

Loving life with little ones

# toddle

about  
MK & Bedford

FREE

Jan - Mar 2025



Meltdowns  
vs Tantrums:  
Calm Parenting  
Guide

World Book Day:  
Must-Read Picks  
Guide

Valentine's Day Craft Ideas

Everything Bump, Baby & Toddler Near You

Covering Milton Keynes, Bedford, Buckingham,  
Newport Pagnell, Olney and the surrounding area

**WIN**  
a STROLLER  
worth £399  
page 27



AKELEY WOOD  
SCHOOL

**BE YOU. BRILLIANTLY.**

Welcome to Akeley Wood Nursery, nestled in the picturesque Wicken Park setting of our Junior School, catering for children aged 1-11.

Our Butterflies class, specifically designed for ages 3-4, is led by a fully qualified teacher who builds academic skills by fostering independence, enhancing listening skills and introducing early reading, writing and skills to prepare children for a smooth transition to Reception.



**Join us for Breakfast with the Head and Tour**

14 January 9am - Our events fill quickly. Follow the QR code or email to secure your place now.

01908 555803

[admissions@akeleywoodschoo.co.uk](mailto:admissions@akeleywoodschoo.co.uk)

**COGNITA**

Nursery | Junior | Senior | Sixth Form

# WELCOME



## TO THE NEW YEAR 2025 ISSUE!

### Happy New Year to all our wonderful readers and advertisers!

The last two months have been a whirlwind for us, welcoming our beautiful daughter into the world and embracing life as a family of four. It's been a time of learning, adjusting, and **celebrating the small moments**, something we are sure many of you can relate to on your parenting journeys.

This year, we're focusing on **connection, growth, and sustainability**. We are so proud of the incredible progress of our tree-planting initiative. Thanks to your support, Toddle About has already helped plant over 6,100 trees through our partnership with Ecologi. Together, we're creating a greener future for our little ones, and we can't wait to grow this even more throughout the year.

In this issue, we have brought you articles designed to support and inspire. Learn how to identify and manage a **toddler meltdown vs a tantrum** (p.14), a must-read for those challenging moments. Thinking of making a change in 2025? Our **'Be Your Own Boss'** (p.24) article offers advice on starting a flexible business while balancing family life.

We are also celebrating the richness of family traditions in our Multicultural Corner, featuring **Grandparents' Day celebrations** (p.10), a beautiful reminder of the vital role grandparents play across cultures.

A huge thank you to all our readers and advertisers, you have made Toddle About a success, and we couldn't do it without you. Your enthusiasm keeps us going and allows initiatives like our tree planting to thrive.

Let's make this year a time of growth through **stronger connections, greener choices, and more shared experiences**.

*Loving life with little ones,*

Joanna

OWNER & EDITOR

Learn more at [toddle.fun/subscribe](https://www.toddle.fun/subscribe)

PS. Subscription to Toddle About is just £2 every 3 months and your **first issue is free!** Plus, you get other VIP perks such as automatic entry to exclusive giveaways and freebies. More info at [www.toddle.fun/subscribe](https://www.toddle.fun/subscribe)



Joanna - Managing Director

Get in touch!

07783 944131 (mob)

01908 596050 (office)

[joanna@toddleabout.co.uk](mailto:joanna@toddleabout.co.uk)

[toddleaboutmkandbeds](#)

[toddleabout](#)

[toddleabout\\_mkandbeds](#)

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.

Whilst every effort has been made to ensure the information in Toddle About is accurate and correct, we cannot guarantee that this is so and Toddle About Limited cannot and does not accept any liability for loss, damage or problems arising from any errors, omissions or inaccuracies in content, nor from actions taken by readers based on information or opinions presented in advertisements or throughout the magazine. Images and information supplied by 3rd parties have been accepted in good faith and all liability for any legal transgression including breach of copyright remains with the supplying parties.

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

Follow us for daily updates!



## toddle about BABY SHOW MK & Bedford



### Toddle About Baby Show 2025

The Toddle About Baby Show in Milton Keynes is scheduled for Saturday, April 26, 2025, at The Ridgeway Centre. This free-entry event, designed for expectant parents and families with young children, features over 80 exhibitors, expert advice, product demonstrations, and a soft play area for little ones. Early visitors (the first 200 families) receive a complimentary goody bag. Pre-registration is encouraged, though tickets are available for £2 at the door. It's a must-visit for parenting resources and fun. **Book now at [www.toddleabout.co.uk](http://www.toddleabout.co.uk)**

See P.25



### Harry's Rainbow: Toddle About's Chosen Charity for 2025

Toddle About is proud to announce that Harry's Rainbow has been selected as its chosen charity for the 2025 Baby Show. Founded in memory of Harry, who died in 2009, the charity supports children and young people coping with bereavement. Offering services like group activities, memory-making events, and retreats, Harry's Rainbow helps families navigate grief with care and compassion. Toddle About is honoured to partner with Harry's Rainbow, raising awareness and funds to support their incredible work in transforming the lives of young people facing loss. **See P.11**

Find out more at [www.harrysrainbow.co.uk](http://www.harrysrainbow.co.uk) or scan the QR code:



### 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, 8th February, 3pm - 4:30pm

**Broughton Pavilion:** Sunday 9th March, 3pm - 4.30pm

For more info, visit [www.littlepoppetsprelovedmarket.co.uk](http://www.littlepoppetsprelovedmarket.co.uk).

### Kickstart Your Toddler's Fun in 2025

Join Joey Football's exciting indoor football sessions for toddlers aged 18 months and up. These engaging classes build confidence, skills, and friendships through fun games and activities. Held in Bedford every Saturday and Sunday, it's a perfect weekend adventure.

Plus, enjoy a **FREE trial class to get started!** For more information email: [joeysfootballfun@gmail.com](mailto:joeysfootballfun@gmail.com).

See P.20, P.38

**BE PART OF SOMETHING FUN AND COME ALONG AND ENJOY INDOOR FOOTBALL SESSIONS FOR YOUR TODDLER! STARTING FROM 18 MONTHS+**

- Our sessions are fun and beneficial, help to build confidence and skills whilst making friends and having fun using imagination through fun football games and activities.
- Sessions are on Saturdays & Sundays in Bedford!

**FREE TRIAL CLASS!**

**TO BOOK YOUR FREE TRIAL SESSION EMAIL: [JOEYFOOTBALLFUN@GMAIL.COM](mailto:JOEYFOOTBALLFUN@GMAIL.COM)**

## Northampton & Lamport Railway Reopens Mother's Day

The Northampton & Lamport Railway re-opens on Sunday 30th March (Mother's Day) with steam train rides where Mums go FREE! Treat Mum to 'Cream Tea Specials'. Upcoming events: 20th/21st Apr – Easter Egg Specials, 25th/26th May – Bluey Weekend, 28th/29th June – Model Weekend. Trains run most Sundays 13th Apr–6th Oct.

See [www.nlr.org.uk](http://www.nlr.org.uk) for full info and online tickets. Follow them on Facebook, Instagram & X. See P.27





## New Butterflies Class at Akeley Wood Nursery

Akeley Wood Nursery and Junior School, set in the scenic Wicken Park, welcomes children aged 1-11 and offers a tailored *Butterflies* class for ages 3-4. Led by a qualified teacher, this program fosters independence and introduces key skills like early reading, writing, and listening to ensure a smooth transition to Reception.


Join them for "Breakfast with the Head and Tour", contact [admissions@akeleywoodschool.co.uk](mailto:admissions@akeleywoodschool.co.uk) or call 01280 828122. See P.2





# KUMON OPENS A WORLD OF POSSIBILITIES

**Bedford North Study Centre**  
07341 583675 (Tom)  
Faces, The Centre 147 Church Lane, Goldington, Bedford, MK41 0PW



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

**One-week Free Trial**  
1 February – 15 March

Terms and conditions apply. Fees vary. Participating centres only. Please refer to your local study centre. Subject to availability.

# Bite SIZED NEWS

## Milton Keynes Plans £3.6M Central Library Revamp for Accessibility and Families

Milton Keynes City Council plans a £3.6 million renovation of the Central Library to enhance accessibility and services for families and children. The children's library will be relocated to the ground floor for easier access, and event spaces will be reconfigured to create additional classrooms for adult education. The project also includes replacing the roof and restoring the lift to improve access for residents with mobility challenges.

For more info visit [www.milton-keynes.gov.uk](http://www.milton-keynes.gov.uk)



## New Family Hubs Website

Family Hubs – Best Start Bedford Borough is a one stop shop for parents and carers to find information, ideas and support for your family, no matter what the age of your children. It offers easy access to a wide range of services, including childcare support, parenting advice, and health resources.

Whatever you and your family need, Bedford Borough Family Hubs is here to support you every step of the way.

Take a look, visit: [familyhubs.bedford.gov.uk](http://familyhubs.bedford.gov.uk)

See P.17



## Intrigue & Inspiration at The Quarry Theatre

The Quarry Theatre presents two exciting productions. *The Mystery of the Quarry Theatre* debuts on Friday, April 11th, offering an evening of intrigue and suspense. Meanwhile, Michael Morpurgo's *Farm Boy*, adapted and directed by Daniel Buckroyd, will take the stage on Sunday, May 4th, and Monday, May 5th. Don't miss these captivating shows.

Book your tickets now at [www.quarrytheatre.org.uk](http://www.quarrytheatre.org.uk). See P.15

## Unlock Your Child's Potential with Kumon

Kumon Bedford North Study Centre is offering a **free one-week trial in Maths and English** from **1 February to 15 March**. This is a great opportunity to experience Kumon's proven learning programmes. Don't miss this chance to help your child open a world of possibilities. The centre is located at Faces, The Centre, 147 Church Lane, Goldington, Bedford, MK41 0PW. For more information, contact **Tom** at **07341 583675** or visit [kumon.co.uk](http://kumon.co.uk). See P.20



## Start the Year on a High Note with Mini Mozart Classes

What's your New Years Resolution? Love them or loathe them, lots of people look to gain a new skill at this time of year. How about making it musical? Mini Mozart

are careful to pitch their classes so both the little ones and their adults pick up something new. With a piano accompanist and live orchestral instruments to help the class go with a swing, the joyful sessions will help blast away the January blues too!

See P.20





# FAMILY Days Out

**FEB**  
15-23

## HISTORY MAKERS AT WREST PARK

Wrest Park, 10am - 4pm

Join characters from the past for heritage-inspired hijinks and hands-on shenanigans at Wrest Park this half term.

**Address** Wrest Park, Silsoe, MK45 4HR

[www.english-heritage.org.uk](http://www.english-heritage.org.uk)

Cost: Under 5s Free, Adults from £14 (incl. donation)

**FEB**  
16

## STEM BYTES

National Museum of Computing, 11-4pm

Explore the Museum and be inspired by hands-on, interactive sessions led by expert facilitators.

**Address** Bletchley Park, Bletchley, England, MK3 6GX

[www.tnmc.org](http://www.tnmc.org)

Cost: Under 5s Free, Adults from £11.55

**FEB**  
17

## FAMILY LITTER PICK

Peartree Bridge, 10:30am

A wonderful way for families to spend time outdoors, meet others, explore the park, and look after the local environment together.

**Address** Triceratops, Waterside, Peartree Bridge

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

Cost: Free

**FEB**  
18-21

## HALF TERM @ HIGGINS BEDFORD

The Higgins Bedford, 11am - 5pm

Join local artists and providers for a variety of creative activities. All workshops last for an hour and are suitable for ages 5 to 12.

**Address** Castle Lane, Bedford MK40 3XD

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

Cost: Check website and social media

**FEB**  
18-20

## OPEN MORNING AT HOWE PARK WOOD

Howe Park Wood, 9:30am - 12:30pm

Visit Howe Park Wood during the February half term for their Open Mornings and gain access to the Education Centre.

**Address** Howe Park Wood, MK4 3GG

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

Cost: Free

**FEB**  
21

## TRACKPLAY @ BEDFORD ATHLETICS

Bedford Athletics Stadium, 9:30am-4:45pm

Bring your kids along to play with their giant train tracks. Pay and play for an hour or book multiple sessions.

**Address** Barkers Lane, Bedford, MK41 9SB

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

Cost: From £8 per child

**FEB**  
22

## MK LANTERN FESTIVAL

Land of Lights, 4pm-9pm

The last day of the festival where myths and legends come alive in a spectacular display of light and color.

**Address** Land Of Lights, MK15 0DT

[www.miltonkeynes.landoflights.co.uk/](http://www.miltonkeynes.landoflights.co.uk/)

Cost: 0-2 Free, Children & Adults from £15

**FEB**  
17-21

## STOWE'S 'STOWEDROPS' WALK

Stowe Gardens, 10am-5pm

Visitors can explore newly reinstated paths through Lamport Garden, surrounded by swathes of snowdrops, fondly known as 'Stowedrops.'

**Address** New Inn Farm, Buckingham, MK18 5EQ

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

Cost: Under 5 Free, Adults from £15



# The Webber Nursery

Part of The Webber Independent School

6 Months to 5 Years

At The Webber Nursery, we ignite curiosity, create wonder, and nurture a love for learning in every child. With a strong focus on school-ready learning, our experienced, qualified teachers provide specialist teaching in subjects such as numeracy, literacy, physical education, yoga and more.

Our approach to Early Years Education is led by children's interests, curiosity, and the milestones that shape their world. We inspire each child to explore, wonder, and achieve. Our Nursery specialists are dedicated to instilling confidence and equipping children with the skills they need for a smooth, successful start to their school experience.

Join us to spark a lifetime of discovery and success—because every great adventure begins here! Book your personal tour with our Nursery Manager, Miss. Race, today and feel the magic of The Webber Nursery for yourself.



**Inspiring Minds  
Shaping Futures**

Funding Available



Wrap Around Care

51 Week Provision

Settling Sessions

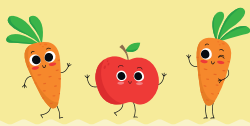
Nutritious Meals

Specialist Teaching

Pre School to Reception  
Transition Programme







# CARROT OAT BARS



**PREP: 5 MINUTES**  
**COOK: 20 MINUTES**  
**MAKES: 8-10 BARS**

These are really simple and a great way to get some extra veg into your baby or toddler's diet.

## INGREDIENTS

- Olive oil or butter, to grease
- ½ carrot, peeled & grated
- ½ small apple, peeled & grated
- 2 bananas, mashed
- 1 tbsp smooth, 100% almond butter
- 150g oats

## COOKING INSTRUCTIONS

1. Preheat the oven to 200°C. Lightly grease a baking tray.
2. Add all the ingredients to a large bowl and mix together with your hands or a spoon.
3. Press the mixture into the greased baking tray.
4. Bake in the oven for 20 minutes.
5. Leave to cool before cutting into 8-10 bars.



Recipe by Charlotte Stirling-Reed, Sunday Times bestselling author of *How to Wean Your Baby*. Charlotte's new book, *The Ultimate Weaning & Toddler Cookbook*, has 100 recipes to make weaning easy and fun. Out 5th March.



## FITMUMMY



GROUP FITNESS FOR MUMS WITH BABIES AND SMALL CHILDREN

- Pre and postnatal qualified trainers
- All toys, mats and bouncers provided
- Sessions Mon-Fri at 11am
- Flexible booking and payment options
- Friendly and supportive atmosphere

Find full info and book a trial session on the webpage below

[WWW.MAJORFITNESS.CO.UK/FITMUMMY](http://WWW.MAJORFITNESS.CO.UK/FITMUMMY)






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



SCAN ME




Breastfeeding clothes to nurse your baby comfortably any time, any place, anywhere!

Sustainable and Made in UK use UBERE20 for 20% discount

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



Follow us for daily updates!





# CELEBRATING GRANDPARENTS DAY

## *Honoring Traditions Around the World*

Grandparents Day is a cherished occasion celebrated worldwide to recognize the love, guidance, and support that grandparents offer. Each culture brings its unique traditions to this day, making it a special opportunity for families to connect across generations. With upcoming Grandparents Day celebrations in Poland and an observance each October in the UK, it's a timely reminder for all of us in multicultural communities to honor these family bonds.

### GRANDPARENTS DAY TRADITIONS ACROSS CULTURES

Countries around the world celebrate Grandparents Day in diverse ways that reflect their cultural values:

**United Kingdom:** In the UK, Grandparents Day is typically held on the first Sunday of October. Families celebrate through simple yet meaningful activities like baking, sharing family stories, or even planting flowers together, creating lasting memories with grandparents.

**United States:** Grandparents Day is observed on the first Sunday after Labor Day in September. Families often gather for quality time, and young children make cards or crafts for their grandparents.

**India:** Although India doesn't have an official Grandparents Day, respecting elders is an important part of Indian culture. Festivals like **Diwali**, **Raksha Bandhan**, and **Navratri** are times when families honor grandparents with gifts and special attention. Many Hindu families also practice **Ancestry Worship**, remembering ancestors, which mirrors the essence of Grandparents Day.

**Mexico:** Grandparents Day in Mexico is celebrated on August 28. Families come together with songs, poems, and handmade crafts to show appreciation for the role grandparents play in family life.

**Italy:** Italy's "Festa dei Nonni" falls on October 2. Children create cards and small gifts, and families often share a meal to honor grandparents, making this day a warm, familial occasion.

### POLAND'S JANUARY GRANDPARENTS DAY CELEBRATION

In **Poland**, Grandparents Day is celebrated with two special days: **Dzień Babci** (Grandmother's Day) on January 21 and **Dzień Dziadka** (Grandfather's Day) on January 22. This double celebration during the cold winter months brings warmth to families, as young children perform songs, recite poems, and

share small gifts with their grandparents. The tradition in Poland emphasizes the importance of family gatherings and reminds us how meaningful it is to spend time with older family members.

### IDEAS FOR CELEBRATING GRANDPARENTS DAY

Wherever you are, these simple activities can bring joy to both grandparents and young children:

**Create Handmade Cards with Finger Painting:** Toddlers can enjoy finger painting on cards with messages like "I love you, Grandma!" or "Thank you, Grandpa!" for a personal, heartfelt gift.

**Bake Simple Treats Together:** Choose an easy recipe like cookies or cupcakes, letting toddlers help stir or decorate. These treats will be a sweet surprise for grandparents.

**Sing a Song or Learn a Poem:** Pick a simple song or poem that toddlers can sing or recite, creating a special moment for grandparents to cherish.

**Make a Family Photo Collage:** Gather family photos and let toddlers help with stickers or decorations, creating a keepsake that grandparents will treasure.

**Plant a Flower:** Planting together is symbolic of family growth. Choose a small indoor plant to nurture together as a living reminder of family love.

### A DAY OF LOVE & CONNECTION

Whether planning for Poland's January observance or the UK's October celebration,



Grandparents Day is a meaningful reminder of the role grandparents play. Across all cultures, this special day encourages families to come together, celebrate the past, and create memories that honor the wisdom and love grandparents bring to our lives.





# COLOUR RUN & FAMILY FUN DAY 2025!

**Saturday 7th June 12-4pm**  
**Wolverton Rec Ground**

**EARLY BIRD SPECIAL!**

Book before the end of January

**£7 single ticket**

**£30 family of 5 ticket**



**JOIN US FOR OUR COLOUR RUN AND FAMILY FUN DAY - A NOT TO BE MISSED COMMUNITY EVENT FOR ALL AGES!**

Please help us to fundraise so we can continue to support bereaved children. Anyone raising over £100 will receive a goody bag and the highest fundraiser will win a prize!

Enjoy games, stalls, food and refreshments plus many more activities!

Stall holders wanted! Contact [fundraising@harrysrainbow.co.uk](mailto:fundraising@harrysrainbow.co.uk)

Book your tickets online at [harrysrainbow.co.uk/events](http://harrysrainbow.co.uk/events) or scan the QR code!

Scan to  
book your  
tickets!



# TODDLE MODELS

## Baby and Toddler Photo Competition Winner

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

Congratulations to little Lottie who won tickets to see **Stick Man at Bloomsbury Theatre in London** with Official London Theatre!

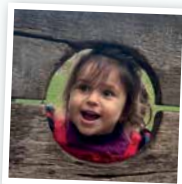
We received so many gorgeous entries - we hope you enjoy looking through them as much as we have and that this gives all our entrants a lovely keepsake.



Lottie, 11 months old

OFFICIAL  
LONDON  
THEATRE  
.com

Find out more at  
[www.OfficialLondonTheatre.com](http://www.OfficialLondonTheatre.com)



Alessia, 2 years 4 months



Annabelle, 2 years 3 months



Ariya, 1 year 3 months



Ava, 5 years



Chideziri, 3 years 9 months



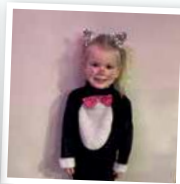
Daisy, 3 years 5 months



Daisy, 3 years



Dhiyana, 3 years



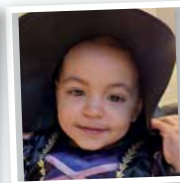
Ella, 5 years



Elora, 4 months



Essie, 3 years



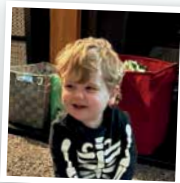
Evie, 2 years



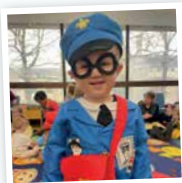
Ezra, 2 years 10 months



Forest & Robin, 4 & 2.5 years



Freddie, 1 year 7 months



George, 2 years 9 months



Harrison, 2.5 years



Harry, 6 years



Hermione, 5 years



Holly, 10 years



Isaac, 2 months



Ivy, 2 years



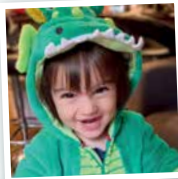
Jack & Amelia-Rose, 5 & 8 years



Jack, 3 years 4 months



Jian, 16 months



Kit, 2 years



Leo, 8 years



Letti, 2 years 11mths



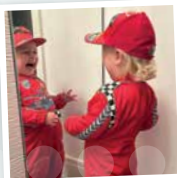
Malaya, 1 year 10 months



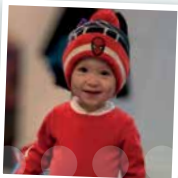
Roux, 2.5 years



Sylvienne, 2.5 years



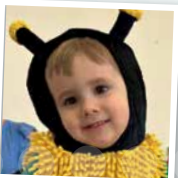
Tommy, 1.5 years



William, 1.5 years



Essie, 3 years



Ezra, 2 years 10 months

COMPETITION

TODDLE MODELS



WIN A £100 LITTLE STARTS GIFT CARD!

**THE PRIZE:** Win a Little Starts Gift Card, worth £100!

Little Starts Gift Cards are the UK's leading multi-brand gift card especially for baby, toddler and preschool activities. With access to over 20,000 classes and activities from more than 200 trusted brands like **Baby Sensory**, **Water Babies**, **Tumble Tots**, and **babyballet**, these gift cards offer a world of fun and educational opportunities.

Available online and at major retailers such as Sainsbury's, Asda, WHSmith, and Boots, they provide a thoughtful and flexible gift option for any occasion. Whether it's for birthdays, holidays, or just because, a Little Starts Gift Card is the perfect way to create lasting memories for families while enjoying engaging activities tailored for little ones.

Find out more at [www.littlestartsgiftcards.com](http://www.littlestartsgiftcards.com).

**HOW TO ENTER:**

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

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

Enter by **Sun 2<sup>nd</sup> March 2025**.



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



# Meltdowns VS Tantrums

## HOW TO RECOGNISE AND HANDLE YOUR CHILD'S MELTDOWNS

by Laura Dumbleton-Jones



*"I remember visiting playgroups with my son when he was little, no one spoke about their child kicking or breaking things. I felt like I was the only one, who felt on edge at the prospect of going on any outings, in case my child erupted over having the wrong type of bread for their sandwich. I felt embarrassed. I now know that many parents experience children having meltdowns and tantrums. You are not alone."*  
Laura, Kids' Coach and Trainer

Parenting is a rollercoaster ride filled with joy, frustration, and everything in between. One common challenge is dealing with meltdowns. This guide will help you understand the difference between tantrums and meltdowns with tips for calming both you and your child.

### UNDERSTANDING MELTDOWNS vs TANTRUMS:

**Tantrums:** Tantrums are deliberate attempts by a child to get something they want or to avoid something they don't. They often involve crying or throwing themselves on the floor.

**Meltdowns:** Meltdowns are overwhelming sensory or emotional experiences that young children can't control. They might cry, scream, or lash out due to hunger, tiredness, frustration, or feeling unsafe.

**The Key Difference:** Meltdowns are involuntary reactions, while tantrums are attempts to control a situation. Recognising this can help you manage your expectations and choose the **most helpful response**.

### SPOTTING THE SIGNS:

Meltdowns may seem sudden, and we often hear parents say, "It just came out of nowhere," but there are often warning signs. These can include:

**Physical:** Increased hunger, thirst, fatigue

**Behavioural:** Clinginess, withdrawal, irritability

By recognising these signs, you can help prevent meltdowns. Offer healthy snacks, establish routines, and create a calming environment.

### CALMING A MELTDOWN:

When a meltdown happens there are lots of things you can do to help a child resolve them:

**Show Calm:** Children feed off the emotions of those around them, so not joining them in their emotional state can be really impactful. Take deep breaths which will help you to be the calm anchor that they need, and will also show your child how they can access calm.

**Reassurance:** Let your child know you are there for them and that they are safe. A hug or simply being present can help.

**Create a Safe Space:** If possible, remove distractions and find a quiet place for your child to access calm.

### AFTER THE MELTDOWN:

**Talk it Out:** Once your child is calm, have a gentle conversation about what happened. Help them identify their triggers and highlight what helped them to access calm

### REMEMBER:

**Be Kind to Yourself:** Parenting can be challenging at times. If you lose your cool, forgive yourself, be ok with saying sorry. Reflect on the situation so you can take a different approach next time.

**Seek Help:** If meltdowns are frequent or severe, there may be other reasons. For example a child might be neurodivergent e.g. autistic. You can call your GP for support as a first step.



Laura Dumbleton-Jones is the co-founder of Happy Confident Kids. For more tips and advice, and to learn about their Meltdown Masterclass, visit [happyconfidentkids.com](https://happyconfidentkids.com)

**EXCLUSIVE 25% OFF** for *Toddle About* readers to a *Meltdown Workshop* using the code **"TODDLE"**



**The Mystery of**

**THE QUARRY THEATRE**

**FRIDAY 11TH APRIL**



A LICHFIELD GARRICK PRODUCTION  
**MICHAEL MORPURGO'S**  
**FARM BOY**  
 ADAPTED & DIRECTED BY DANIEL BUCKROYD




**SUN 4TH & MON 5TH MAY**







**BOOK TICKETS:**  
[WWW.QUARRYTHEATRE.ORG.UK](http://WWW.QUARRYTHEATRE.ORG.UK)

**VIDOLI BROWN DOLLS**

*Your home of beautiful brown dolls!*



AVAILABLE AT:  
[WWW.VIDOLIBROWNDOLLS.COM](http://WWW.VIDOLIBROWNDOLLS.COM)  
 EMAIL:  
[VIDOLIBD@VIDOLIBROWNDOLLS.COM](mailto:VIDOLIBD@VIDOLIBROWNDOLLS.COM)  
 IG: @VIDOLIBROWNDOLLS  
 FB: VIDOLI BROWN DOLLS

**PURER  
MAMA**





**ARE YOU FEELING TIRED?**

Try our award-winning essence capsule with 5-star reviews. It contains higher levels of iron and B vitamins.

*"I started using these after my doctor recommended them. These definitely helped with my energy and iron levels. The difference was noticeable and the capsules helped me to have a good pregnancy and deliver a healthy baby. Would definitely recommend"*

★★★★★

Follow us @PurerMama on Instagram & FB

**SHOP NOW AT [PURERMAMA.CO.UK](http://PURERMAMA.CO.UK)**



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:

### DAISY FIRST AID

5.0 ★

Kay, thank you so much! It was so useful and dynamic. We feel so relieved knowing now what to do in case of an emergency.



Valerie L

5.0 ★

### FIT MUMMY MK



If you're looking to get back into feeling a bit more like yourself after having a baby, then look no further than Fit Mummy MK.

Leanne P

### 5.0 ★ PHONICS WITH ROBOT REG



My boys love Robot Reg. They have both had their struggles with speech and pronunciation and they've come on leaps and bounds!

Kirsty S

### JUMPING BEANS UNDER 5S 5.0 ★



My children and I love coming to this group, well worth the money. Everyone is so friendly, my children love all the different activities each week.

Shannon L

### LITTLE TINKERS PRESCHOOL 5.0 ★



My Daughter attends Little Tinker Holne Chase and absolutely loves it! All the staff are wonderful with kids and you can tell all the kids love it there!

Emily S

5.0 ★

### AQUA INCLUDE



I absolutely love our swim classes here! I love how warm the pool and environment is, and how the pool is low chlorine. This really helps with my baby's eczema.

Cheyenne S

**GET INVOLVED!**

LEAVE YOUR OWN REVIEW FOR YOUR FAVOURITE PROVIDERS. FIND THEM HERE:








**Bedford Borough**  
**Family Hubs**  
 & **Children's Centres**

Check out our  
new website



[familyhubs.bedford.gov.uk](http://familyhubs.bedford.gov.uk)



Find support, what's on and what is available for the whole family



# Valentine's Day Craft

## MACRAME HEART



Celebrate Valentine's Day by crafting a beautiful macramé heart with your little ones! A fun, hands-on project to create a heartfelt decoration or gift together.

### YOU WILL NEED:

- Heart shape frame (metal or wood, available from Hobbycraft)
- Macrame string, single twist type that unravels - in any colour & thickness
- Measuring tape
- Sharp scissors
- Comb or pet brush

### TUTORIAL:

1. Cut a piece of string 20 cm long, fold it in half and place it on top of the frame
2. Fold the loop behind the frame, then pull the two strands through the loop.
3. Pull. You have made the Lark's Head Knot.
4. Repeat steps 1-3 with as many strings as you need to cover the frame
5. Brush the strings
6. Trim the fringe (adults only!) To make it easier, use a piece of card 3-4cm high.
7. Brush and trim again if necessary.
8. Take a long piece of string and tie a Lark's Head Knot in the middle of the heart. Tie a simple knot to create a loop to hang the heart.



**NOTE:** the fringe might flop down with time, especially if it's longer than 3 or 4cm. You can simply brush it to tidy up or you can use spray starch to stiffen it.



Craft courtesy of Isabella Strambio, the author of *Mindful Macramé*, a beautifully illustrated book that combines the art of macramé with the practice of mindfulness and includes 17 projects with breathing exercises and questions to reflect on. Published by Search Press on 10th January.

## OPEN MORNING

Saturday 8th March 2025

10:00 am - 12:00 pm

[THORNTONCOLLEGE.COM](http://THORNTONCOLLEGE.COM)



THORNTON



To register please email  
[admissions@thorntoncollege.com](mailto:admissions@thorntoncollege.com)

**"Excellent In All Areas"**

ISI Inspection Report

Thornton College, College Lane, Thornton, Bucks, MK17 0HJ Tel: 01280 812610  
Independent Day and Boarding School for girls ages 3 to 18 years old

# FAB & FUNKY PRODUCTS

THE LATEST AND FUNKIEST PRODUCTS FOR YOU & YOUR LITTLE ONES



## BUDDING CRAFTERS BOX, FROM £25.99

The Budding Crafters box is designed for children aged 3-6 or those who prefer simpler crafts. Each monthly box, themed to a new topic, includes three fun, easy-to-follow crafts. Eco-friendly and thoughtfully curated, it's ideal for children with SEN, younger crafters, or older kids seeking less complex activities. Boxes are released on the 1st of each month (order by 19th of the previous month). Perfect for after-school or weekend fun!  
Buy from [www.littlecraftersboxes.co.uk](http://www.littlecraftersboxes.co.uk)



## ECO RAINCOAT, £36

These sustainable kids' raincoats are made from 26 recycled plastic bottles, saving them from landfill. Waterproof and lined with soft, 100% GOTS-certified organic cotton jersey, they're as comfortable as they are eco-friendly. Available in six limited-edition prints, these stylish jackets complement modern wardrobes—perfect for eco-conscious parents and their little ones.  
[www.turtledovelondon.com](http://www.turtledovelondon.com)



## COLIEF BABY FACE BALM, £7.49

The new Colief® Baby Face Balm stick soothes dry, sensitive skin with Shea butter, Rosehip oil, and Chamomile. This 100% natural formula is suitable from birth and free from artificial fragrances, petroleum, and preservatives. Perfect for delicate areas like cheeks and nose, its compact stick design is ideal for on-the-go use, fitting easily into bags or pockets.  
[www.colief.com](http://www.colief.com)



## OCOOPA HEATCUBE, £22.95

The Ocoopa HeatCube is a compact, AirPod-sized hand warmer delivering up to 4.5 hours of warmth with three heat settings (up to 50°C). It features a silicone heat strap, touch-control safety alarm, and includes a pouch, USB cable, and two wrist lanyards. Available in Black, Blue, Green, Pink, and Orange on Black.  
[www.berryuseful.co.uk](http://www.berryuseful.co.uk)



## WORRY YUMMY LUNA, FROM £3.99

Meet Luna, the adventurous worry monster with soft pink fur, a yellow belly with pink stars, and open arms for cuddles. Designed to help children manage worries, these toys are recommended by child psychologists. Kids can write down their worries, feed them to Luna through her zipper mouth, and feel comforted as their troubles "disappear." A fun, practical way to support emotional well-being.  
[www.worryyummy.co.uk](http://www.worryyummy.co.uk)

WIN THIS!

Scan to find out more and enter:



# EXCLUSIVE OFFER

# VOUCHERS

## BABY & TODDLER CLASSES

**1/3  
OFF A  
3-WEEK  
TRIAL**

### PHONICS WITH ROBOT REG MK

GET A 3 WEEK TRIAL FOR JUST £15. USUAL PRICE £22.50. VALID FOR MILTON KEYNES (CLAIRE) AND CENTRAL BEDS (THERESA) ONLY. [claired@robotreg.co.uk](mailto:claired@robotreg.co.uk) [www.robotreg.co.uk](http://www.robotreg.co.uk)  
New customers only. Quote 'TODDLEJAN25'.  
Expires: 31/03/25

**10%  
OFF**

### TOT BOP

10% OFF HALF TERM BOOKING  
[info@totbop.co.uk](mailto:info@totbop.co.uk) [www.totbop.co.uk](http://www.totbop.co.uk)  
New customers only. Email and quote 'TODDLE24OFFER'. Expires: 31/03/25

**50%  
OFF**

### MINI MOZART

GET 50% OFF YOUR FIRST BOOKING.  
[clare@minimozart.com](mailto:clare@minimozart.com) [www.minimozart.com](http://www.minimozart.com)  
New customers only. Quote 'MKTODDLE'.  
Expires: 31/03/25

## GIFTS & PRODUCTS

**20%  
OFF**

### PURERMAMA

20% OFF SUPPLEMENTS & BODY TREATMENTS FOR MUM & BABY  
[www.bepurer.co.uk](http://www.bepurer.co.uk)

Voucher can only be used once. Use code '20TODDLE' at checkout. Sign up to our club to get monthly offers. Expires: 31/03/25

**20%  
OFF**

### UBERE MAMA

20% OFF YOUR ORDER  
[www.uberemama.co.uk](http://www.uberemama.co.uk)

Use code 'UBERE20' at checkout. Expires: 31/03/25

## HEALTH & FITNESS

**FREE  
CLASS**

### FIT MUMMY MK

1 EXTRA FREE SESSION WITH ANY BLOCK PURCHASE

07723 020994 [www.fitmummybootcamp.com](http://www.fitmummybootcamp.com)  
New customers only. Quote 'TODDLE' when booking.  
Expires: 31/03/25

## FREE TRIALS

These class providers all offer **Free Trials** as standard to new customers.

Please quote '**Toddle About**' when booking.

All trials are subject to availability.

### Joey Football

07757 548324 | [joeyfootballfun@gmail.com](mailto:joeyfootballfun@gmail.com)  
[JoeyFootballFun](http://JoeyFootballFun)

### Rugbytots (MK and Bedford)

0345 3136712 | [shauna@rugbytots.co.uk](mailto:shauna@rugbytots.co.uk)  
[www.rugbytots.co.uk](http://www.rugbytots.co.uk)

### Kumon Connect

(Running 1st Feb - 15 Mar 2025 only)

07341 583675 (Tom) |  
[bedfordnorth@kumoncentre.co.uk](mailto:bedfordnorth@kumoncentre.co.uk)  
[www.kumon.co.uk](http://www.kumon.co.uk)

**HOGSHAW FARM & WILDLIFE PARK**

**WIN AN INDIVIDUAL+1 ANNUAL MEMBERSHIP!**

**ENTER THE DRAW >>**

- Enjoy unlimited days out in the beautiful Buckinghamshire countryside
- Get up close to rare breed farm animals, birds of prey & European wildlife
- Go-wild with brilliant adventure play zones & special events

or go to [www.hogshawfarm.co.uk/toddleabout](http://www.hogshawfarm.co.uk/toddleabout)

Deadline for entries is 31 March 2025. Winner will be drawn at random and notified by email by 4 April 2025. One prize available of an individual + 1 membership for Hogshaw Farm & Wildlife Park (admits 1 child + 1 adult). No purchase necessary.

SCAN ME

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

A fantastic introduction to dance through development of motor skills, co-ordination, musicality, confidence and imagination!

Buckinghamshire classes in Aylesbury  
Other classes across Hertfordshire and Bedfordshire.

More info & book online at  
[www.totpop.co.uk](http://www.totpop.co.uk)

**Car Seat Ninja**

Child Car Seats  
Free Advice  
Installation  
Online Shop

Master your child's safety

- Feeling baffled at the choice of car seats out there and wondering which is the safest option for your child?
- Expanding your family and struggling to find a configuration of seats for your car?
- Are you a parent, Grandparent, childminder or someone who needs to transport children in a car?

I can help you find different options to suit your child, car and budget by offering:

- FREE ADVICE related to new or existing seats
- Personalised consultation service
- Professional Fitting Service
- Home visits
- Online shop with Free Delivery

AXKID   britax römer   AVIONAUT   BeSafe   Joie

info@carseatninja.com   07542 849230

@carseatninja   @carseatninja

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

# WORLD BOOK DAY

6 MARCH 2025

# IT'S WORLD BOOK DAY!



*Join us and discover some of the best new children's books!*



## FOLLOW THAT TRUCK!

BY GEORGIE TAYLOR  
FOR 0+ YEARS

Buckle up for a fun-filled adventure with this interactive board book! Perfect for little hands, it features vibrant illustrations and grooved trails for curious fingers to explore. Kids will love following speedy vehicles while learning about trucks, diggers, and more - an ideal way to inspire hands-on learning.

Cost: £7.99. [www.geminibooks.com](http://www.geminibooks.com)

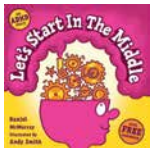


## WHEREVER YOU GO, MY LOVE WILL FOLLOW

BY BIRGITTA SIF  
FOR 5-7 YEARS

This heartfelt collection by Birgitta Sif offers eight life lessons for readers to carry wherever they go. From trying again after setbacks to cherishing small, quiet moments, these stories provide timeless wisdom and encouragement—a perfect companion to inspire and comfort along life's journey.

Cost: £16.99. [www.magiccatpublishing.co.uk](http://www.magiccatpublishing.co.uk)



## LET'S START IN THE MIDDLE

BY DANIEL MCMURRAY  
FOR 5-7 YEARS

A dynamic and engaging picture book about living with ADHD!

Written by someone with ADHD, this book explores a world through hyperfocus, the need to constantly move and so much more. Featuring bright and captivating illustrations, this book is a great learning tool to find out and understand ADHD.

Cost: £7.99. [www.sweetcherrypublishing.com](http://www.sweetcherrypublishing.com)



## GOOD MORNING, COW

BY ROB ABBOTT  
FOR 1+ YEARS

Say hello to the farmyard in this beautifully illustrated story, perfect for little ones.

Follow Cow and her friends as they enjoy the simple joys of morning on the farm. With its gentle rhymes and engaging illustrations, it's an ideal choice for younger readers.

Cost: £7.99. [www.twowindmills.com](http://www.twowindmills.com)

## JACOB'S MUSIC BY KATIE THOMAS

FOR 4-7 YEARS

In this heartwarming story, Jacob is an ordinary boy who lives in an ordinary house in an ordinary village, but Jacob is deaf. This beautifully illustrated tale celebrates the unique ways we can connect with the world around us through sound and music. A touching and inspiring read, it's the perfect choice to encourage creativity and appreciation for the little things in life.

Cost: £6.99. Buy from [www.wackybeebooks.com](http://www.wackybeebooks.com)



## READY EDDIE GO! THE BIRTHDAY PARTY

BY NIKKI SAUNDERS. FOR 5-8 YEARS

Join Eddie, a super-friendly and autistic boy, on his latest adventure. This heartwarming story celebrates neurodiversity and helps children understand and appreciate the unique experiences of others. With beautiful illustrations and valuable lessons about inclusion, empathy, and friendship, it's the perfect read for young readers to learn and connect.

Cost: £9.99. Available from <https://uk.jkp.com>



### ARTY MOUSE COLOURING

BY ROBYN GALE  
FOR 3-6 YEARS

Unleash your child's creativity with this fun and interactive activity book. Packed with bold designs and simple prompts, it's perfect for developing fine motor skills and encouraging early learning. Ideal for little artists, it's a fantastic way to inspire imagination and build confidence through play.

Cost: £6.99. [www.geminibooks.com](http://www.geminibooks.com)



### 5-MINUTE SWEET DREAMS STORIES

BY VARIOUS  
FOR 3-5 YEARS

Snuggle up and share six gentle, calming stories to help little ones unwind, ready for bed and a night of sweet dreams. This collection of tales includes familiar bedtime routines and themes, from bathtime fun and favourite toys to all important goodnight hugs.

Cost: £9.99. [www.twowindmills.com](http://www.twowindmills.com)



### FIVE STEPS TO BED

BY CLAIRE POTTER  
FOR 3-5 YEARS

A delightful bedtime story that makes saying goodnight a fun and comforting routine. Follow along as each step brings little ones closer to bedtime, with soothing rhymes and gentle illustrations that create a peaceful, calming atmosphere. This story is a wonderful choice for bedtime rituals and early reading adventures.

Cost: £7.99. [www.bloomsbury.com/uk](http://www.bloomsbury.com/uk)



### COLOURS OF HOME

BY MIRIAM LATIMER  
FOR 3-5 YEARS

When Ana flees war and moves in with Olive's family, she struggles to adjust to her new life. Olive has her own challenges, but when the girls draw together, Ana's pictures reveal the world she left behind. Olive begins to understand Ana's sacrifice and, through kindness and love, helps bring colour and hope back into Ana's world.

Cost: £7.99. Buy from [www.graffeg.com](http://www.graffeg.com)

# WIN

## WIN A CHILDREN'S BOOK BUNDLE!

WORTH  
UP TO  
£129!

We're giving away THREE book bundles including 13 or more books each, and worth up to £129 each! ALL the books featured here will be given away, PLUS loads of other new children's titles!

Closing date is World Book Day: Thurs 6 March 2025.

ENTER NOW



Enter online at [www.toddle.fun/worldbookday](http://www.toddle.fun/worldbookday)

# BE YOUR OWN BOSS

## SIX STEPS TO STARTING YOUR OWN CHILDREN'S ACTIVITIES BUSINESS

by Helen & Kat from Baby Sparks Sensory



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

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

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

### 1. Do Your Research

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

### 2. Write a Business Plan

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

### 3. Know the Legal Requirements

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

### 4. Design Your Offering

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

### 5. Choose the Right Location

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

### 6. Develop a Marketing & Launch Strategy

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

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

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





# toddle<sup>about</sup> BABY SHOW

Sat 26th April 2025

The Ridgeway Centre, MK12 5TH

FREE ENTRY  
IF YOU BOOK  
ONLINE



## Back again for the Toddle About Baby Show MK & Bedford!

The excitement is building as we prepare for the Toddle About Baby Show's second year at **The Ridgeway Centre on 26th April 2025**. 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**, and there will be **special guest appearances** from their favourite characters throughout the day.

Visitors can also buy **raffle tickets** for a chance to win fantastic prizes. We invite the community to nominate local charities that could benefit from the funds raised through the raffle. The chosen charity, **Harry's Rainbow**, 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.

For those looking for **hands-on activities**, we have creative arts and crafts sessions for the kids, sensory play areas, and interactive workshops designed to entertain and educate both parents and children.

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. Book your free place early and 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 limited 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](http://toddle.fun/babyshowmk)

Join us for a fun-filled, informative, and community-driven event that celebrates the joys of parenting and early childhood.

**"Whether you are expecting your first or have a little one in preschool, this event has something for everyone."**

Register for **FREE TODAY** via  
[toddle.fun/babyshowmk](http://toddle.fun/babyshowmk)





# WHAAT?!?

## FREE FOR 3 MONTHS?

Yep! Subscribe to Toddle About and pay nothing for 3 months!  
 After your trial, it's only £2 every quarter!  
*(You can cancel any time)*



**You will get:**

- Magazine Subscription
- Exclusive Giveaways
- Product Reviews & Freebies

Scan to see all prize details:

### THIS ISSUE YOU COULD WIN:

★ GRACO ★  
 SWAY 'N GROW,  
 3-IN-1 SWING,  
 WORTH £180  
[WWW.GRACOBABY.EU/UK](http://WWW.GRACOBABY.EU/UK)



THE WEDGE PRAM CUSHION,  
 WORTH £59  
[WWW.EYASLONDON.COM](http://WWW.EYASLONDON.COM)



STRIDER PUPPET,  
 WORTH £29.99  
[WWW.THEPUPPETCOMPANY.COM](http://WWW.THEPUPPETCOMPANY.COM)



MULTIMAC ROAD COAT,  
 WORTH £39  
[WWW.MULTIMAC.COM](http://WWW.MULTIMAC.COM)

POTTY PALS POTTY SEAT,  
 WORTH £29.99  
[WWW.AMAZON.CO.UK](http://WWW.AMAZON.CO.UK)



LITTLE BRIAN PAINT STICKS  
 CLASSIC ART COLLECTION (X2),  
 WORTH £19.99 EACH  
[WWW.LITTLEBRIAN.COM](http://WWW.LITTLEBRIAN.COM)



Subscribe to Toddle About today at  
[www.toddle.fun/vip](http://www.toddle.fun/vip)

Subscribe BEFORE  
 30<sup>TH</sup> MARCH  
 TO WIN

**win!**

# smarTrike Traveler – worth £399



  
 @smarTrike

The **world's first** stroller that transforms into a trike in seconds, the **smarTrike Traveler** adapts as your child grows from 6 months to 4 years. It begins as a comfortable stroller with a near-flat reclining seat and parent-guided steering, then gradually offers more independence with handlebars for little ones to explore. By 24 months, it converts fully into a trike, allowing children to pedal on their own.

Designed for any terrain, the Traveler boasts a shock-absorbent front wheel, 360° swivel system, quick-fold mechanism, extendable UPF 50 canopy, spacious storage, and a handy shoulder strap for easy carrying.

**It's the perfect stroller-trike combo for independence & adventure!**

Find out more and buy at [smartrike.co.uk](http://smartrike.co.uk)

**smarTrike**

Enter at [toddle.fun/smarTrike](http://toddle.fun/smarTrike)

Competition closes at midnight on Sunday 9th March 2025.

T & C's apply, see [www.toddle.fun/smarTrike](http://www.toddle.fun/smarTrike) for details.



*Nurtureville Nursery*

We have spaces available!

To arrange a viewing please call us on 01908 397400




28 Bradwell Road  
Loughton  
Milton Keynes  
MK5 8AJ

2 and 3 year old funding  
30 hour childcare accepted

A home from home environment for your child

**Ofsted**  
Good Provider

We're under new management

**NORTHAMPTON & LAMPURT RAILWAY**

**Trains most Sundays - 30<sup>th</sup> Mar-6<sup>th</sup> Oct**  
**PLUS special events throughout the year**

*A great value family experience!*

Chapel Brampton, N'pton, NN6 8BA [www.nlr.org.uk](http://www.nlr.org.uk)




 @NLRailway Buffet, souvenir shop, free parking



**BOOKINGS ARE NOW OPEN**

TODDLE ABOUT BABY SHOW MILTON KEYNES  
26 APRIL 2025 THE RIDGEWAY CENTRE



# Daily Activity Planner

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



## MILTON KEYNES & BUCKINGHAM

### MONDAY

#### PARENTS & TOTS

##### Cornerstone Toddlers

Cornerstone Church, 300 Saxon Gate West, MK9 2ES.  
01908 237777 or 07854 762676. [www.cornerstonemk.co.uk](http://www.cornerstonemk.co.uk).

**Times:** 10:00 - 11:30. **Ages:** 1 mth - 4 yrs 11 mths. **Cost:** £1 (drop in).

**Dates:** 6 Jan - 10 Feb & 24 Feb - 31 Mar.

##### MK Multiples

Kents Hill Community Centre, Kents Hill, MK7 6HG.

**Times:** 10:00 - 12:00. **Ages:** Pregnancy - 5 yrs. **Cost:** £4 (drop in).

**Dates:** 6 Jan - 31 Mar.

#### MUSIC & SIGNING

##### Music Bugs Milton Keynes

Summerlin Centre Station Rd, Woburn Sands, MK17 8SG.  
0844 822 1158. [www.musicbugs.co.uk](http://www.musicbugs.co.uk).

**Times:** 10:00 - 10:35 & 11:00 - 11:35.

**Ages:** 0 - 4 yrs. **Cost:** £6 (booking essential).

**Dates:** 6 Jan - 31 Mar.

##### Ragdolly Annas

Shenley Brook End Village Hall, Church End Road, Shenley Brook End, MK5 7AA. 07989 713745. [www.ragdollyannas.co.uk](http://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 (booking essential).

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

### SENSORY & DEVELOPMENT

#### Phonics with Robot Reg Milton Keynes

The Quaker Centre, 1 Oakley Gardens, Downhead Park, MK15 9BH.  
07809 459648. [robotreg.co.uk](http://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 ½ years - 4 yrs 11 mths.

**Cost:** £7.50 (booking essential).

**Dates:** 13 Jan - 10 Feb & 24 Feb - 31 Mar.

### DANCE & DRAMA

#### Tot Bop

Pitstone Village Hall, Vicarage Road, Pitstone, Leighton Buzzard, LU7 9EY. 01525 237474 / 07775 582791. [www.totbop.co.uk](http://www.totbop.co.uk).

• **Tiny Tots (1-2.5) - Pitstone:** 9:30 - 10:05.

**Ages:** 1 yrs - 2 ½ years.

• **Baby Boppers (age 2.5 - rising 5) - Pitstone:** 10:20 - 11:05.

**Ages:** 2 ½ years - 5 yrs.

**Cost:** Free (booking essential).

**Dates:** 6 Jan - 10 Feb.

### PHYSICAL FUN

#### Rugbytots (Milton Keynes & Bedford)

Lace Hill Academy, Catchpin Street, Buckingham, MK18 7RR.  
0845 313 6712. [www.rugbytots.co.uk](http://www.rugbytots.co.uk).

**Times:** 9:10 - 9:40 & 10:35 - 11:20.

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

**Dates:** 6 Jan - 31 Mar.

## HEALTH & WELLNESS

### Fit Mummy MK

Fit Mummy MK, 24 First Avenue, Bletchley, MK1 1DX. 07723 020994. [www.fitmummybootcamp.com](http://www.fitmummybootcamp.com).

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

Group fitness for mums with babies and small children  
**Cost:** £7.50 (booking essential).

**Dates:** 6 Jan - 10 Feb & 24 Feb - 31 Mar.

## PREGNANCY

### The Garden Room

The Garden Room, 41 North Street, Castlethorpe, MK19 7EW.  
07702604287.

- **Baby Massage - (6 week course):** 10:30 - 11:30.

Baby Massage Classes (6 week course)

**Ages:** 0 - 6 mths. **Cost:** £50 (booking essential).

**Dates:** 3 Mar - 31 Mar & 6 Jan - 10 Feb.

### Vicki Wilkinson Birth & Baby

Restore U, 1 Well Street, Buckingham, MK18 1EW. 07581 559856.  
[www.vickiwillkinsonbirthandbaby.co.uk](http://www.vickiwillkinsonbirthandbaby.co.uk).

- **Pregnancy Flow - Buckingham:** 19:30 - 20:30.

**Ages:** Pregnancy. **Cost:** £11 (booking essential).

**Dates:** 6 Jan - 10 Feb & 24 Feb - 31 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. [mkkc.org.uk](http://mkkc.org.uk).

**Times:** 10:00 - 11:00. **Ages:** 0 - 4 yrs. **Cost:** £1 (drop in).

**Dates:** 7 Jan - 11 Feb & 25 Feb - 1 Apr.

#### Milton Keynes Central Library,

555 Silbury Boulevard, MK9 3HL.

- **Song and Rhyme Time:** 10:00 - 10:30. **Ages:** 0 - 2 yrs.

Free weekly drop-in Baby Songs and Rhymes for the Under 2s.

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

Free weekly drop-in Storytimes for the Under 5s. **Ages:** 0 - 5 yrs.

- **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:** 7 Jan - 1 Apr & 7 Jan - 1 Apr.

#### 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:** 7 Jan - 1 Apr & 7 Jan - 1 Apr.

**MINI MOZART**  
Magical Musical Moments for babies and toddlers

Without a doubt our favourite thing we did together during my maternity leave.  
— Rachel, Christa Mum —

**Milton Keynes**  
opens February 2024!  
Tuesdays @ St Mary and St Giles Stony Stratford  
9:30 am Toddlers  
10:25am Babies

**WITH**  
Piano Accompanist  
Orchestral musicians  
Bubbles & games  
Giant scrunchie  
Parachute & Puppets

**Bedford**  
Fridays @ Putnoe Heights Church  
9:30 am Toddlers  
10:25am Babies

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

### 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:** 7 Jan - 1 Apr & 7 Jan - 1 Apr.

### Winslow Baby and Toddler Group

Winslow Public Hall, Elmfields Gate, Winslow, MK18 3JA. [www.facebook.com](http://www.facebook.com).

**Times:** 10:00 - 11:15. **Ages:** 0 - 5 yrs. **Cost:** £2.50 (drop in).

**Dates:** 7 Jan - 14 Jan, 28 Jan - 11 Feb, 25 Feb - 11 Mar & 25 Mar - 1 Apr.

## MUSIC & SIGNING

### Cha Char Chimps CIC

Old Bath House & Community Centre Tues 9:45am (Mixed ages up to 4 years), 205 Stratford Road, Wolverton, MK12 5RL.  
[www.cccchimps.com](http://www.cccchimps.com).

- **Tuesday Chimps with Baby VIP Area:** 9:45 - 10:45.

**Cost:** Free (booking essential).

**Dates:** 7 Jan - 21 Jan.

### Mini Mozart Bedford & Milton Keynes

St Mary & St Giles Church, 1 Church Street, Stony Stratford, MK11 1FD. 0207 193 1983. [www.minimozart.com](http://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 (booking essential).

**Dates:** 7 Jan - 11 Feb & 25 Feb - 1 Apr.

### Music Bugs Milton Keynes

360 Play, Roebuck Way, Knowlhill, MK5 8HL. 0844 822 1158.  
[www.musicbugs.co.uk](http://www.musicbugs.co.uk).

- **Music Bugs (360 Play, MK):** 10:00 - 10:35 & 11:00 - 11:35.

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

**Ages:** 3 mths - 4 yrs. **Cost:** £6 (booking essential).

**Dates:** 7 Jan - 11 Feb & 25 Feb - 1 Apr.

## SENSORY & DEVELOPMENT

### Phonics with Robot Reg Milton Keynes

East Street Community Centre, East Street, Olney, MK46 4DH.  
07809 459648. [robotreg.co.uk](http://robotreg.co.uk).

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

With songs, role play & dancing

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

**Dates:** 7 Jan, 21 Jan - 11 Feb & 25 Feb - 1 Apr.

MAKE YOUR CHILD'S DEVELOPMENT MORE FUN!  
**TRY RUGBYTOTS**

Our dynamic weekly play sessions enable boys and girls aged 2-7 to develop their social and physical skills in a fun, positive environment.

For more details, just call or email:  
**0345 313 6712**  
[shauna@rugbytots.co.uk](mailto:shauna@rugbytots.co.uk)

[rugbytots.co.uk](http://rugbytots.co.uk)  
The world's favourite rugby play programme

## HEALTH & WELLNESS

### Fit Mummy MK

Fit Mummy MK, 24 First Avenue, Bletchley, MK1 1DX.  
07723 020994. [www.fitmummybootcamp.com](http://www.fitmummybootcamp.com).

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

Group fitness for mums with babies and small children  
**Cost:** £7.50 (booking essential).

**Dates:** 7 Jan - 18 Feb & 4 Mar - 1 Apr.

## WEDNESDAY

### PARENTS & TOTS

#### Buckingham Library

Buckingham Library, Verney Close, Buckingham, MK18 1JP.  
01296 382415. [www.buckinghamshire.gov.uk](http://www.buckinghamshire.gov.uk).

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

Nursery rhymes, action songs and simple percussion music.

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

**Dates:** 8 Jan - 2 Apr.

#### Jumping Beans Under 5s stay and playgroup

Springfield Community Hall, Springfield, MK6 3JH.  
07962891680. [www.instagram.com](http://www.instagram.com).

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

**Cost:** £4 (booking essential).

**Dates:** 8 Jan - 2 Apr.

#### Milton Keynes Libraries

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:** 8 Jan - 2 Apr & 8 Jan - 2 Apr.

## MUSIC & SIGNING

### Music Bugs Milton Keynes

The Methodist Church, Silver Street, Stony Stratford, MK11 1JS.  
0844 822 1158. [www.musicbugs.co.uk](http://www.musicbugs.co.uk).

**Times:** 10:00 - 10:35 & 11:00 - 11:35.

**Ages:** 0 - 5 yrs. **Cost:** £6 (booking essential).

**Dates:** 8 Jan - 12 Feb & 26 Feb - 2 Apr.

### Ragdolly Annas

Summerlin Community Centre, 138 Station Road, Woburn Sands,  
MK17 8SG. 07989 713745. [www.ragdollyannas.co.uk](http://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 (booking essential).

**Dates:** 8 Jan - 26 Mar.

## SENSORY & DEVELOPMENT

### Phonics with Robot Reg Milton Keynes

360 Play, Roebuck Way, Knowhill, MK5 8HL. 07809 459648.  
[robotreg.co.uk](http://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 ½ years - 4 yrs 11 mths.

**Cost:** £7.50 (booking essential).

**Dates:** 15 Jan - 12 Feb & 26 Feb - 2 Apr.

## HEALTH & WELLNESS

### Fit Mummy MK

Fit Mummy MK, 24 First Avenue, Bletchley, MK1 1DX.  
07723 020994. [www.fitmummybootcamp.com](http://www.fitmummybootcamp.com).

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

Group fitness for mums with babies and small children

**Cost:** £7.50 (booking essential).

**Dates:** 8 Jan - 12 Feb & 26 Feb - 2 Apr.

## THURSDAY

### PARENTS & TOTS

#### Church Mice

St Peter's & St Paul's Church, Church Street, Olney, MK46 4AD.  
01234 712772. [olney.church](http://olney.church).

**Times:** 10:30 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** Free (booking essential).

**Dates:** 9 Jan - 13 Feb & 27 Feb - 3 Apr.

#### 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:** 9 Jan - 3 Apr & 9 Jan - 3 Apr.

#### 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:** 9 Jan - 3 Apr & 9 Jan - 3 Apr.

#### Kingston Library

Winchester Circle, Kingston, MK9 3HL.

- **Storytime (Kingston 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 - 3 Apr & 9 Jan - 3 Apr.

#### 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:** 9 Jan - 3 Apr & 9 Jan - 3 Apr.

#### 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:** 9 Jan - 3 Apr & 9 Jan - 3 Apr.

#### Noah's Ark Baby & Toddler Group

Whaddon Way Church Centre, Beaverbrook Court, Bletchley, MK3 7JS. 01908 372072. [www.whaddonway.church](http://www.whaddonway.church).

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

**Dates:** 9 Jan - 3 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 (drop in). **Dates:** 9 Jan - 13 Feb & 27 Feb - 3 Apr.

## MUSIC & SIGNING

### Music Bugs Milton Keynes

Portfield Community Centre, 8 Wordsworth Avenue, Newport Pagnell, MK16 8SB. 0844 822 1158. [www.musicbugs.co.uk](http://www.musicbugs.co.uk).

**Times:** 10:00 - 10:35 & 11:00 - 11:35.

**Ages:** 6 mths - 4 yrs. **Cost:** £6 (booking essential).

**Dates:** 9 Jan - 3 Apr.



**Phonics with Robot Reg**  
1 YEAR - STARTING SCHOOL

**We sing, we dance, we play!**

Join Robot Reg on an adventure into the world of phonics!

Our active, high energy classes equip your child with the skills they need to begin their journey into a world of literacy with confidence and enthusiasm.

**BOOK NOW**

[www.robotreg.co.uk](http://www.robotreg.co.uk)  
MK  
[Claired@robotreg.co.uk](mailto:Claired@robotreg.co.uk)  
Central Beds  
[TandC@robotreg.co.uk](mailto:TandC@robotreg.co.uk)

letter sounds listening blending  
alliteration social skills  
communication motor skills segmenting language confidence



## SENSORY & DEVELOPMENT

### Phonics with Robot Reg Milton Keynes

East Street Community Centre, East Street, Olney, MK46 4DH.  
07809 459648. [robotreg.co.uk](http://robotreg.co.uk).

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

Fun introduction to Phonics

**Ages:** 2 ½ years - 4 yrs 11 mths. **Cost:** £7.50 (booking essential).

**Dates:** 16 Jan - 13 Feb & 27 Feb - 3 Apr.

## SWIMMING

### Turtle Tots Northamptonshire, Milton Keynes & Bedford

DW Fitness - MK, Stadium Way, MK1 1ST.  
01604 372747. [www.turtletots.com](http://www.turtletots.com).

**Times:** 10:30 - 13:00.

**Ages:** 3 mths - 4 yrs. **Cost:** £15 (booking essential).

**Dates:** 9 Jan - 13 Feb & 27 Feb - 20 Mar.

## HEALTH & WELLNESS

### Fit Mummy MK

Fit Mummy MK, 24 First Avenue, Bletchley, MK1 1DX. 07723  
020994. [www.fitmummybootcamp.com](http://www.fitmummybootcamp.com).

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

Group fitness for mums with babies and small children

**Cost:** £7.50 (booking essential).

**Dates:** 9 Jan - 13 Feb & 27 Feb - 3 Apr.

## PREGNANCY

### The Garden Room

The Garden Room, 41 North Street, Castlethorpe, MK19 7EW.  
07702604287.

- **Baby Massage - (6 week course)**: 10:30 - 11:30.

Baby Massage Classes (6 week course)

**Ages:** 0 - 6 mths. **Cost:** £50 (booking essential).

**Dates:** 6 Mar - 3 Apr & 9 Jan - 13 Feb.

## FRIDAY

## PARENTS & TOTS

### Deanshanger Library

Deanshanger Library, Little London Deanshanger, Deanshanger,  
MK19 6HT. 0300 126 7000. [www.northamptonshire.gov.uk](http://www.northamptonshire.gov.uk).

- **Rhymetime**: 14:15 - 14:45.

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

**Dates:** 10 Jan - 28 Mar.

### 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:** 10 Jan - 28 Mar & 10 Jan - 28 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:** 10 Jan - 28 Mar & 10 Jan - 28 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:** 10 Jan - 28 Mar & 10 Jan - 28 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:** 10 Jan - 28 Mar & 10 Jan - 28 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:** 10 Jan - 28 Mar & 10 Jan - 28 Mar.



## Cha Char Chimps

Award-winning entertainment  
for pre-school children

Action songs, props and puppets every week.

Fun & COVID safe environment.

Summer shows running during school holidays!

**Book online at:**

[ccchimps.com/milton-keynes-booking-sasha](http://ccchimps.com/milton-keynes-booking-sasha)

or email [ness@ccchimps.com](mailto:ness@ccchimps.com)

**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 &amp; Duplo Club for all ages.

**Ages:** 0 - 17 yrs. **Cost:** Free (drop in).**Dates:** 10 Jan - 28 Mar & 10 Jan - 28 Mar.**Kingston Library**

Winchester Circle, Kingston, MK9 3HL.

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

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

**Ages:** 0 - 17 yrs. **Cost:** Free (drop in).**Dates:** 10 Jan - 28 Mar & 10 Jan - 28 Mar.**Olney Library**

High Street, Olney, MK46 4EF.

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

**Ages:** 0 - 7 yrs. **Cost:** Free (drop in).**Dates:** 31 Jan.**Woburn Baby And Toddler Group**

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

07717883356.

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

**Ages:** 0 - 4 yrs. **Cost:** £2.50 (booking essential).**Dates:** 10 Jan - 14 Feb & 28 Feb - 28 Mar.**MUSIC & SIGNING****Cha Char Chimps CIC**Cha Char Chimps Old Stratford Community Hall, Deanshanger Rd, Old Stratford, MK19 6NL. [www.ccchimps.com](http://www.ccchimps.com).

- **Cha Char Chimps Show - Old Stratford:** 9:45 - 10:45.

**Cost:** Free (booking essential).**Dates:** 10 Jan - 24 Jan.**Music Bugs Milton Keynes**

The Sunshine Centre, Dulverton Drive, Furzton, MK4 1EZ.

0844 822 1158. [www.musicbugs.co.uk](http://www.musicbugs.co.uk).**Times:** 10:00 - 10:35 & 11:00 - 11:35.**Ages:** 0 - 5 yrs. **Cost:** £6 (booking essential).**Dates:** 10 Jan - 14 Feb & 28 Feb - 28 Mar.**Ragdolly Annas**

Whitehouse, The Hive (Whitehouse Community Centre),

Barrosa Way, Whitehouse, MK8 1JS. 07989 713745.

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

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

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

**Ages:** 0 - 5 yrs. **Cost:** £7.95 (booking essential).**Dates:** 10 Jan - 28 Mar.

**SENSORY & DEVELOPMENT****Phonics with Robot Reg Milton Keynes**

360 Play, Roebuck Way, Knowhill, MK5.

07809 459648. [robotreg.co.uk](http://robotreg.co.uk).

- **MINIS Phonics with Robot Reg:** 9:30 - 10:15.

With songs, role play &amp; dancing

**Ages:** 1 - 3 yrs.

- **Pre-school Phonics with Robot Reg Class :** 10:30 - 11:15.

**Ages:** 2 ½ years - 4 yrs 11 mths.**Cost:** £7.50 (booking essential).**Dates:** 17 Jan - 14 Feb & 28 Feb - 28 Mar.**Phonics with Robot Reg Milton Keynes**

Stony Stratford Methodist Church, Silver Street, Stony Stratford,

MK11 1JS. 07809 459648. [robotreg.co.uk](http://robotreg.co.uk).

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

Fun introduction to Phonics

**Ages:** 2 ½ years - 4 yrs 11 mths. **Cost:** £7.50 (booking essential).**Dates:** 17 Jan - 14 Feb & 28 Feb - 28 Mar.**DANCE & DRAMA****Tot Bop**

Billington Village Hall, Gaddesden Turn, Leighton Buzzard, LU7

9BW. 01525 237474 / 07775 582791. [www.totbop.co.uk](http://www.totbop.co.uk).

- **Tiny Tots (age 1-2.5) - Billington, Leighton Buzzard:** 9:30 - 10:05.

**Ages:** 1 yrs - 2 ½ years.

- **Baby Boppers (age 2.5 - rising 5) - Billington, Leighton Buzzard:** 10:20 - 11:05.

**Ages:** 2 ½ years - 5 yrs.**Cost:** Free (booking essential).**Dates:** 10 Jan - 14 Feb.**HEALTH & WELLNESS****Fit Mummy MK**

Fit Mummy MK, 24 First Avenue, Bleckley, MK1 1DX.

07723 020994. [www.fitmummybootcamp.com](http://www.fitmummybootcamp.com).

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

Group fitness for mums with babies and small children

**Cost:** £7.50 (booking essential).**Dates:** 10 Jan - 28 Mar.**SATURDAY****PARENTS & TOTS****DadTime**

Kents Hill Community Centre, Frithwood Crescent, Kents Hill, MK7

6HQ. 07887 756651. [newcitychurch.co.uk](http://newcitychurch.co.uk).**Times:** 10:00 - 12:00. **Ages:** 0 - 4 yrs. **Cost:** Free (drop in).**Dates:** 11 Jan - 29 Mar.**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 &amp; Duplo Club for all ages.

**Ages:** 0 - 17 yrs. **Cost:** Free (drop in).**Dates:** 11 Jan - 29 Mar & 11 Jan - 29 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 &amp; Duplo Club for all ages.

**Ages:** 0 - 17 yrs. **Cost:** Free (drop in).**Dates:** 11 Jan - 29 Mar & 11 Jan - 29 Mar.





CLASSES  
AVAILABLE  
NOW

— MINIAQUA —  
**PARENT & CHILD LESSONS**  
OPEN TO EVERYONE

AMPLE BABY  
CHANGE  
FACILITIES

LESSONS FROM  
3 MONTHS  
TO 4 YEARS

WARM POOL  
WITH SMALL  
CLASS SIZES

FULLY  
QUALIFIED  
INSTRUCTORS

07483 413 330

[WWW.AQUA-INCLUDE.CO.UK](http://WWW.AQUA-INCLUDE.CO.UK)

**AQUA**  
I N C L U D E

CASTLETHORPE, MK

[INFO@AQUA-INCLUDE.CO.UK](mailto:INFO@AQUA-INCLUDE.CO.UK)



**Olney Library**

High Street, Olney, MK46 4EF.

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

**Ages:** 0 - 7 yrs.**Dates:** 25 Jan, 22 Feb, 22 Mar, 25 Jan, 22 Feb & 29 Mar.

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

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

**Ages:** 0 - 17 yrs.**Dates:** 1 Feb, 1 Mar, 1 Feb & 1 Mar.**Cost:** Free (drop in).**DANCE & DRAMA****Tot Bop**Pages Park Pavilion, Richmond Road, Leighton Buzzard, LU7 4RF.  
01525 237474 / 07775 582791. [www.totbop.co.uk](http://www.totbop.co.uk).

- **Tiny Tots:** 8:45 - 9:15. **Ages:** 1 yrs - 2 ½ years.
- **Baby Boppers:** 9:30 - 10:15. **Ages:** 2 ½ years - 3 ½ years.
- **Funky Monkeys:** 10:30 - 11:15. **Ages:** 3 ½ years - 5 yrs 11 mths.
- **Groovy Movers:** 11:30 - 12:15. **Ages:** 5 - 9 yrs.

**Cost:** Free (booking essential).**Dates:** 11 Jan - 15 Feb.**PHYSICAL FUN****Rugbytots (Milton Keynes & Bedford)**

- **Shenley Brook End School**

Walbank Grove, Shenley Brook End, MK5 7ZT. 0845 313 6712.

[www.rugbytots.co.uk](http://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 (booking essential).**Dates:** 11 Jan - 29 Mar.

- **Lace Hill Academy**

Catchpin Street, Buckingham, MK18 7RR. 0845 313 6712. [www.rugbytots.co.uk](http://www.rugbytots.co.uk).**Times:** 8:35 - 9:05, 9:45 - 10:30 & 11:25 - 12:10.**Ages:** 2 - 7 yrs. **Cost:** £7 (booking essential).**Dates:** 11 Jan - 29 Mar.**OTHER****Little Poppets Preloved Market - Milton Keynes**

Medbourne Pavilion, 31 Pascal Dr, Medbourne, MK5 6LS.

07894 126753. [www.littlepoppetsprelovedmarket.co.uk](http://www.littlepoppetsprelovedmarket.co.uk).

- **Medbourne Pavilion baby & childrens nearly new sales:** 15:00 - 18:10.

**Ages:** Pregnancy - 8 yrs. **Cost:** £1.50 (booking essential).**Dates:** 8 Feb.**SUNDAY****PHYSICAL FUN****Rugbytots (Milton Keynes & Bedford)**

Hazeley Academy, Emperor Dr, Hazeley, MK8 0PT.

0845 313 6712. [www.rugbytots.co.uk](http://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 (booking essential).**Dates:** 12 Jan - 30 Mar.**SWIMMING****Turtle Tots Northamptonshire, Milton Keynes & Bedford**

- **DW Fitness - MK, Stadium Way, MK1 1ST.**

01604 372747. [www.turtletots.com](http://www.turtletots.com).**Times:** 14:30 - 17:00.**Ages:** 3 mths - 4 yrs. **Cost:** £15 (booking essential).**Dates:** 12 Jan - 16 Feb & 2 Mar - 23 Mar.

- **MK Hospital Hydrotherapy Pool, Physiotherapy Dept., Standing Way, Eagleston, MK6 5LD.**

**Times:** 9:00 - 13:00. **Ages:** 0 - 4 yrs. **Cost:** £15 (booking essential).**Dates:** 12 Jan - 16 Feb & 2 Mar - 23 Mar.**OTHER****Little Poppets Preloved Market - Milton Keynes**

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

07894 126753. [www.littlepoppetsprelovedmarket.co.uk](http://www.littlepoppetsprelovedmarket.co.uk).

- **Broughton Pavilion baby & childrens nearly new sales:** 15:00 - 18:10.

**Ages:** Pregnancy - 8 mths. **Cost:** £1.50 (booking essential).**Dates:** 9 Mar.**ADVERTISE**from as  
little as £10 p/m\*Would you like to advertise to over  
9,000 parents in Milton Keynes & Bedford?Download our mediapack at [www.toddle.fun/advertrates](http://www.toddle.fun/advertrates)

or call 01908 596050

\*Price for our rolling contract.



## BEDFORD AREA

### MONDAY

#### PARENTS & TOTS

##### Daisy Hill Childrens Centre

Hillgrounds Road, Kempston, Bedford, MK42 8QH. 0300 323 0245.  
familyhubs.bedford.gov.uk.

- **Play & Learn (0-Cruisers) Daisy Hill:** 9:30 - 11:00.

**Ages:** 5 mths - 1 ½ yrs.

• **Breastfeeding Support and Social Groups (Daisy Hill):**  
9:30 - 11:30.

**Ages:** Pregnancy - 6 mths.

**Cost:** Free (drop in).

**Dates:** 6 Jan - 31 Mar.

##### Lakeview Village Hall

155-160 Brooklands Avenue, Wixams, Bedford, MK42 6BE. 0300 323 0245. familyhubs.bedford.gov.uk.

- **Play & Learn Toddler + (Lakeview):** 9:30 - 11:00.

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

**Dates:** 6 Jan, 20 Jan, 3 Feb, 17 Feb, 3 Mar & 17 Mar.

##### Queens Park Family Hubs

Marlborough Road, Queens Park, Bedford, MK40 4LE. 0300 323 0245. familyhubs.bedford.gov.uk.

- **Play & Learn Toddler + (Queens Park):** 13:30 - 14:30.

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

**Dates:** 6 Jan - 31 Mar.

##### Bedford Borough Libraries

Bedford Central Library, Harpur Street, Bedford, MK40 1PG. 01234 718178. virtual-library.culturalservices.net.

- **Baby Rhymetime (Bedford Central Library):** 11:30 - 12:00.

**Ages:** 0 - 1 ½ yrs. **Cost:** Free (booking essential).

**Dates:** 6 Jan - 31 Mar.

##### 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 (booking essential).

**Dates:** 13 Jan - 10 Feb & 24 Feb - 31 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:** 6 Jan - 10 Feb & 24 Feb - 31 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 (booking essential).

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

A promotional poster for Turtle Tots swimming classes. At the top, it says 'NORTHAMPTON WELLINGBOROUGH MILTON KEYNES'. The logo features a turtle and the text 'turtle tots. Bring on the smiles!'. The main title is 'BABY & TODDLER SWIMMING CLASSES'. Below that, it says 'AWARD WINNING BABY & TODDLER SWIMMING SCHOOLS' and 'LEARN BOND PLAY LOVE'. A list of benefits includes: 'CHILD-LED SMALL CLASSES', 'QUALIFIED, EXPERIENCED TEACHERS', 'FUN, SOCIABLE LESSONS WITH PLAY, SONGS & GAMES', 'BUILD CONFIDENCE, SWIMMING & WATER SAFETY SKILLS', and 'SUPPORT FOR YOU & BABY'. A large blue circle on the right says 'JOIN US NOW!'. At the bottom, the website 'WWW.TURTLETOTS.COM/NORTHAMPTONSHIRE' and email 'NORTHAMPTONSHIRE@TURTLETOTS.COM' are listed. The background shows a baby swimming in a pool.

### TUESDAY

#### PARENTS & TOTS

##### Bedford Borough Family Hubs

Queens Park Family Hubs, Marlborough Road, Queens Park, Bedford, MK40 4LE. 0300 323 0245. familyhubs.bedford.gov.uk.

- **Play & Learn (0-Cruisers) Queens Park:** 9:30 - 11:00.

**Ages:** 5 mths - 1 ½ yrs.

• **Breastfeeding Support and Social Groups (Queens Park):**  
9:30 - 11:30.

**Ages:** Pregnancy - 6 mths.

**Cost:** Free (drop in).

**Dates:** 7 Jan - 1 Apr.

Peter Pan Childrens Centre, Edward Road, Bedford, MK42 9DR.  
0300 323 0245. familyhubs.bedford.gov.uk.

- **Play & Learn Toddler + (Peter Pan):** 9:30 - 10:30.

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

**Dates:** 7 Jan - 1 Apr.

Daisy Hill Childrens Centre, Hillgrounds Road, Kempston, Bedford, MK42 8QH. 0300 323 0245. familyhubs.bedford.gov.uk.

- **Play & Learn Toddler + (Daisy Hill):** 13:30 - 14:30.

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

**Dates:** 7 Jan - 1 Apr.

Eastcotts Childrens Centre, 65 Beauvais Square, Shortstown, Bedford, MK42 0GG. 0300 323 0245. familyhubs.bedford.gov.uk.

- **Play & Learn (0-Cruisers) Eastcotts:** 13:30 - 15:00.

**Ages:** 5 mths - 1 ½ yrs. **Cost:** Free (drop in).

**Dates:** 7 Jan - 1 Apr.

**Bedford Borough Libraries**

Bedford Central Library, Harpur Street, Bedford, MK40 1PG.  
01234 718178. [virtual-library.culturalservices.net](http://virtual-library.culturalservices.net).

- **Building Block Play for Over 1s (Bedford Central Library):** 11:00 - 13:00.

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

- **Rhymetime (Bedford Central Library):** 14:00 - 14:30.

**Ages:** 1 ½ years - 5 yrs. **Cost:** Free (*booking essential*).

**Dates:** 7 Jan - 1 Apr.

**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 (*booking essential*).

**Dates:** 7 Jan - 11 Feb & 25 Feb - 1 Apr.

**MUSIC & SIGNING****Ragdolly Annas**

Astral Park Community Centre, Johnson Drive, Leighton Buzzard, LU7 4AY. 07989 713745. [www.ragdollyannas.co.uk](http://www.ragdollyannas.co.uk).

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

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

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

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

**Ragdolly Annas**

Parkside Community Hall, Woburn Street, Ampthill, MK45 2HX.

07989 713745. [www.ragdollyannas.co.uk](http://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 (*booking essential*).

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

**Ragdolly Annas**

Astral Park Community Centre, Johnson Drive, Leighton Buzzard, LU7 4AY. 07989 713745. [www.ragdollyannas.co.uk](http://www.ragdollyannas.co.uk).

- **Ragdolly Annas Astral Park Babies:** 11:15 - 12:00.

**Ages:** 0 - 1 yrs. **Cost:** £7.95 (*booking essential*).

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

**WEDNESDAY****PARENTS & TOTS****All Nations Church Bedford**

All Nations Church Bedford, Brickhill Drive, Bedford, MK41 7QF.  
01234 273773. [www.allnationsbedford.org](http://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 (*drop in*).

**Dates:** 8 Jan - 2 Apr.

**Goldington Family Centre**

28 Meadway, Bedford, MK41 9HU. 0300 323 0245.  
[familyhubs.bedford.gov.uk](http://familyhubs.bedford.gov.uk).

- **Play & Learn Toddler +:** 9:30 - 10:30.

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

**Dates:** 8 Jan - 2 Apr.

**Queens Park Family Hubs**

Marlborough Road, Queens Park, Bedford, MK40 4LE.  
0300 323 0245. [familyhubs.bedford.gov.uk](http://familyhubs.bedford.gov.uk).

- **Mind the Bump:** 10:00 - 11:00.

**Ages:** Pregnancy. **Cost:** Free (*booking essential*).

**Dates:** 8 Jan - 2 Apr.

**Kingsbrook Childrens Centre**

Canvin Way, Bedford, MK42 OHL. 0300 323 0245.  
[familyhubs.bedford.gov.uk](http://familyhubs.bedford.gov.uk).

- **Play & Learn Toddler +:** 11:00 - 12:00.

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

**Dates:** 8 Jan - 2 Apr.

**Cherry Trees Children Centre**

Hawkins Road, Bedford, MK42 9LS. 0300 323 0245.  
[familyhubs.bedford.gov.uk](http://familyhubs.bedford.gov.uk).

- **Play & Learn (0-Cruisers) Cherry Trees:** 13:30 - 15:00.

**Ages:** 5 mths - 1 ½ years.

- **Breastfeeding Support and Social Groups:** 13:30 - 15:00.

**Ages:** Pregnancy - 6 mths.

**Cost:** Free (*drop in*).

**Dates:** 8 Jan - 2 Apr.

**Pine Cones Family Hub**

Slade Walk, Bedford, MK41 7SA. 0300 323 0245.  
[familyhubs.bedford.gov.uk](http://familyhubs.bedford.gov.uk).

- **Play & Learn Toddler + (Pine Cones):** 13:30 - 14:30.

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

**Dates:** 8 Jan - 2 Apr.

**Busy Tots Silsoe**

Silsoe Village Hall, Village Hall, Silsoe, MK45 4DY. 07882418770.

- **Busy Tots Playgroup:** 10:00 - 12:00.

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

**Dates:** 8 Jan - 12 Feb & 26 Feb - 2 Apr.

**Christ Church Bedford**

Christ Church Bedford, 140 Dudley Street, Bedford, MK40 3SX.  
01234 327150. [cbedford.churchinsight.com](http://cbedford.churchinsight.com).

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

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

**Dates:** 8 Jan - 12 Feb & 26 Feb - 2 Apr.

**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 (*drop in*).

**Dates:** 8 Jan - 12 Feb & 26 Feb - 2 Apr.

**MUSIC & SIGNING****Ragdolly Annas**

The Recreation Rooms, Mentmore Road, Linslade, Leighton Buzzard, LU7 2NZ. 07989 713745. [www.ragdollyannas.co.uk](http://www.ragdollyannas.co.uk).

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

**Cost:** £7.95 (*booking essential*).

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

**SWIMMING****Swimkidz South Bucks**

Cottesloe Physio, Old Park Farm, Cublington Rd, Wing, Leighton Buzzard, LU70LB.

- **Swimkidz South Bucks:** 10:00 - 12:00.

**Ages:** 8 mths. **Cost:** £15 (*booking essential*).

**Dates:** 8 Jan - 12 Feb & 26 Feb - 2 Apr.

**THURSDAY****PARENTS & TOTS****Goldington Family Centre**

28 Meadway, Bedford, MK41 9HU. 0300 323 0245.  
[familyhubs.bedford.gov.uk](http://familyhubs.bedford.gov.uk).

- **Play & Learn (0-Cruisers) Goldington:** 9:30 - 11:00.

**Ages:** 5 mths - 1 ½ years.

- **Breastfeeding Support and Social Groups:** 9:30 - 11:30.

**Ages:** Pregnancy - 6 mths.

**Cost:** Free (*drop in*).

**Dates:** 9 Jan - 3 Apr.

**Eastcotts Childrens Centre**

65 Beauvais Square, Shortstown, Bedford, MK42 0GG.  
0300 323 0245. [familyhubs.bedford.gov.uk](http://familyhubs.bedford.gov.uk).

- **Play & Learn Toddler + (Eastcotts):** 11:00 - 12:00.

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

**Dates:** 9 Jan - 3 Apr.

**Bedford Borough Libraries**

Bedford Central Library, Harpur Street, Bedford, MK40 1PG.  
01234 718178. [virtual-library.culturalservices.net](http://virtual-library.culturalservices.net).

- **Rhymetime (Bedford Central Library):** 11:30 - 12:00.

**Ages:** 1 ½ years - 5 yrs. **Cost:** Free (*booking essential*).

**Dates:** 9 Jan - 3 Apr.

**Bromham Benefice**

St Mary's Church, Oakley, Church Lane, Oakley, Bedford, MK43 7RU.  
[www.bromhambenefice.org](http://www.bromhambenefice.org).

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

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

**Dates:** 9 Jan - 13 Feb & 27 Feb - 3 Apr.

**Jolly Tots**

London Road Methodist Church, 96 London Road, Bedford, MK42 ONT.

**Times:** 9:15 - 11:15. **Ages:** 0 - 5 yrs. **Cost:** £1 (*drop in*).

**Dates:** 9 Jan - 13 Feb & 27 Feb - 3 Apr.

**Providence Baptist Chapel Bedford**

Providence Baptist Chapel, Rothsay Road, Bedford, MK40 3PT.  
07976 846159. [providencechapel.org.uk](http://providencechapel.org.uk).

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

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

**Dates:** 9 Jan - 13 Feb & 27 Feb - 3 Apr.

**DANCE & DRAMA****Tot Bop**

Wing Village Hall, 71 Leighton Road, Wing, Leighton Buzzard, LU7 0NN. 01525 237474 / 07775 582791. [www.totbop.co.uk](http://www.totbop.co.uk).

- **Tiny Tots (age 1-2.5) - Wing:** 9:30 - 10:05.

**Ages:** 1 yrs - 2 ½ years.

• **Baby Boppers (age 2.5 - rising 5) - Wing:** 10:20 - 11:05.

**Ages:** 2 ½ years - 5 yrs.

**Cost:** Free (*booking essential*).

**Dates:** 9 Jan - 13 Feb.

**SWIMMING****Swimkidz South Bucks**

Cottesloe Physio, Old Park Farm, Cublington Rd, Wing, Leighton, Buzzard, LU70LB.

- **Swimkidz South Bucks (Cottesloe physio):** 10:00 - 12:00.

**Ages:** 8 mths. **Cost:** £15 (*booking essential*).

**Dates:** 9 Jan - 13 Feb & 27 Feb - 3 Apr.

**PREGNANCY****National Childbirth Trust (NCT) North Bedfordshire**

St John's Church Hall, 38 St John's St, Bedford, MK42 0DL. 0300 330 0700. [www.nct.org.uk](http://www.nct.org.uk).

- **Bumps & Babies:** 10:30 - 12:30.

**Dates:** 9 Jan - 30 Jan.

- **North Beds NCT Sling Hire:** 10:30 - 12:30.

**Dates:** 9 Jan & 23 Jan - 30 Jan.

**Cost:** Free (*booking essential*).

**FRIDAY****PARENTS & TOTS****Queens Park Family Hubs**

Marlborough Road, Queens Park, Bedford, MK40 4LE. 0300 323 0245. [familyhubs.bedford.gov.uk](http://familyhubs.bedford.gov.uk).

- **Play & Learn (0-Cruisers) Queens Park:** 13:30 - 15:00.

**Ages:** 5 mths - 1 ½ years. **Cost:** Free (*drop in*).

**Dates:** 10 Jan - 28 Mar.

**Pine Cones Family Hub**

Slade Walk, Bedford, MK41 7SA. 0300 323 0245.  
[familyhubs.bedford.gov.uk](http://familyhubs.bedford.gov.uk).

- **Play & Learn (0-Cruisers) Pine Cones:** 9:30 - 11:00.

**Ages:** 5 mths - 1 ½ years.

• **Breastfeeding Support and Social Groups (Pine Cones):** 9:30 - 11:30.

**Ages:** Pregnancy - 6 mths.

**Cost:** Free (*drop in*).

**Dates:** 10 Jan - 28 Mar.

**Cherry Trees Children Centre**

Hawkins Road, Bedford, MK42 9LS. 0300 323 0245.  
[familyhubs.bedford.gov.uk](http://familyhubs.bedford.gov.uk).

- **Play & Learn Toddler + (Cherry Trees):** 9:30 - 10:30.

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

**Dates:** 10 Jan - 28 Mar.

**Pine Cones Family Hub**

Slade Walk, Bedford, MK41 7SA. 0300 323 0245.  
[familyhubs.bedford.gov.uk](http://familyhubs.bedford.gov.uk).

- **Play & Learn Toddler + (Pine Cones):** 13:30 - 14:30.

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

**Dates:** 10 Jan - 28 Mar.

**Christ Church Bedford**

Christ Church Bedford, 140 Dudley Street, Bedford, MK40 3SX.  
01234 327150. [ccbedford.churchinsight.com](http://ccbedford.churchinsight.com).

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

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

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

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

**Dates:** 10 Jan - 14 Feb & 28 Feb - 28 Mar.

**Clophill Toddler Group**

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

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

**Dates:** 10 Jan - 14 Feb & 28 Feb - 28 Mar.

**FACES Bedford**

Kingsbrook Childrens Centre, Oak Road, Cavin Way, Bedford, MK42 0HL. 01234270601. [www.facesbedford.org](http://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 (*drop in*).

**Dates:** 10 Jan - 14 Feb & 28 Feb - 28 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](http://www.stmarysmarston.org).

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

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

**Dates:** 10 Jan, 14 Feb, 14 Mar, 24 Jan, 28 Feb & 28 Mar.

**MUSIC & SIGNING****Mini Mozart Bedford & Milton Keynes**

Putnoe Heights Church, Putnoe Heights, Bedford, MK41 8EB. 0207 193 1983. [www.minimozart.com](http://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. **Cost:** £11 (*booking essential*).

**Dates:** 10 Jan - 14 Feb, 28 Feb - 28 Mar.

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

*Live music classes for babies led by professional musicians*

**Ages:** 0 - 1 yrs 4 mths. **Cost:** £12 (*booking essential*).

**Dates:** 10 Jan - 14 Feb & 28 Feb - 28 Mar.

**SWIMMING****Swimkidz South Bucks**

Cottesloe Physio, Old Park Farm, Cublington Rd, Wing, Leighton, Buzzard, LU70LB.

- **Swimkidz South Bucks:** 9:30 - 12:00.

**Ages:** 8 mths. **Cost:** £15 (*booking essential*).

**Dates:** 10 Jan - 14 Feb & 28 Feb - 28 Mar.

## SATURDAY

### PARENTS & TOTS

#### Daisy Hill Childrens Centre

Hillgrounds Road, Kempston, Bedford, MK42 8QH. 0300 323 0245. familyhubs.bedford.gov.uk.

- **Dad's Group:** 10:00 - 11:30.

**Cost:** Free (drop in).

**Dates:** 11 Jan, 8 Feb & 8 Mar.

#### Queens Park Family Hubs

Marlborough Road, Queens Park, Bedford, MK40 4LE. 0300 323 0245. familyhubs.bedford.gov.uk.

- **Saturday Stay and Play:** 10:00 - 11:30.

**Ages:** 0 - 11 yrs. **Cost:** Free (drop in).

**Dates:** 25 Jan, 22 Feb & 22 Mar.

#### Bedford Borough Libraries

Bedford Central Library, Harpur Street, Bedford, MK40 1PG. 01234 718178. virtual-library.culturalservices.net.

- **Lego Club :** 11:00 - 15:00.

**Cost:** Free (drop in).

**Dates:** 11 Jan - 29 Mar.

### PHYSICAL FUN

#### Joey Football

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

*Fun indoor football sessions for toddlers*

- **Joey Football Classes (18mths - 2.5 years):** 8:00 - 8:45.
- **Joey Football Classes (2.5 - 3.5years):** 9:00 - 9:45.
- **Joey Football Classes (3.5 - 5years):** 10:00 - 10:45.
- **Joey Football Classes (5 - 7years):** 11:00 - 11:45.

**Cost:** Free (drop in).

**Dates:** 11 Jan - 29 Mar.

#### 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 (booking essential).

**Times:** 11:25 - 12:10. **Ages:** 2 - 7 yrs. **Cost:** £7 (booking essential).

**Dates:** 11 Jan - 29 Mar.

#### Rugbytots (Milton Keynes & Bedford)

Redborne Upper School, Flitwick Road, Ampt Hill, 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. **Ages:**

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

**Times:** 11:25 - 12:10. **Ages:** 2 - 7 yrs. **Cost:** £7 (booking essential).

**Dates:** 11 Jan - 29 Mar.

### SWIMMING

#### Swimkidz South Bucks

Cottesloe Physio, Old Park Farm, Cublington Rd, Wing, Leighton, Buzzard, LU70LB.

- **Swimkidz South Bucks:** 8:30 - 11:30.

**Ages:** 8 mths. **Cost:** £15 (booking essential).

**Dates:** 11 Jan - 8 Feb & 1 Mar - 29 Mar.



**FUN FOOTBALL CLASSES WITH JOEY FOOTBALL**

**INDOOR FOOTBALL CLASSES, FUN GAMES & THEMED EXERCISES FOR TODDLERS & KIDS, 18 MONTHS+!**

**FREE TRIAL CLASS!**

- Boosts confidence
- Introduces structure
- Promotes bonding & friendship
- Encourages social skills & teamwork

**SUNDAYS @ BRICKHILL COMMUNITY CENTRE, MK41 7AF**  
**SATURDAYS @ GREAT OUSE PRIMARY ACADEMY, MK 40 4TJ**

**FOR MORE INFO CALL: 07757 548324**  
**EMAIL: JOEYFOOTBALLFUN@GMAIL.COM**  
**OR VISIT: @JOEYFOOTBALLFUN**

## SUNDAY

### PARENTS & TOTS

#### Bedford Borough Libraries

Bedford Central Library, Harpur Street, Bedford, MK40 1PG. 01234 718178. virtual-library.culturalservices.net.

- **Sunday Funday :** 11:30 - 13:30.

**Cost:** Free (drop in).

**Dates:** 12 Jan - 30 Mar.

### PHYSICAL FUN

#### Joey Football

Brickhill Community Centre, Avon Drive, Bedford, MK41 7AF.

*Fun indoor football sessions for toddlers*

- **Joey Football Classes (18mths - 2.5 years):** 9:00 - 9:45.
- **Joey Football Classes (2.5 - 3.5years):** 10:00 - 10:45.
- **Joey Football Classes (3.5 - 5years):** 11:00 - 11:45.
- **Joey Football Classes (5 - 7years):** 12:00 - 12:45.

**Ages:** 5 - 7 yrs.

**Cost:** Free (drop in).

**Dates:** 12 Jan - 30 Mar.

# DIRECTORY OF ADVERTISERS

## Family Days Out

Hogshaw Farm & Wildlife Park	21
Northampton & Lamport Railway	27
The Quarry Theatre	15

## Gifts & Products

Little Poppets Preloved Market	4
Purermama	15
Ubere Mama	9
Vidoli Brown Dolls	15

## Groups & Classes

Aqua Include	33
Bedford Borough Family Hubs	17
Cha Char Chimps	31
Joey Football	36
Mini Mozart	29
Music Bugs Milton Keynes	32
Phonics with Robot Reg Milton Keynes	31
Rugbytots Milton Keynes & Bedford	29
Tot Bop	21
Turtle Tots Milton Keynes & Bedford	35

## Health & Pregnancy

Fit Mummy MK	9
--------------	---

## Nurseries & Schools

Akeley Wood Junior School and Nursery	2
Nurtureville Nursery	27
Swanbourne House School	40
The Webber Independent Nursery	8
Thornton College	18

## Professional Services

Bedford North Kumon Study Centre	5
Car Seat Ninja	21



**The ULTIMATE show for parents with little ones!**

*This is your opportunity to try and buy products, listen to parenting experts, watch demos on all things bump, baby & toddler.*

**Saturday 26th April 2025**

10am - 2pm

The Ridgeway Centre, Milton Keynes, MK12 5TH

**FREE EVENT!**

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

SPONSORED BY  IN SUPPORT OF 

Register for **FREE** at [toddle.fun/babyshowmk](https://toddle.fun/babyshowmk)





# THIS IS SWANBOURNE SPIRIT



## Pre-Reception Nursery & Reception places available for September 2025

With modern classrooms surrounded by eucalyptus woods and an adjacent farm (with lots of animals to see at break time!), an indoor swimming pool and outdoor classrooms, our early years setting is an extraordinary place for young learners to grow, play and begin their educational journey with confidence and joy.

### SWANBOURNE HOUSE

BUCKINGHAMSHIRE

part of

THE *Stowe*  
GROUP

Find out more at [swanbourne.org](https://www.swanbourne.org) or email [admissions@swanbourne.org](mailto:admissions@swanbourne.org)