe

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

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

**Dates:** 5 Jan - 9 Feb & 23 Feb - 23 Mar.

## Tiddlywinks

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

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

**Dates:** 5 Jan - 9 Feb & 23 Feb - 23 Mar.

## MUSIC &amp; SIGNING

## Monkey Music Amersham, Beaconsfield &amp; The Chalfonts

Amersham Community Centre, Chilterns Lifestyle Centre, Chiltern Avenue, Amersham, HP6 5AH. 07765257465. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

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

**Cost:** £10.95 per session (booking essential).

**Dates:** 5 Jan - 9 Feb & 23 Feb - 23 Mar.

## Monkey Music Aylesbury &amp; High Wycombe

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

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

**Cost:** £10.50 per session (booking essential).

**Dates:** 5 Jan - 9 Feb & 23 Feb - 23 Mar.

## Moo Music - High Wycombe, Marlow, Beaconsfield &amp; Bourne End

Childcare4U Marlow, Farm House, Crown Lane, Marlow, SL7 3HL. 07360 745264. [www.moo-music.co.uk](http://www.moo-music.co.uk).

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

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

**Dates:** 5 Jan - 9 Feb & 23 Feb - 23 Mar.

## Are you running classes or events?

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



## Award winning music classes for babies & young children

Aylesbury & High Wycombe  
E: [alesbury@monkeymusic.co.uk](mailto:alesbury@monkeymusic.co.uk)  
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High Wycombe  
Princes Risborough  
Tring  
Wendover  
West Wycombe

**Classes available:**  
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Heigh-Ho (1-2 years)  
Jiggety-Jig (2&3 years)  
Ding Dong (3&4 years)  
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NOISE FOR NEWBORN  
BABIES!

Sharing precious time together [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk)



## TUESDAY

### PARENTS & TOTS

#### Bourne End Community Library

Wakeman Road, Bourne End, SL8 5SX. 01296 382 415.  
[www.buckinghamshire.gov.uk](http://www.buckinghamshire.gov.uk).

• **Tuesday Storytime:** 10:30 - 11:00.  
**Ages:** 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 6 Jan - 24 Mar.

#### Chesham Library

Elgiva Lane, Chesham, HP5 2JD. 01296 382 415.  
[www.buckinghamshire.gov.uk](http://www.buckinghamshire.gov.uk).

• **Bounce and Rhyme:** 10:00 - 10:30.  
**Ages:** 0 - 4 yrs. **Cost:** Free (booking essential). **Dates:** 6 Jan - 24 Mar.

#### Farnham Common Community Library

Victoria Road, Farnham Common, SL2 3NL. 01296 382415.

• **Story Time:** 10:30 - 11:00.  
**Ages:** 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 6 Jan - 24 Mar.

#### The Lantern Babies and Toddlers

St Mary's Church, 141 Marlow Bottom, Marlow, SL7 3PJ.  
**Times:** 10:00 - 11:30. **Cost:** £2 per session (drop in). **Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar.

### MUSIC & SIGNING

#### Monkey Music Amersham, Beaconsfield & The Chalfonts

Gerrards Cross, Gerrards Cross Guide Hall, 29 Station Road, Gerrards Cross, SL9 8ES. 07765257465. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

• **Heigh-Ho:** 9:15 - 9:45. **Ages:** 1 - 2 yrs.  
• **Jiggety-Jig:** 10:00 - 10:30. **Ages:** 2 - 3 yrs.  
**Cost:** £10.95 per session (booking essential).  
**Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar.

## Monkey Music Amersham, Beaconsfield & The Chalfonts

Marlow, Christ Church URC, 18 Oxford Road, Marlow, SL7 2NL.  
07765257465. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

• **Jiggety-Jig:** 10:00 - 10:30. **Ages:** 2 - 3 yrs.

• **Heigh-Ho:** 10:40 - 11:10. **Ages:** 1 - 2 yrs.

**Cost:** £10.95 per session (booking essential).

**Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar.

## Monkey Music Amersham, Beaconsfield & The Chalfonts

Gerrards Cross, Gerrards Cross Guide Hall, 29 Station Road, Gerrards Cross, SL9 8ES. 07765257465. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

• **Rock'n'Roll:** 10:45 - 11:15 & 11:30 - 12:00. **Ages:** 3 mths - 1 yrs.

**Cost:** £10.95 per session (booking essential).

**Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar.

## Monkey Music Amersham, Beaconsfield & The Chalfonts

Marlow, Christ Church URC, 18 Oxford Road, Marlow, SL7 2NL.  
07765257465. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

• **Rock'n'Roll:** 11:20 - 11:50. **Ages:** 3 mths - 1 yrs.

• **Ding-Dong:** 12:00 - 12:30. **Ages:** 3 - 5 yrs.

**Cost:** £10.95 per session (booking essential).

**Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar.

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

Moo Music - Wooburn Green, St Mary's Church Hall, Glory Mill Lane, Wooburn Green, HP10 0LU. 07360 745264. [www.moo-music.co.uk](http://www.moo-music.co.uk).

• **Moo Music (Maxi)** (toddlers & preschoolers): 9:30 - 10:30.  
• **Moo Music (Baby Moo)** (newborn babies to wobbly walkers): 11:00 - 11:40.

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

**Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar.

## SENSORY & DEVELOPMENT

### Baby College South Buckinghamshire

Amersham Community Centre, Chiltern Lifestyle Centre, Amersham, HP6 5AH. 07720441672. [www.babycollege.co.uk](http://www.babycollege.co.uk).

• **Amersham Juniors** **Times:** 9:30 - 10:15. **Ages:** 1.5 yrs - 3 yrs.  
• **Amersham Toddlers** **Times:** 10:30 - 11:15. **Ages:** 9 mths - 1.5 yrs.  
• **Amersham Infants** **Times:** 11:30 - 12:15. **Ages:** 0 - 9 mths.

**Cost:** £9.25 per session (booking essential).

**Dates:** 6 Jan - 24 Mar.

### Unicorn Mandarin

Lounge next to Dove Cafe, Mayflower Way, Beaconsfield, HP9 1UF. 07873921949. [www.unicornmandarin.com](http://www.unicornmandarin.com).

• **GCSE Chinese Group lesson online:** 17:00 - 19:00.

**Ages:** 14 - 18 yrs. **Cost:** Free (booking essential). **Dates:** 6 Jan - 24 Feb.

## SWIMMING

### Ducks2Water

Royal Grammar School, Amersham Rd, High Wycombe, HP13 6QT. 07455023603. [www.ducks2water.com](http://www.ducks2water.com).

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

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

**Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar.



## HEALTH

### Happy Hearts First Aid

The Walled Garden, Chorley Road, West Wycombe, HP14 3AP. [www.happyheartsfirstaid.com](http://www.happyheartsfirstaid.com)

- Baby and Child First Aid: 10:00 - 12:00.

**Cost:** £28 per session (*booking essential*). **Dates:** 10 Feb, 21 Apr

## WEDNESDAY

### PARENTS & TOTS

#### Radnage Mother and Toddler Group

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

**Times:** 9:30 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £1.50 per session (*booking essential*). **Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

#### St. Anne's Parent & Toddler Group

St. Anne's Church, London Road, High Wycombe, HP11 1ET. 07443596304.

**Times:** 9:30 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £1.50 per session (*drop in*). **Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

#### Tiny Tots

St James Gerrards Cross & Fulmer, Oxford Road, Gerrards Cross, SL9 7DJ. [www.saintjames.org.uk](http://www.saintjames.org.uk).

- Tiny Tots: 9:30 - 11:00. **Ages:** 0 - 3 yrs.

**Cost:** Free (*booking essential*). **Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

## MUSIC & SIGNING

### Long Crendon Community Library

High Street, Long Crendon, HP18 9AF. 01296 382415.

- Bounce and Rhyme: 10:15 - 10:45.

**Ages:** 0 - 4 yrs. **Cost:** Free (*drop in*). **Dates:** 7 Jan - 25 Mar.

### Monkey Music Amersham, Beaconsfield & The Chalfonts

Amersham Community Centre, Chilterns Lifestyle Centre, Chiltern Avenue, Amersham, HP6 5AH. 07765257465. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

- Heigh-Ho: 9:30 - 10:00. **Ages:** 1 - 2 yrs.
- Jiggety-Jig: 10:15 - 10:45. **Ages:** 2 - 3 yrs.
- Ding-Dong: 11:45 - 12:15. **Ages:** 3 - 5 yrs.

**Cost:** £10.95 per session (*booking essential*).

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

### Monkey Music Aylesbury & High Wycombe

The Walled Garden, Chorley Road, West Wycombe, HP14 3AP. 01494 819138. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

- Monkey Music Sessions

**Times:** 9:45 - 10:15. **Ages:** 2 - 3 yrs.

**Times:** 10:25 - 10:55. **Ages:** 1 - 2 yrs.

**Times:** 11:05 - 11:35 & 12:30 - 13:00. **Ages:** 3 mths - 1 yrs.

**Times:** 11:50 - 12:20. **Ages:** 3 - 4 yrs.

**Cost:** £9.75 per session (*booking essential*).

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

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

Booker Memorial Hall, Limmer Lane, High Wycombe, HP12 4QR. 07360 745264. [www.moo-music.co.uk](http://www.moo-music.co.uk).

- Mixed Moo (suitable for babies and toddlers): 9:50 - 10:30.

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

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

## Phonics Class for ages 1 - 4

Classes in High Wycombe

## SENSORY & DEVELOPMENT

### Baby College South Buckinghamshire

Beaconsfield, St Thomas' Church Hall, Mayflower Way, Beaconsfield, HP9 1UF. 07720441672. [www.babycollege.co.uk](http://www.babycollege.co.uk).

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

**Dates:** 7 Jan - 25 Mar. **Cost:** £9.25 per session (*booking essential*).

### Unicorn Mandarin

Lounge next to Dove Cafe, Mayflower Way, Beaconsfield, HP9 1UF. 07873921949. [www.unicornmandarin.com](http://www.unicornmandarin.com).

- GCSE Chinese Group lesson online: 17:00 - 19:00.

**Ages:** 14 - 18 yrs. **Cost:** Free (*booking essential*). **Dates:** 7 Jan - 25 Feb.

## DANCE & DRAMA

### Perform Workshops LTD

St Teresa Catholic Church - Parish Centre, 40 Warwick Road, Beaconsfield, HP9 2PL. 020 7255 9120. [www.perform.org.uk](http://www.perform.org.uk).

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

**Cost:** £22.54 per session (*booking essential*). **Dates:** 14 Jan - 18 Mar.

**Are you running classes or events?**

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

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## OTHER

### Chalfont St Peter Community Library

High Street, Chalfont St Peter, SL9 9QA. 01296 382 415.  
[www.csp-communitylibrary.co.uk](http://www.csp-communitylibrary.co.uk).

- Bounce & Rhyme: 10:30 - 11:00. **Ages:** 0 - 5 yrs.
- Cost:** Free (*booking essential*). **Dates:** 7 Jan - 28 Jan.
- Tea/Coffee/Cordials and Biscuits: 14:00 - 17:00. **Ages:** 0 - 99 yrs.
- Cost:** £1 per session (*booking essential*). **Dates:** 7 Jan - 14 Jan.

## THURSDAY

### PARENTS & TOTS

#### Amersham Library

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

- Bounce & Rhyme: 10:30 - 11:00.
- Ages:** 0 - 5 yrs. **Cost:** Free (*booking essential*). **Dates:** 8 Jan - 26 Mar.

#### Beaconsfield Library

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

- Storytime: 10:00 - 10:30.
- Ages:** 0 - 5 yrs. **Cost:** Free (*booking essential*). **Dates:** 8 Jan - 26 Mar.



### Bourne End Community Library

Wakeman Road, Bourne End, SL8 5SX. 01296 382 415.  
[www.buckinghamshire.gov.uk](http://www.buckinghamshire.gov.uk).

- Bounce and Rhyme: 10:00 - 11:00.
- Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 8 Jan - 26 Mar.

### Farnham Common Community Library

Victoria Road, Farnham Common, SL2 3NL. 01296 382415.

- Lego Club: 15:30 - 16:30.
- Ages:** 6 - 15 yrs. **Cost:** Free (*drop in*). **Dates:** 8 Jan - 26 Mar.

### High Wycombe Library

High Wycombe Library, 5 Eden Place, High Wycombe, HP11 2DH. 01296 382415. [www.buckscc.gov.uk](http://www.buckscc.gov.uk).

- Bounce & Rhyme: 10:00 - 10:30. **Ages:** 0 - 1 yrs 6 mths.
- Cost:** Free (*booking essential*). **Dates:** 8 Jan - 26 Mar.

### Penn & Tylers Green Toddler Group

Tylers Green Village Hall, Tylers Green, High Wycombe, HP10 8LN. 01904 819990.

- Times:** 9:15 - 11:00. **Ages:** Pregnancy - 4 yrs. **Cost:** £3 per session (*drop in*). **Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

### Playhouse Toddlers - High Wycombe

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

- Playhouse Toddlers: 9:30 - 11:30. **Ages:** 0 - 4 yrs.
- Cost:** £1 per session (*booking essential*). **Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

### St Peter's Church, Burnham

St Peter's Church, Cornerstone, Church Street, Burnham, SL1 7HX. 01628 664338. [www.stpetersburnham.org](http://www.stpetersburnham.org).

- Little Angels Baby and Toddler Group: 9:30 - 11:30.
- Ages:** 0 - 5 yrs. **Cost:** £2 per session (*drop in*). **Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

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contact Vicky to join the fun: [vicky@babycollege.co.uk](mailto:vicky@babycollege.co.uk) or 07720 441672

**The Lantern Babies and Toddlers**  
Lantern Community Corner, St Mary's Church, 141 Marlow Bottom, Marlow, SL7 3PJ.  
• Community Corner: 13:30 - 15:00.  
Cost: Free (drop in). Dates: 5 Feb & 5 Mar.

**MUSIC & SIGNING**  
**Monkey Music Amersham, Beaconsfield & The Chalfonts**  
Gerrards Cross, Gerrards Cross Guide Hall, 29 Station Road, Gerrards Cross, SL9 8ES. 07765257465. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).  

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

**Cost:** £10.95 per session (booking essential).  
**Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

**Monkey Music Aylesbury & High Wycombe**  
Wrights Meadow Centre, Wrights Meadow Road, High Wycombe, HP11 1SQ. 01944 819138. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).  

- Heigh Ho: 9:25 - 9:55.
- Ages:** 1 - 2 yrs. **Cost:** £10.50 per session (booking essential).
- Ding-Dong: 10:45 - 11:15.
- Ages:** 3 - 5 yrs. **Cost:** £9.75 per session (booking essential).
- Jiggety Jig: 10:05 - 10:35.
- Ages:** 2 - 4 yrs. **Cost:** £10.50 per session (booking essential).
- Rock n Roll: 11:25 - 11:55.

**Ages:** 3 mths - 1 yrs. **Cost:** £9.75 per session (booking essential).  
**Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

## DANCE & DRAMA

### Perform Workshops LTD

Chestnut Lane Primary School, 105 Chestnut Lane, Amersham, HP6 6EF. 020 7255 9120. [www.perform.org.uk](http://www.perform.org.uk).

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

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

## SWIMMING

### Ducks2Water

Millbrook Combined and Nursery, Mill End Road, High Wycombe, HP12 4BA. 07455023603. [www.ducks2water.com](http://www.ducks2water.com).

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

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

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



## FRIDAY

### PARENTS & TOTS

#### Beaconsfield Library

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

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

**Ages:** 0 - 4 yrs. **Cost:** Free (booking essential). **Dates:** 9 Jan - 10 Apr.

#### Bourne End Community Library

Wakeman Road, Bourne End, SL8 5SX. 01296 382415.

[www.buckinghamshire.gov.uk](http://www.buckinghamshire.gov.uk)

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

**Ages:** 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 9 Jan - 10 Apr.

#### Chalfont St Giles Community Library

High Street, Chalfont St Giles, HP8 4QA. 01494 874732.

[www.chalfontstgiles.org.uk](http://www.chalfontstgiles.org.uk)

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

**Ages:** 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 9 Jan - 10 Apr.

#### Flackwell Heath Methodist Church Parent and Toddler Group

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

- Play & Praise: 9:15 - 11:15.

**Ages:** 0 - 5 yrs. **Cost:** £1 per session (drop in). **Dates:** 9 Jan - 10 Apr.

#### Fun at One

Amersham Free Church, Woodside Road, Amersham, HP6 6AJ.

[01494726816.amershamfreecurch.org.uk](http://01494726816.amershamfreecurch.org.uk)

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

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

#### Magpie Club Baby & Toddler Group

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

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

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

#### Marlow Library

Marlow Library, Institute Road, Marlow, SL7 1BL. [www.buckscc.gov.uk](http://www.buckscc.gov.uk).

- Marlow Library Bounce & Rhyme: 11:00 - 11:30.

Sharing nursery rhymes, action songs & music.

**Ages:** 0 - 2 yrs. **Cost:** Free (drop in). **Dates:** 9 Jan - 10 Apr.

#### Micklefield Community Library

Micklefield Community Library, Micklefield Road, High Wycombe, HP13 7HU. 01296 382415. [www.buckinghamshire.gov.uk](http://www.buckinghamshire.gov.uk).

- Bounce and Rhyme, for under 5's with adult: 10:00 - 10:30.

**Ages:** 0 - 4 yrs. **Cost:** Free (booking essential). **Dates:** 9 Jan - 10 Apr.

## Family Nature Days

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## Small Saints

All Saints Church, Castle Street, High Wycombe, HP13 6RF. 07791 389598. [www.allsaintshighwycombe.org](http://www.allsaintshighwycombe.org).  
Times: 10:00 - 12:00. Ages: 0 - 5 yrs. Cost: £0.50 per session (drop in).  
Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

## MUSIC & SIGNING

### Monkey Music Amersham, Beaconsfield & The Chalfonts

St Teresa's, Beaconsfield, St Teresa's Catholic Church, 40a Warwick Road, Beaconsfield, HP9 2PL. 07765257465. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

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

Cost: £10.95 per session (booking essential).  
Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

### Monkey Music Aylesbury & High Wycombe

Risborough Community Centre, Stratton St, Princes Risborough, HP27 9AX. 01494 819138. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk).

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

Cost: £9.75 per session (booking essential).  
Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.



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

Downley Community Centre, School Close, High Wycombe, HP13 5TR. 07360 745264. [www.moo-music.co.uk](http://www.moo-music.co.uk).

- Moo Music (Maxi): 10:20 - 11:00.

**Ages:** 1 - 4 yrs. **Cost:** £8.50 per session (booking essential).

- Baby Moo: 11:30 - 12:10.

**Ages:** 2 mths - 1 yrs 6 mths. **Cost:** £8.50 per session (booking essential).

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

## Sing and Sign Banbury, Bicester, Brackley & Buckingham

Lace Hill Sports & Community Centre, Catchpin Street, Buckingham, MK18 7RR. 07771550335. [www.singandsign.co.uk](http://www.singandsign.co.uk).

- Sing and Sign Stage 2: 9:45 - 10:30.

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

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

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

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

**Ages:** 0 - 6 mths.

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

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

## SEND

### SEND Hugs

Our Lady's Church, Amersham Road, Chesham Bois, Amersham, HP6 5PE. 07930 842137 [www.directory.familyinfo.buckinghamshire.gov.uk/service/15837?keywords=Olops](http://www.directory.familyinfo.buckinghamshire.gov.uk/service/15837?keywords=Olops)

- OLOPS SEND Toddler Group: 13:00-14:15.

For babies and children with special needs or disabilities with their parent or carer. No diagnosis or referral necessary.

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

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

## Sparkles - Speech Therapy for Children with Down's Syndrome

High Wycombe, Email for location, High Wycombe, HP10. [www.sparkles.org.uk](http://www.sparkles.org.uk).

- Sparkles Speech Therapy: 9:30 - 14:30.

Supporting Children with Down's Syndrome

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

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

## CREATIVE

### The Roald Dahl Museum

81-83 High Street, Great Missenden, HP16 0AL. 01494892192. [www.roalddahlmuseum.org](http://www.roalddahlmuseum.org).

- Titchy Toddlers at the Roald Dahl Museum: 10:00 - 12:00.

**Ages:** 6 mths - 4 yrs 11 mths. **Cost:** £5 per session (booking essential).

**Dates:** 9 Jan.

## SWIMMING

### Ducks2Water

Royal Grammar School, Amersham Rd, High Wycombe, HP13 6QT. 07455023603. [www.ducks2water.com](http://www.ducks2water.com).

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

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

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

### Ducks2Water

Cedar Park School, Cedar Avenue, Hazlemere, HP15 7EF. 07455023603. [www.ducks2water.com](http://www.ducks2water.com).

- Duckling 1 (3-10 m): 13:00 - 13:30.

- Duckling 2 (10-18 m): 12:30 - 13:00 & 14:00 - 14:30.

- Duckling 3 (1.5-2.5 yrs): 13:30 - 14:00.

- Duckling 4 (2.5-3.5 yrs): 13:00 - 13:30.

- Duckling 5 (3-5 yrs): 12:30 - 13:00 & 14:00 - 14:30.

- Duckling 6 (3-5 yrs): 13:30 - 14:00.

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

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

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Thursdays 4:30 - 6:00pm (Henley)  
Fridays 4:45 - 6:15pm (Marlow)  
Saturdays 9:30am - 11:00am (Henley)  
Saturdays 11:30am - 13:00pm (Henley)  
Saturdays 9:00 - 10:30am (High Wycombe)  
Saturdays 9:30 - 11:00am (High Wycombe)  
Saturdays 11:30 - 1:00pm (High Wycombe)  
Saturdays 1:30 - 3:00pm (High Wycombe)

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

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

**MINI & EARLY STAGES**

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

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

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

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

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

**ASK ABOUT OUR 2-WEEK TRIAL**

## SATURDAY

### PARENTS & TOTS

#### High Wycombe Library

High Wycombe Library, 5 Eden Place, High Wycombe, HP11 2DH.  
01296 382415. [www.bucksc.gov.uk](http://www.bucksc.gov.uk).

• Storytime: 11:30 - 12:00.  
Ages: 0 - 10 yrs. Cost: Free (drop in). Dates: 10 Jan - 28 Mar.

### SENSORY & DEVELOPMENT

#### Unicorn Mandarin

Lounge next to Dove Cafe, Mayflower Way, Beaconsfield, HP9 1UF.  
07873921949. [www.unicornmandarin.com](http://www.unicornmandarin.com).

• Mandarin Group Lesson: 10:30 - 11:30.

Mandarin play and learn

Ages: 6 months - 6 yrs. Cost: Free (booking essential).  
Dates: 10 Jan - 21 Feb.

### CREATIVE

#### St. Michael's Church

St. Michael Church, 70 Sycamore Rd, Amersham, HP6 5DR. 01494 726680. [www.stmichaelsamersham.org.uk](http://www.stmichaelsamersham.org.uk).

• Messy Church: 11:30 - 13:00.

Ages: 3 - 10 yrs. Cost: Free (drop in). Dates: 17 Jan, 21 Feb & 21 Mar.

### SWIMMING

#### Ducks2Water

Royal Grammar School, Amersham Rd, High Wycombe, HP13 6QT.  
07455023603. [www.ducks2water.com](http://www.ducks2water.com).

• Ducks2Water Swim Club: 10:00 - 13:00.

Ages: 3 - 13 yrs. Cost: £12 per session (booking essential).  
Dates: 10 Jan - 7 Feb & 28 Feb - 21 Mar.

### HEALTH

#### Happy Hearts First Aid

The Village Midwife HQ, 2 Holly court, Tring Road, Wendover, HP22 6PE. [www.happyheartsfirstaid.com](http://www.happyheartsfirstaid.com)

• Baby and Child First Aid: 13:00 - 15:00.

Cost: £28 per session (booking essential). Dates: 24 Jan, 21 Apr

### PHYSICAL FUN

#### South Bucks Rugbytots LLP

Gerrards Cross Rugbytots, Thorpe House Lower School, Oval Way, Gerrards Cross, SL9 8QB. 07515754391. [www.rugbytots.co.uk](http://www.rugbytots.co.uk).

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

Cost: £8.50 per session (booking essential).

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

Cost: £9.25 per session (booking essential).

Dates: 10 Jan - 7 Feb & 28 Feb.

**Are you running classes or events?**

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## TRY RUGBYTOTS FREE\*



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[tom.brown@rugbytots.co.uk](mailto:tom.brown@rugbytots.co.uk)  
**0345 313 0447**

\*Subject to availability



### South Bucks Rugbytots LLP

Ruislip Rugbytots, Ruislip Gardens Primary School, Stafford Road, Ruislip, HA4 6PD. 07515754391. [www.rugbytots.co.uk](http://www.rugbytots.co.uk).

• 2-3.5 year olds: 8:45 - 9:15.

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

• 3.5-5 year olds: 9:20 - 10:05. .

• 5-7 year olds: 10:10 - 10:55.

**Cost:** £9.25 per session (*booking essential*)

**Dates:** 10 Jan - 7 Feb & 28 Feb.

### South Bucks Rugbytots LLP

Harrow Rugbytots, Vaughan Primary School, The Gardens, Harrow, HA1 4EL. 07515754391. [www.rugbytots.co.uk](http://www.rugbytots.co.uk).

• 2-3.5 year olds: 8:45 - 9:15.

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

• 3.5-5 year olds: 9:20 - 10:05 & 10:10 - 10:55.

**Cost:** £9.25 per session (*booking essential*)

**Dates:** 10 Jan - 7 Feb & 28 Feb.

### South Bucks Rugbytots LLP

High Wycombe Rugbytots, Castlefield School, The Middleway, High Wycombe, HP12 3LE. 07515754391. [www.rugbytots.co.uk](http://www.rugbytots.co.uk).

• 2-3.5 year olds: 9:00 - 9:30.

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

• 3.5-5 year olds: 9:35 - 10:20 & 10:25 - 11:10.

**Cost:** £9.25 per session (*booking essential*)

**Dates:** 10 Jan - 7 Feb & 28 Feb.

## SUNDAY

### SWIMMING

#### Ducks2Water

Royal Grammar School, Amersham Rd, High Wycombe, HP13 6QT. 07455023603. [www.ducks2water.com](http://www.ducks2water.com).

• Ducks2Water Swim Club: 9:30 - 11:30.

**Ages:** 3 - 13 yrs. **Cost:** £12 per session (*booking essential*). **Dates:** 11 Jan - 8 Feb & 1 Mar - 22 Mar.

## SENSORY & DEVELOPMENT

### Unicorn Mandarin

Lounge next to Dove Café, Mayflower Way, Beaconsfield, HP9 1UF. 07873921949. [www.unicornmandarin.com](http://www.unicornmandarin.com).

• GCSE Chinese Group lesson online: 18:30 - 20:00.

**Ages:** 14 - 18 yrs.

• Mandarin Group Lesson *Mandarin play and learn*

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

**Times:** 15:30 - 16:30. **Ages:** 4 - 11 yrs.

**Dates:** 11 Jan - 22 Feb.

## HEALTH

### Happy Hearts First Aid

St Michael's All Angels Church, Grenfell Road, Beaconsfield, HP9 2BP. [www.happyheartsfirstaid.com](http://www.happyheartsfirstaid.com)

• Baby and Child First Aid: 10:00 - 12:00.

**Cost:** £28 per session (*booking essential*). **Dates:** 18 Jan, 1 Mar

### Happy Hearts First Aid

Ickenham, check website for location details

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

• Baby and Child First Aid: 10:30 - 12:30.

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

## PHYSICAL FUN

### South Bucks Rugbytots LLP

Beaconsfield Rugbytots, Daventry School, Station Road, Beaconsfield, HP9 1AA. 07515754391. [www.rugbytots.co.uk](http://www.rugbytots.co.uk).

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

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

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

**Cost:** £9.25 per session (*booking essential*).

**Dates:** 11 Jan - 8 Feb & 1 Mar.

### South Bucks Rugbytots LLP

Rickmansworth Rugbytots, Harvey Road Primary School, Harvey Road, Croxley Green, WD3 3BN. 07515754391. [www.rugbytots.co.uk](http://www.rugbytots.co.uk).

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

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

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

**Cost:** £9.25 per session (*booking essential*).

**Dates:** 11 Jan - 8 Feb & 1 Mar.

### South Bucks Rugbytots LLP

Amersham Rugbytots, Amersham School, Stanley Hill, Amersham, HP7 9HH. 07515754391. [www.rugbytots.co.uk](http://www.rugbytots.co.uk).

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

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

• 3.5-5 year olds: 9:35 - 10:20.

**Cost:** £9.25 per session (*booking essential*).

**Dates:** 11 Jan - 8 Feb & 1 Mar.

## PLAY & DISCOVER Answers

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## DIRECTORY OF ADVERTISERS

### Family Days Out

|                       |    |
|-----------------------|----|
| Bucks Railway Centre  | 17 |
| Discover Bucks Museum | 25 |
| Field Studies Council | 36 |
| Roald Dahl Museum     | 25 |
| Waterperry Gardens    | 21 |

### Gifts & Products

|                    |    |
|--------------------|----|
| Bunny Hop Bookshop | 11 |
|--------------------|----|

### Groups & Classes

|                                       |    |
|---------------------------------------|----|
| Baby College South Bucks              | 35 |
| Ducks to Water                        | 26 |
| Little Glow Aylesbury                 | 11 |
| Monkey Music Aylesbury & High Wycombe | 32 |
| Phonics with Robot Reg                | 33 |
| Rugby Tots South Bucks                | 38 |
| Stagecoach High Wycombe               | 37 |
| Tot Bop                               | 29 |
| Totally Tutoring                      | 13 |
| Unicorn Mandarin                      | 30 |

### Health & Wellbeing

|                              |    |
|------------------------------|----|
| Everyone Active              | 34 |
| Happy Hearts First Aid       | 21 |
| SEND Hugs                    | 15 |
| Sleep Nanny Melanie Hastings | 21 |

### Schools / Childcare

|                       |    |
|-----------------------|----|
| Childbase Partnership | 28 |
| St Mary's School      | 7  |
| Harmony at Home       | 13 |

### Softplay & Parties

|                |    |
|----------------|----|
| Clara's Corner | 15 |
| Ride on Time   | 15 |



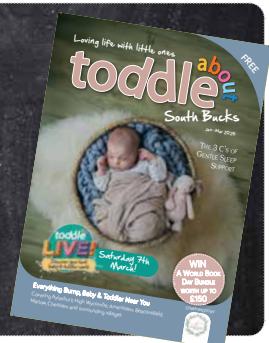
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