

Loving life with little ones

FREE

# about toddler

MK & Bedford

Oct - Dec 2025

SANTA'S GROTTO  
THIS CHRISTMAS

HALLOWEEN  
& CHRISTMAS  
EVENTS

Everything Bump, Baby & Toddler Near You

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

WIN  
12 DAYS of  
Christmas  
Prizes!

# Take the first step on your child's academic journey



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# WELCOME



## TO THE AUTUMN 2025 ISSUE!

### Our Autumn & Christmas Edition is Here!

What an exciting season it has been! We are still buzzing after the very first **Toddle About Baby Show in Bedford** - and what a day it was.

Families came together to discover brilliant local businesses, listen to expert talks, and enjoy activities designed especially for little ones. A heartfelt thank you goes out to everyone who attended, exhibited, or helped behind the scenes. Your support made this debut event truly special, and we cannot wait to do it all again.

This autumn issue is packed with ideas, inspiration, and practical advice to help you and your family make the most of the months ahead. I wanted to highlight just a few favourites:

**Encouraging Your Toddler's First Words** (p. 25) - a gentle, practical guide full of tips for helping your little one find their voice.

**Where's Santa?** (p. 15) - your complete guide to local grottoes, festive trails and magical meet-and-greets.

**Halloween and Fireworks Guide** (p. 7) - a handy round-up of the best local family events to light up your autumn evenings.

You will also find product recommendations, vouchers, competitions, and plenty of seasonal activities to keep the children entertained.

Whether you are looking for expert advice, local days out, or simply a quiet five minutes with a cup of tea, this magazine is here for you.

From our Toddle About family to yours, we wish you a **Merry Christmas** and a joyful festive season - may it be filled with magical moments, cosy days, and memories to treasure.

*Loving life with little ones,*

Joanna

OWNER & EDITOR

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PS. Get a **FREE subscription for LIFE!** Plus, you get other VIP perks such as exclusive reviews and freebies. More info at [www.toddleabout.co.uk/subscribe](http://www.toddleabout.co.uk/subscribe)



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Join us on Whatsapp for important updates!



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

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

Follow us for daily updates!



## Festive Family Fun at Toddle About LIVE! Northampton



Toddle About LIVE! Northampton is back on **Sunday 23rd November** at the Creative Hub, **University of Northampton** – and it's going to be magical!

Designed especially for families with children aged 0–5, enjoy a fun-filled day of activities, play zones, expert talks, demos, and plenty of festive shopping. Don't miss the chance to meet Santa in his grotto (pre-booking required!)

See P.22

Book your family tickets:

[www.toddle.fun/LIVE-Northampton](http://www.toddle.fun/LIVE-Northampton)



## Step Inside the Fun: Little Star Soft Play's New Bubble Dome

Little Star Soft Play has recently added a brand-new inflatable bubble dome to their collection and it's set to be a big hit. Perfect for outdoor games, indoor play, birthday parties, and even weddings, this magical play space is packed with balloons and fun, creating unforgettable memories for children and families alike. A fantastic new addition that promises hours of safe entertainment for everyone to enjoy.

See P.22

Find out more at  
IG: [little\\_star\\_soft\\_play](https://www.instagram.com/little_star_soft_play)  
FB: Little Star Soft Play



## 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!

**Old Stratford Community Hall:** Sunday 12th October, 11am - 12.30pm

**Medbourne Pavilion:** Saturday 8th November, 3pm - 4.30pm

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

## All Aboard the Santa Specials at Northampton & Lamport Railway

Combine the magic of both Santa and steam trains this Christmas with the Northampton & Lamport Railway's ever-popular 'Santa Specials'! Trains run every Sat and Sun from 30th Nov to 21st Dec. Looking for something extra special? They also offer 'Breakfast with Santa', which is a small intimate VIP experience. Also check out Santa Paws (29th Nov), where dogs also get a present from Santa!

Advance tickets are essential for all trains.

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

See P.29



## Another 'Outstanding' Ofsted for Newport Pagnell Youth Club Pre-School

Newport Pagnell Youth Club Pre-School celebrates its fourth consecutive 'Outstanding' Ofsted rating. Inspectors praised expert staff, strong leadership and personalised care.



Children flourish in confidence, behaviour and health—growing and eating their own carrots!

Parents report transformative progress and clear communication. Offering early years education for ages 2½ to 4, the pre-school now has places available from January. To book a tour, contact manager Lyn on 07714 041494.

## Dive Into the Benefits of Baby Swimming

There are many benefits to taking little ones to these classes. Playing with toys in the water may seem like simple fun, but it also brings a wide range of physical benefits. Beyond that, baby swimming has been proven to support healthy eating and sleeping patterns - and that's not all. Families across Bucks and Beds can begin their baby, toddler, and preschool swimming journey by following the link below:

[www.waterbabies.co.uk/baby-swimming/bucks-and-beds/](http://www.waterbabies.co.uk/baby-swimming/bucks-and-beds/)  
See P.24



## Early Years Careers opening doors in childcare

A new push is underway to encourage more people locally into childcare and early years education.



The "Do Something Big" campaign from Early Years Careers is shining a light on flexible roles in nurseries, pre-schools, childminding and after-school clubs. No previous experience is needed, with on-the-job training and apprenticeships available - plus a £1,000 bonus in certain areas. The drive also hopes to welcome more men into the profession, giving children a wider range of role models.

Discover more:

[www.earlyyears-careers.campaign.gov.uk](http://www.earlyyears-careers.campaign.gov.uk)

See P.8

## Baby First Aid Course in Flitwick

NCT Mid Beds is running a Baby First Aid course on Saturday 8 November, 10:30am-12:30pm at St Peter & St Paul's Church, Flitwick. Delivered by Mini First Aid, the session covers CPR, choking, burns, bleeding, and more. Babies are welcome. Tickets are £25 and can be booked via the NCT website.

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



## NCT North Beds Nearly New Sale

The NCT Nearly New Sale is back in an exciting new venue! Come along to King's House, Bedford on Saturday 11th October, 12:30-2:00pm and pick up fantastic bargains on nearly new baby and children's clothes (up to age 14), toys, books, nursery equipment, pushchairs, maternity wear, plus Halloween and Christmas outfits. Entry just £2. Scan the QR code for more info:



# HAVE YOUR SAY!



## Can You Help? We'd love to know what you think!

Toddle About has been around for **15 years** now, but we're still looking for ways to improve. *Please complete our survey to let us know what you think!*

**Fill out our survey at  
toddle.fun/survey**

As a thank you, **every respondent** will get **15% off all products at My-Picture.co.uk!**  
**One lucky winner** will get a **£50 Voucher!**

From cozy personalised blankets to stunning wall art and photo books, you can capture your most cherished family moments and turn them into beautiful keepsakes with **My-Picture.co.uk**. It's the perfect way to celebrate your memories.

**Closing date:** midnight on Sun 23rd Nov 2025.



## PRE-RECEPTION CLASS

Up to 30 hours of free funding

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THORNTON

At Thornton College we offer a Pre-Reception education full of wonder and excitement for girls aged 3 years old.

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

For further information please email [admissions@thorntoncollege.com](mailto:admissions@thorntoncollege.com)



Thornton College, Thornton, Milton Keynes, MK17 0HJ Tel: 01280 812610

# HALLOWEEN

# &

# FIREWORKS

## ACTIVITIES & EVENTS



### THE BOO! CLUE TRAIL

Stowe House

27 Oct - 2 Nov 2025, 10.30am-3pm

Children aged 5–10 solve spooky riddles at Stowe House, then craft woolly ghosts or monsters. Costumes encouraged, treats included.

**Cost:** Kids go free with a paying adult

Stowe House, Buckingham, MK18 5EH, Buckingham, United Kingdom

StoweHouse

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



### SKYFEST FIREWORX

The National Bowl

1 Nov 2025 (from 7pm)

Experience dazzling fireworks, lasers, drone displays, family activities, funfair rides, street food and live music for unforgettable entertainment.

**Cost:** Adult £20 | Child £10 | Under 2s Free | Family £55.

The National Bowl, Watling Street, MK5 8AA

SkyfestFireworx

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



### FIREWORKS SPECTACULAR

Gulliver's Land

1 Nov 2025 (fireworks 6:15pm)

Family theme park packed with gentle rides, play areas, spooky decorations and spectacular evening fireworks show to end the day.

**Cost:** Adult £25 | Child £22 | Under 90cm Free

Gulliver's Land, Livingstone Drive, MK15 0DT

GulliversLandResort

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



### HALLOWEEN TRAIL

Willen Lake

25 Oct - 2 Nov 2025 (10am–4pm)

Free outdoor Halloween trail with puzzles, decorations and jokes. Perfect for toddlers, young children, pushchairs and family autumn adventures together.

**Cost:** Free (parking charges apply)

Watersports Centre, Willen Lake, MK15 0DS

WillenLake

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



### LITTLE RAVERS

Popworld

25 Oct 2025 (3pm–5pm)

Daytime disco featuring spooky music, games, glow sticks, lights and sweet treats. Designed for under-12s and parents.

**Cost:** Family Ticket £25 (2 adults + 2 kids) | Individual Tickets Available.

Popworld, 499 Lower Twelfth St, MK9 3PZ

PopworldMiltonKeynes

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



### AMPTHILL FIREWORKS

Ampthill Park

7 Nov 2025 (fireworks 7:45pm)

Annual community fireworks event with funfair rides, hot food and safe family atmosphere. Alcohol and sparklers banned inside park grounds.

**Cost:** Adult £10 | Child £5 | Under 3s Free

Ampthill Park, Woburn St, Ampthill, MK45 2HX

AmpFireWrks

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

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

# Do something big, work with small children.

Working in early years and childcare is unique and rewarding. You'll work with young children, providing care and early education that helps give them the best start in life.



## **Work in a nursery or pre-school**

From entry level roles to qualified positions as a nursery assistant, room leader or early years teacher, you'll join a team and make a real difference by providing care and education to children under 5.

## **Become a childminder**

As a childminder, you'll provide personalised early education and childcare to small groups of children of different ages. You'll have the freedom to run your own business and work flexibly.

## **Work in before or after school clubs**

From sports to crafts to music, share your passion and provide wraparound care for primary school children. A great role if you're looking for part-time or term-time only work.

## **Get qualified on the job**

Whether you're leaving school or looking to change careers, you can train on the job with an early years apprenticeship. Requiring no previous experience, you'll be employed by a nursery or pre-school and gain valuable skills and a recognised qualification - all while earning a salary!



**Search:  
Early Years Careers**

# VEGETABLE & LENTIL PUFF PASTRY LEAVES

*The perfect mix of comfort and creativity - a delicious and fun way to incorporate extra veggies into meals.*

## INGREDIENTS:

- 1-2 Rolls of puff pastry
- 200-250g Butternut Squash
- 1 tbsp oil or butter
- 1 small onion, finely chopped
- ½ large courgette, finely diced
- 2 garlic cloves (minced)
- 1 tsp dried sage or thyme
- ½ tsp smoked paprika
- ½ can of green or brown lentils
- 75g grated cheddar cheese
- Egg or milk (for pastry wash)

**MAKES: 6 LARGE 'LEAVES'**

**SUITABLE FROM 6 MONTHS**

## METHOD:

- 1 Preheat oven to 180°C and line a flat baking sheet.
- 2 Cook your butternut squash: either microwave it for 5-6 minutes or steam it until soft. Then, lightly mash with a fork until broken down.
- 3 In a dry pan, heat oil and add the onion. Sauté for 4-5 minutes. Add the diced courgette and cook for 4-5 minutes, until tender.
- 4 Stir in garlic, herbs, and spices. Cook for 1 min.
- 5 Mix the mashed squash, lentils, and vegetables in a bowl. When slightly cooler, stir in the cheese.
- 6 Roll out the pastry and cut out 2 identical leaf shapes. Repeat for as many leaves as you're making.
- 7 Fill a leaf with 1 heaped tbsp of the veg mix, leaving a margin for sealing. Place another pastry leaf on top, and press the edges together with a fork. Score leaf 'veins' on top. Use a whisked egg or milk to brush pastry.
- 8 Bake for 20-25 minutes until puffed and golden!



*Recipe by Lucy Upton, The Children's Dietitian, and author of 'The Ultimate Guide to Children's Nutrition'. Lucy is a specialist paediatric dietitian who supports children's nutrition & eating habits. [www.thechildrensdietitian.co.uk](http://www.thechildrensdietitian.co.uk).*



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- Sessions Mon-Fri at 11am
- Flexible booking and payment options



- Friendly and supportive atmosphere

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Numi Scan Milton Keynes  
**01908 921155**  
<https://mknumiscan.co.uk>

# TODDLE MODELS

## Baby and Toddler Photo Competition Winner

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

Congratulations to little Jude who won a **Banwood Eco Scooter and Helmet**, worth £118!

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.



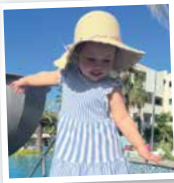
Jude, 18 months

## BANWOOD

Find out more at [www.banwood.co.uk](http://www.banwood.co.uk)



Anna, 5 years



Annabelle, 3 years



Ashleen, 3 years



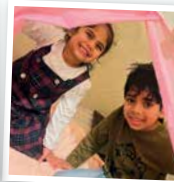
Atticus, 2 years



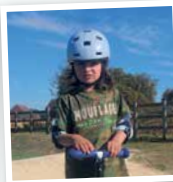
Cadence, 22 months



Clara, 2 years



Dhiyana, 3 years



Eduard, 5 years



Eesa, 2 years



Essie, 3 years



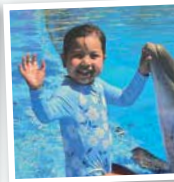
Hayden, 11 Months



Helen, 1 year 9 months



Henry, 22 months



Hope, 4 years



Imogen, 3 years



Irena, 2 years



Vedant, 11 months



Isla, 8 months



Jack, 6 years



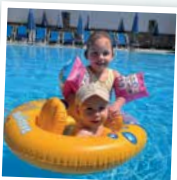
James, 5 months



Khadija, 6 years



Kit, 3 years



Leah, 4 years &  
Isaac, 7 months



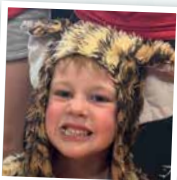
Luna, 5 years



Millee, 3 years  
& Maxson, 2 years



Niall, 3 years



Parker River, 4 years



Penelope, 3 Years  
& Arthur, 19 months



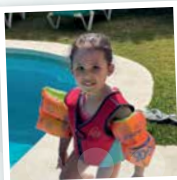
Vishruth, 2 years



Roux, 3.5 years



Serenity, 20 months



Skylar, 3 years



Teddy, 2 years



Zainab, 10 months



Ziggy, 1 year 7 months

## COMPETITION

**TODDLE  
MODELS**



# WIN A FAMILY TICKET TO DISNEY ON ICE, WORTH £220

**THE PRIZE:** Win one of TWO family tickets to the London show (26th Dec – 4th Jan).

*Disney On Ice* returns with a brand-new magical adventure for the whole family!

In *Disney On Ice presents Find Your Hero*, audiences will discover what it truly means to be a hero as Mickey Mouse, Minnie Mouse and friends from the Disney Kingdom come together to bring timeless tales to life. Gliding into the UK from the 29th October 2025 – 4th January 2026.

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



## HOW TO ENTER:

Send us a photo of your little one enjoying some Autumn/Winter fun!

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

Enter by **Sun 7<sup>th</sup> Dec 2025**.

**WORTH  
£220**



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





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

### CHARLOTTE CASTLE PHOTOGRAPHY

5.0 ★

I can't express how much we all love Charlotte! She makes you feel so at ease, my partner is not a fan of the camera but Charlotte made him feel so relaxed.



Hannah B

5.0 ★

### FIT MUMMY MK

So lucky to have this in MK! It's part of our daily routine. My kids love coming with me to bootcamp and I get to have a proper workout without worrying about childcare.



Sabz M



### PRESLEY & PAISLEY PEEKABOOTIQUE

5.0 ★

Holly was brilliant at making it to his measurements, she went through lots of pattern options as I was very particular in what I wanted.



Danielle V

5.0 ★

### DAISY FIRST AID



Wonderful and informative course, excellent knowledge and clear explanations. I am feeling a lot more confident about anaphylaxis.

Kirsty W

### PHONICS WITH ROBOT REG

5.0 ★

Claire puts so much effort into every single session and each week is different, so you don't get bored doing the same activities.



Kallie S

5.0 ★

### BORNE TO CREATE



You can tell the hat and boots was made with love and care. A lot of attention to detail. Would buy from Borne to Create again.

Samuel A

**GET INVOLVED!**

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



FROM JOHN HUGHES  
**HOME ALONE**

FRIDAY 19<sup>TH</sup> DEC

comedy 4 club kids

CHRISTMAS CRACKER!

1<sup>TH</sup> ANNIVERSARY BOOK TICKETS: [WWW.QUARRYTHEATRE.ORG.UK](http://WWW.QUARRYTHEATRE.ORG.UK)

COLLECT A GIFT AFTER THE SHOW!

SATURDAY 20<sup>TH</sup> DEC






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

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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"*

★★★★★

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# KUMON CONNECT

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Bedford-north](http://www.kumon.co.uk/Bedford-north) or  
call 07341 583675



SCAN ME



Help your child  
develop the skills  
they need to succeed



5 star reviews on google

## Is your child starting school in September 2026?



Visit us to find out why we were  
rated 'outstanding' for personal  
development by Ofsted

**Open Tours**

**Tuesday 21<sup>st</sup>  
October  
10am and 2pm**

Tours also  
available  
on  
request

Nursery  
spaces available  
from September  
2025

Contact us find  
out more



**01908 735865**

[shepherdswell.emat.uk](http://shepherdswell.emat.uk)

## Year 3 school places for September 2026



Come and discover our positive,  
family atmosphere where we  
develop confident and independent  
children

**Open Tours**

**Tuesday 7<sup>th</sup> October  
9-10am**

**Tuesday 11<sup>th</sup>  
November  
9-10am and 2-3pm**

Tours also available  
on request



**01908 735882**

[orchard.emat.uk](http://orchard.emat.uk)

Billingwell Place, Milton Keynes

Springfield Boulevard, Milton Keynes

# WHERE'S Santa?



**MERRY  
CHRISTMAS**

## Santa's Grotto with Peter Rabbit & Friends

21 Nov-24 Dec

centre:mk, Middleton Hall

Nov (22-28): £14.50 child / £6 adult  
Dec: £16 child / £6.50 adult  
Babies under 1: £4.50-£5

## Santa's Grotto Experience @ Frosts Woburn

mid-Nov - 24 Dec

Frosts Garden Centre Woburn

Family tickets: £35-£100 (1-4  
children + 2 adults)  
Baby under 12m: £8.99

## Santa's Arrival 2025

Sun 23 Nov 11am

Dobbies Milton Keynes,  
Belvedere Lane, Watling Street,  
Milton Keynes, MK17 9JH

FREE

## Meet Father Christmas

29 Nov- 1 Dec, 6-9 & 13-15 Dec

Milton Keynes Museum

£15 per child

## Christmas @ Gulliver's

from late Nov to 24 Dec

Gulliver's Land, MK

Package prices from £27, see  
website for more details

## Storytime with Santa

Weekends 29 Nov-21 Dec  
& 22-24 Dec

Frosts Garden Centre, Woburn

£0.99 per child. Each child will  
receive a toy from Santa.

## Winter Wonderland Bedford

12-7pm, 30 Nov-1 Dec, 7-8 Dec,  
14-15 Dec, 20-24 Dec

Bedford Park, Park Avenue

See website for prices.



## Santa's Grotto

22-23 Nov, 29 Nov-1 Dec, 4-8 Dec,  
11-15 Dec, 18-24 Dec

The Olde Watermill Shopping  
Village Mill Lane

£17.99 child / £5.99 adult / £7.99  
under 1 • 50-min experience

## Toddle About LIVE! Northampton

Sun 23 Nov 10am-3pm

Northampton University,  
Waterside Campus, Northampton,  
NN4 8RR.

£5 per child

## Santa's Grotto Experience @ Frosts Willington

mid-Nov - 24 Dec

Frosts Garden Centre Willington

Family tickets: £35-£100 (1-4  
children + 2 adults)  
Baby under 12m: £8.99

## Father Christmas at Wrest Park

Weekends from 29 Nov - 21 Dec

Wrest Park, MK45 4HR

Child (5-17), £9.50

## Santa's Steam Specials

30 Nov, 3, 6-7, 10, 13-14, 17,  
20-24 Dec

Leighton Buzzard Railway

£13 adult / £15 child (2-12) / £9  
under 2 (includes present)

## Panto Express

29-30 Nov, 6-7 Dec, 13-14 Dec,  
20-22 Dec

Buckinghamshire Railway Centre

£22.50-£28.50 pp  
(Early Bird £22.50-£26.50)  
Baby <1 £8.50  
+£3 booking fee

## Santa Specials

Weekends from 30 Nov - 21 Dec

Northampton & Lamport Railway

Free to £21, see website for more  
details.

## Santa Special

13-14 Dec

Rushden Heritage Railway

£12.50 child  
£7 adult  
Baby free (£5 with present)

# 12 DAYS *of* Christmas Competition

**WIN DAILY PRIZES THIS DECEMBER**

**Get ready to celebrate this festive season with our thrilling '12 Days of Christmas' giveaway!**

From the 1st to the 12th of December, unwrap a new surprise every day with the chance to win a dazzling new prize that's perfect for you and your little ones.

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# WHAT'S GOING ON IN THERE?

## Using Curiosity to Understand and Support Your Toddler

*By Bryana Kappadakunnel, LMFT*

As a therapist who specialises in early childhood mental health - and as a mother myself - I've seen firsthand how powerful it is when parents shift from reacting to their toddler's behaviour to getting curious about it.

Curiosity is one of the six Seeds of Connection in what I call the Connection Garden - a concept I developed to help parents build emotionally safe, responsive relationships with their children. When seeds like attunement, playfulness, and repair are planted and nurtured consistently, the parent-child relationship grows stronger and more joyful.

But when connection is missing, or only offered conditionally, we end up in what I call the Connection Desert. It's a place where children feel misunderstood and emotionally thirsty - and parents feel isolated, burned out, and unsure how to move forward. Fortunately, we can always begin to plant new seeds - and Curiosity is one of the most transformative.

### What Curiosity Really Means

Many of us were raised to believe that discipline means control. That a toddler's tantrum needs to be "fixed," or that whining should be ignored until it stops. But when we get curious instead and ask, "What's going on in there?," we begin to understand that behaviour is communication.

Toddlers don't have the language or brain development to say, "I'm overtired, overstimulated,

and I miss you." So they cry, hit, throw, or resist. When we respond with curiosity instead of control, we teach them that it's safe to have big feelings - and we start to build lifelong skills for emotional health and relational trust.

### The Power of Observation

One of the simplest, yet most profound, ways to cultivate curiosity in your relationship with your toddler is through observing them do what they do best: play. When you're just getting started with child observation, I recommend you make an effort to practice this intentionally for about 5-10 minutes a day. Eventually, this will become a natural part of your relationship with your toddler.

Here's how it works:

**Set up the play environment so that it is totally safe for your toddler.** Creating a "Yes" space where everything is safe (including toys, things to climb, etc) encourages your toddler to discover their own interests and get lost in the magic of play. At the same time, it will help you to resist the urge to hover, intervene, or take charge of their play process.

**Pull up a chair nearby, settle into your body, and simply notice your breath and any sensations that arise.** See if you can observe yourself with the same curiosity you offer your child.

**Once you feel settled, start to notice what your child is doing with their hands and where their eyes are looking.** Following their hands and eyes allows you to become more connected to what their brain is curious about. Resist the urge to fix anything. If you see your toddler frustrated with stacking some blocks, you may feel it would be useful to offer your help. By doing so, you're undermining your child's intense drive toward mastery and competence. Instead, be curious with your toddler: "I wonder if that feels tough...I see you're not giving up." By resisting the urge to fix, control, change, or provide educational directives (e.g., "What colour is this?") while they play, you send the vital messages: I trust that you are competent. I'm curious about how you see things. I'm invested in knowing more about you.

**Beware the "Monkey Mind."** It's normal for your mind to wander - it might even feel boring to watch your toddler play. You don't have to love it. Just notice, and gently return your focus to what your child is doing. That's curiosity in action. The more you wonder about what they're doing and why it feels important to them, the more lush and vibrant your Connection Garden becomes.

In my experience with leading parents in observation exercises, many parents notice that they judge their children unintentionally: "Why doesn't my child behave like other kids?" Try to shift from judgement into wondering at what They are experiencing. That curiosity may help you see their behaviour not as a problem to correct, but as a strength to nurture

### Why Observation Supports Independent Play

One of the beautiful benefits of using child observation consistently is that it nurtures your toddler's ability to engage in independent, imaginative play.

Your willingness to be more curious about their inner world, while resisting the urge to control, fix, or change it, will support your toddler with:

- Playing without constant adult involvement
- Developing longer attention span
- Resolving sibling conflicts with less need for intervention

Additionally, you'll be less likely to seek screens as a

virtual babysitter for your child, because your toddler will become a master at directing their own interests and commanding their physical space with confidence and courage.

Observation isn't passive - it's deeply relational. By watching and narrating without controlling, we say, "I'm interested in you. I delight in who you are." This kind of non-intrusive attention is both grounding and expansive for the developing toddler's mind.

### How Curiosity Looks in the Hardest Moments

Here are some phrases you can try next time your toddler is having a moment that feels hard to manage:

- **When your child is hitting:** "You wanted that toy, and it was really hard to wait. I'm here to help."
- **In the middle of a transition:** "You weren't ready to leave. I get it - it's hard to stop playing when you're having fun."
- **When siblings are fighting:** "You both wanted the same thing. Let's take a breath and figure this out together."

### What Gets in the Way of Curiosity?

Many parents tell me: "I know I shouldn't yell, but in the moment, I just lose it."

It makes perfect sense. If you were raised in a Connection Desert - where your own feelings were shamed, ignored, or punished - then of course it's hard to stay present with your child's big feelings. Your nervous system might interpret their distress as a threat.

That's why we must extend the same curiosity to ourselves that we do to our children. When we get dysregulated, instead of judging ourselves, we can ask, "What is this moment trying to teach me about what I need?"

This is the deep, healing work that I talk about in my book, *Parent Yourself First*.

### Curiosity Is Connection

Your curiosity helps your toddler feel safe, seen, and supported. You tell them that they are not a problem to be fixed - but a person to be understood.

I know how easy it is to default to frustration, especially when you're exhausted or touched out. But if there's one thing I hope you take away from this, it's that curiosity is always available to you -



**Bryana Kappadakunnel**

*Founder of Conscious Mommy and author of Parent Yourself First, Bryana empowers parents to parent with heart and intention. Through her courses, coaching, and expert resources, she helps parents heal past wounds, fostering compassion, clarity, and confidence in raising their children.*





VIP CLUB READER REVIEW:

# RAINBOCORN BABYCORNS BABY DOLL



Written by **Beth Weston**, Toddle About Subscriber

**Rainbocorns Babycorns Baby Doll** is a magical surprise for ages 3+, with a capsule revealing a colourful Babycorn. Quick to open and perfect for cuddly play. £17.99 from [www.thetoyshop.com](http://www.thetoyshop.com)

We were absolutely thrilled to be chosen to review the Rainbocorns Babycorns Magical Rainbocorn Babies Mystery Capsule! I knew it would be a hit with my daughter, who adores dolls - and I was right. The moment she saw the capsule, she squealed with excitement, eager to discover which adorable Rainbocorn baby was inside.

The packaging added to the suspense, with layers to unwrap before revealing a magical crib and Echo, a beautiful doll with sparkling silver eyes. My 4-year-old was over the moon, and the gold slime included was a big bonus she absolutely adored.

Best of all, the packaging doubles as a crib, giving Echo a cosy little home. Even my 1-year-old joined in, popping the dummy into Echo's mouth and rocking her gently. I appreciated the thoughtful design, especially the safe storage space for small parts - handy with a toddler around.

Although the doll is recommended for ages 3+, my youngest still enjoyed cuddling and playing with Echo, even if she couldn't use the accessories. The surprise element is a big part of the fun, and my 4-year-old already wants to collect them all! A delightful gift for children who love dolls and surprises.

*Review has been edited.*



Beth and her daughter were given this product **as a freebie** for writing this review. Subscribe to Toddle About and you can do the same!

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# ENCOURAGING YOUR TODDLER'S FIRST WORDS

By Wendy Austin



**We all love hearing our toddler's first words, but some toddlers can take a little longer than others to start speaking. Is there anything you can do to encourage those first words? Most definitely!**

For children to communicate effectively, they need the **means, reasons** and **opportunities** to communicate. (D. Money, 1997)

The 'means' include pointing, facial expression, signing, pictures and speech. A 'reason' may include requesting food or a toy, or protesting about something. The 'opportunity' includes having the time and place to try out some lovely new words!

As a mum and a Speech and Language Therapist, I know how easily we learn exactly what our toddlers want, without them having to ask.... and there's the crux. Too often we anticipate our child's needs – we know when they're likely to want a drink or snack and provide it, which is very kind, but in doing so we take away their reasons to communicate!

***If toddlers don't need to speak to meet their needs, they may not bother trying to speak!***

Create reasons for your child to communicate with you, such as putting their favourite toy just out of reach so they need to 'ask' for help. Try putting desired objects in a clear plastic box your child can't open, so again they need to ask for your help. Offer choices at snack or play time, hold up the items as you offer them, or show pictures –

your child can point if they can't tell you verbally. Model the language as you show the items, for example, 'Banana or bread stick?'

Your child also needs opportunities to speak. Sometimes we get enthusiastic about talking to children when playing – often though, what we're actually doing is asking questions they may not yet have the words to answer!

Instead of asking, 'What have you got?' or, 'What's that?', reduce the pressure and **narrate their play**: 'A car, a red car!', 'Wow, a scary dinosaur!', 'You're pushing the train!' This provides a good model of language, but remember to pause occasionally so they have a chance to speak!

**Pauses are very powerful** – play 'ready, steady.... GO!' games; pausing after 'ready, steady...' gives your child the chance to provide the 'go!' themselves.

Finally, don't deny your child something if they can't ask with spoken words; communication can be verbal or non-verbal. If they use non-verbal communication, that's fine – just model the word as you give them what they are requesting.

If you're worried your child's speech may be delayed, contact a Speech and Language Therapist for advice.



Wendy Austin is an independent Speech and Language Therapist based in Capel St Mary, Suffolk, supporting children and adults with speech, language and social communication needs. She provides person-centred, evidence-based therapy to help clients communicate effectively. [www.wendyaustinsalt.co.uk](http://www.wendyaustinsalt.co.uk)



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# Dishing Out the Veggie Vibes

## ONE FAMILY'S JOURNEY TO PLANT HOOD, AND WHY WE HAVEN'T LOOKED BACK!

By Natasha Ashton



Buckle up, because this plant mama of two (plus one lovely step-munchkin) is about to spill the chickpeas on why our family swapped the cow milk for the greens. Was it ethical enlightenment, eco-epiphany, or a quest for kale-fuelled vitality? A bit of everything, really.

### Why We Went Plant-Based

For me, it's almost like coming full circle, I was on and off vegetarian as a teenager right up until I was 20, so plant forward eating was never completely unfamiliar. But as an adult, our family had a full on ethical awakening. One evening, my husband and I found ourselves asking: Do we want to be friends with cows or have them on our dinner plates?

**Spoiler alert:** the mooing won our hearts. So tofu took centre stage, and bacon quietly bowed out.

I also found myself deep in the world of food documentaries. Watching titles like *What the Health*, *Cowspiracy*, *Seaspiracy*, and *You Are What You Eat* helped solidify our decision. Seeing the environmental and ethical impact of animal agriculture was eye-opening – and something I couldn't unsee.

### The Health Boost

Within just 10 days of cutting out animal products, my energy levels soared. I felt lighter, more awake, and less sluggish after meals. It turns out, plant protein is easier to digest than meat – which might explain that sudden spring in my step.

Studies suggest that a plant-based diet can lower the risk of heart disease, support blood sugar control, and help with weight management. And yes, you really can get all the nutrients and vitamins you need from plants (with a bit of planning).

*Natasha Ashton is a wife, mama, bonus mama and full-tie content creator. If you want more plant-based info (plus a peek into Natasha's real-life family chaos), she's a content creator specialising in UGC content – you can follow along on Instagram. [www.instagram.com/natashauk](https://www.instagram.com/natashauk)*

### The Challenges – and the Comebacks

Of course, going plant-based as a family hasn't been without its awkward moments. We've dodged more than a few side-eyes at family barbecues and navigated restaurant menus with military precision. My advice? Stay informed. Share facts gently. And when in doubt, ask: What's more important – taste or life?

### Raising Plant-Based Kids

Bringing up plant-based kiddos is a balance of principles and flexibility. Here's what's worked for us:

**Start Small:** Introduce plant-based swaps gradually – like lentil Bolognese or sweet 'n' sour tofu.

**Get Them Involved:** Kids are more likely to try meals they've helped prepare.

**Stock Up on Alternatives:** Oat milk is our go-to! We absolutely love the plant-based Babybels and plant-based Dairyalea Jumbo Tubes.

**Keep Communication Open:** Let schools and nurseries know your child's dietary needs – ours have been really supportive.

**Be Flexible:** While we stick to a plant lifestyle day-to-day, we take a vegetarian approach at parties & events, so our kids can fully join in celebrations without feeling excluded.

### Final Thought

Transitioning to a plant-based lifestyle doesn't have to be overwhelming. Take it one step – or one lentil – at a time.





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### 3 Who gets the family heirlooms?

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It features a rechargeable 6V battery, smooth handling, and a 2.4G **parental remote** so you stay in control.

Compact and travel-friendly, it's great for family outings. Just charge it up and let the fun begin. Thanks to the Zoom's compact size and shape, the kart can be taken along on family journeys and trips for thrill-seeking fun everywhere you go.

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



## Enter at [toddle.club/rideoncars](http://toddle.club/rideoncars)

Competition closes midnight on Sunday 30th November 2025.

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

### Nurtureville Nursery

We have spaces available!

To arrange a viewing please call us on 01908 397400



A home from home environment for your child



28 Bradwell Road  
Loughton  
Milton Keynes  
MK5 8AJ

2 and 3 year old funding  
30 hour childcare accepted



We're under new management

### NORTHAMPTON & LAMPORT RAILWAY

**Santa Specials – 30<sup>th</sup> Nov to 21<sup>st</sup> Dec**  
**Santa Paws – 29<sup>th</sup> Nov**



*A great value family experience!*

Chapel Brampton, N'pton, NN6 8BA [www.nlr.org.uk](http://www.nlr.org.uk)  
f x i @NLRailway Buffet, souvenir shop, free parking

### The CHILDCARE Guide

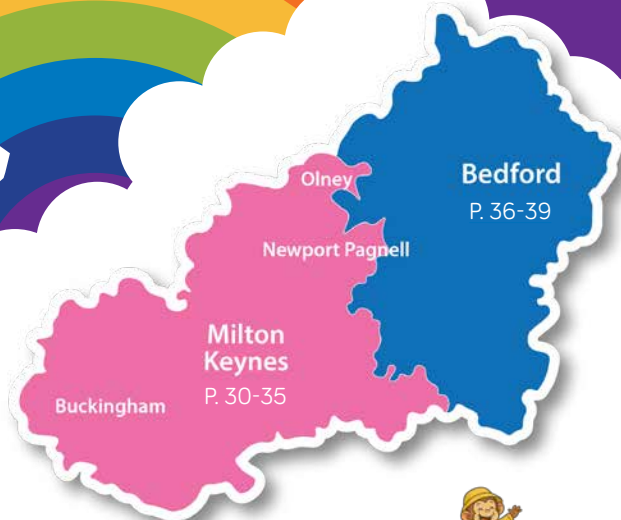
Providing the guidance and support so parents can choose their right childcare, the first time



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

# Daily Activity Planner

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



## MILTON KEYNES



## MONDAY

### PARENTS & TOTS

#### Cornerstone Toddlers

Cornerstone Church, 300 Saxon Gate West, MK9 2ES.  
01908 237777 or 07854 762676. [www.cornerstonemk.co.uk](http://www.cornerstonemk.co.uk).  
**Times:** 10:00 - 11:30. **Ages:** 1 mths - 4 yrs 11 mths. **Cost:** £1 (drop in). **Dates:** 6 Oct - 20 Oct, 3 Nov - 15 Dec, 6 Oct - 20 Oct, 3 Nov - 8 Dec, 6 Oct - 20 Oct, 3 Nov - 8 Dec, 6 Oct - 20 Oct & 3 Nov - 8 Dec.

#### Rainbow Family Centre - Bradville

Kingsfold, Bradville, MK13 7BQ. 01908227925.  
[www.milton-keynes.gov.uk](http://www.milton-keynes.gov.uk).

- **Rainbow Café morning:** 8:30 - 13:00.
- **Community Larder:** 12:30 - 14:30.
- **Parent Hub Bradwell:** 14:30 - 15:30.

**Ages:** 0 - 99 yrs. **Cost:** Free (drop in). **Dates:** 6 Oct - 15 Dec.

#### Rainbow Family Centre - Wolverton

Wolverton Library, Creed St, Wolverton, MK12 5LY. 01908227925.

- **Family Fortunes Workshop:** 9:30 - 11:30.

Family Fortunes 4 week course. **Ages:** 0 - 99 yrs.

- **Baby Group at Wolverton:** 10:00 - 11:30.

Baby Group non-walkers. **Ages:** 0 - 1 yrs. **Cost:** Free (drop in).

- **Beyond Food Support:** 10:00 - 13:00.

Beyond Food appointment. **Ages:** 0 - 99 yrs. **Cost:** Free (booking essential).

- **Story and Rhyme Session:** 10:00 - 11:00.

Story Rhyme Wolverton. **Ages:** 0 - 5 yrs 11 mths.

- **Baby Soundstart at Library:** 10:00 - 11:00.

Baby Soundstart 5 weeks. **Ages:** 0 - 1 yrs.

- **ESOL Class MK College:** 10:00 - 13:00.

ESOL English classes. **Ages:** 16 - 99 yrs.

- **Help Hub and Foodbank:** 12:00 - 13:00.

Help Hub and Foodbank. **Ages:** 0 - 99 yrs. **Cost:** Free (drop in).

- **Tea and Tech Networking:** 13:00 - 14:45.

Tea and Tech workshop. **Ages:** 16 - 99 yrs.

- **Interact and Play:** 13:30 - 14:30.

Interact and Play 4 weeks. **Ages:** 1 yrs - 4 yrs 11 mths. **Cost:** Free (drop in).

**Dates:** 6 Oct - 15 Dec.

#### 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 Oct - 15 Dec.

### 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 - 10:40 & 11:00 - 11:40. **Ages:** 0 - 4 yrs. **Cost:** £7.50 (booking essential). **Dates:** 6 Oct - 20 Oct & 3 Nov - 15 Dec.

#### 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 Oct - 20 Oct & 3 Nov - 15 Dec.

### SENSORY & DEVELOPMENT

#### Phonics with Robot Reg

The Quaker Centre, 1 Oakley Gardens, Downhead Park, MK15 9BH.  
07809 459648. [www.robotreg.co.uk](http://www.robotreg.co.uk).

- **MINIS Phonics:** 12:45 - 13:30. **Ages:** 1 - 3 yrs.

With songs, role play & dancing

- **Pre-school Phonics:** 13:45 - 14:30. **Ages:** 2.5 yrs - 4 yrs.

Fun introduction to Phonics

**Dates:** 6 Oct - 20 Oct & 3 Nov - 15 Dec.

**Cost:** £8.50 (booking essential).

### CREATIVE

#### Buckingham Family Centre

George Grenville Academy, Chandos Road, MK18 1AP.  
01296383293. [familyinfo.buckinghamshire.gov.uk](mailto:familyinfo.buckinghamshire.gov.uk)

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

**Ages:** 0 - 5 yrs 11 mths.

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

**Ages:** 0 - 1 yrs. **Cost:** Free (drop in). **Dates:** 6 Oct - 15 Dec.

## 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 yrs 6 mths.

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

**Ages:** 2 yrs 6 mths - 5 yrs. **Cost:** £8 for a trial (*booking essential*).

**Dates:** 6 Oct - 20 Oct & 3 Nov - 8 Dec.

## 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 Oct - 15 Dec.



**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**  
The world's favourite rugby play programme

## SWIMMING

### Water Babies Bucks & Beds

Revival Health Club Buckingham, A421 Ring Road South, Buckingham, MK18 1RY. 01295 709221. [www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 9:30 - 10:00. **Ages:** 0 - 6 yrs. **Dates:** 6 Oct - 20 Oct.

**Times:** 9:30 - 11:30. **Ages:** 0 - 6 yrs. **Dates:** 6 Oct - 29 Dec.

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

Holiday Inn Hotel, Milton Keynes Central, 500 Saxon Gate West, MK9 2HQ. 01295 709221. [www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 10:00 - 12:00. **Ages:** 0 - 6 yrs.

**Cost:** £19.50 (*booking essential*). **Dates:** 6 Oct - 29 Dec.

## 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:** 3 Nov - 15 Dec.

## PREGNANCY

### Vicki Wilkinson Birth & Baby

Oxley Park Community Centre, Redgrave Drive, Oxley Park, MK4 4TA. 07581 559856. [www.vickiwillkinsonbirthandbaby.co.uk](http://www.vickiwillkinsonbirthandbaby.co.uk).

- **Tinies Baby Massage - Milton Keynes:** 11:00 - 12:00.

**Ages:** 0 - 6 mths. **Cost:** £60 (*booking essential*).

**Dates:** 6 Oct - 20 Oct & 3 Nov - 15 Dec.

## TUESDAY

## PARENTS & TOTS

### Milton Keynes Christian Centre Parent and Toddler Group

Milton Keynes Christian Centre, Strudwick Drive, Oldbrook, MK6 2TG. 01908 670655. [mkcc.org.uk](http://mkcc.org.uk).

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

**Dates:** 7 Oct - 21 Oct & 4 Nov - 16 Dec.

### Milton Keynes Central Library

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

- **Song and Rhyme Time:** 10:00 - 10:30.

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

**Ages:** 0 - 2 yrs.

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

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

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

- **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 Oct - 23 Dec.

### 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 Oct - 16 Dec.

### 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 Oct - 23 Dec.

### Rainbow Family Centre

Rainbow Family Centre - Bradville, Kingsfold, Bradville, MK13 7BQ. 01908227925. [www.milton-keynes.gov.uk](http://www.milton-keynes.gov.uk).

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

Stay and Play Tuesday

**Ages:** 0 - 5 yrs 11 mths.

- **Nurture Parenting Course:** 12:30 - 15:00.

Parenting Support Tuesday

**Ages:** 0 - 99 yrs.

**Cost:** Free (*drop in*). **Dates:** 7 Oct - 16 Dec.

### 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 Oct - 14 Oct, 28 Oct - 11 Nov & 25 Nov - 9 Dec.

## MUSIC & SIGNING

### Cha Char Chimps CIC

Old Bath House & Community Centre, 205 Stratford Road, Wolverton, MK12 5RL. [www.cccchimps.com](http://www.cccchimps.com).

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

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

**Dates:** 7 Oct, 14 Oct & 21 Oct.

### 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 Oct - 21 Oct & 4 Nov - 16 Dec.

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

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

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

**Dates:** 7 Oct - 21 Oct & 4 Nov - 16 Dec.

## MILTON KEYNES AREA

**TinyTalk Milton Keynes and Olney**

Downhead Park Quaker Centre, 1 Oakley Gardens, Downhead Park, MK15 9BH. 07581 185265. [www.tinytalk.co.uk](http://www.tinytalk.co.uk).

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

*Toddler Talking Downhead Park*

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

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

*Baby Signing Downhead Park*

**Ages:** 0 - 1 yrs 11 mths.

**Cost:** £8.50 (booking essential).

**Dates:** 7 Oct - 21 Oct & 4 Nov - 16 Dec.

## SENSORY & DEVELOPMENT

**Phonics with Robot Reg**

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

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

*With songs, role play & dancing*

**Ages:** 1 - 3 yrs. **Cost:** £8.50 (booking essential).

**Dates:** 7 Oct - 21 Oct & 4 Nov - 16 Dec.

## SWIMMING

**Water Babies Bucks & Beds**

Revival Health Club Buckingham, A421 Ring Road South, Buckingham, MK18 1RY. 01295 709221. [www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 9:30 - 10:00. **Ages:** 0 - 6 yrs. **Dates:** 7 Oct - 21 Oct.

**Times:** 9:30 - 11:00. **Ages:** 0 - 6 yrs. **Dates:** 7 Oct - 30 Dec.

**Cost:** £19.50 (booking essential).

Nuffield Health - 602 Marlborough Gate, MK9 2HQ. 01295 709221. [www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 10:08 - 10:38. **Ages:** 0 - 6 yrs.

**Cost:** £19.50 (booking essential). **Dates:** 7 Oct - 21 Oct.

Wolverton Swimming & Fitness Centre, Addington Avenue, Stratford Park, Wolverton, MK12 5GH. 01295 709221. [www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 9:00 - 9:30. **Ages:** 0 - 6 yrs. **Dates:** 7 Oct - 21 Oct.

**Times:** 9:00 - 11:00. **Ages:** 0 - 6 yrs. **Dates:** 7 Oct - 30 Dec.

**Cost:** £19.50 (booking essential).

## 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:** 4 Nov - 16 Dec.

## 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:** 1 Oct - 17 Dec.

**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:** 1 Oct - 17 Dec.

**Milton Keynes Libraries**

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

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

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

**Ages:** 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 1 Oct - 24 Dec.

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:** 1 Oct - 17 Dec.

**Rainbow Family Centre**

Rainbow Family Centre - Bradville, Kingsfold, Bradville, MK13 7BQ. 01908227925. [www.milton-keynes.gov.uk](http://www.milton-keynes.gov.uk).

- **Story and Rhyme with Crafts: 10:00 - 11:00.**

- **Stay and Play PM: 13:30 - 15:00.**

**Ages:** 0 - 5 yrs 11 mths.

- **After-School Play: 15:00 - 16:30.**

**Ages:** 4 yrs - 11 yrs 11 mths. **Cost:** Free (drop in).

**Dates:** 1 Oct - 17 Dec.

## 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 - 10:40 & 11:00 - 11:40. **Ages:** 0 - 5 yrs. **Cost:** £7.50 (booking essential). **Dates:** 1 Oct - 22 Oct & 5 Nov - 17 Dec.

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

Come and play with our puppets, scarves, bubbles, pom poms, parachute and percussion instruments.

Stony Stratford, Newport Pagnell, Woburn Sands, Fuzton, Towcester & Centre Milton Keynes  
Birthday parties also available  
[michelle@musicbugs.co.uk](mailto:michelle@musicbugs.co.uk)

**music bugs**

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

Call Michelle on: 0844 822 1158 or visit our website

**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:** 1 Oct - 22 Oct & 5 Nov - 17 Dec.

## SENSORY & DEVELOPMENT

**Phonics with Robot Reg**

360 Play, Roebuck Way, Knowhill, MK5 8HL. 07809 459648. [www.robotreg.co.uk](http://www.robotreg.co.uk).

- **MINIS Phonics: 10:00 - 10:45.**

*With songs, role play & dancing.* **Ages:** 1 - 3 yrs.

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

*Fun introduction to Phonics*

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

**Cost:** £8.50 (booking essential).

**Dates:** 1 Oct - 22 Oct & 5 Nov - 17 Dec.



## SWIMMING

**Water Babies Bucks & Beds**

Holiday Inn Hotel, Milton Keynes Central, 500 Saxon Gate West, Milton Keynes, MK9 2HQ. 01295 709221. [www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 10:00 - 12:00. **Ages:** 0 - 6 yrs. **Dates:** 1 Oct - 24 Dec.

**Times:** 16:30 - 17:00. **Ages:** 0 - 6 yrs. **Dates:** 1 Oct - 22 Oct.

**Cost:** £19.50 (booking essential).

## 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:** 5 Nov - 17 Dec.

## THURSDAY

## PARENTS & TOTS

### Church Mice

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

**Times:** 10:30 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** Free (booking essential).  
**Dates:** 2 Oct - 23 Oct & 6 Nov - 18 Dec.

### Milton Keynes Libraries

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

- **Stories, Songs and Rhymes:** 10:00 - 10:30.
- **Storytime (Bletchley Library):** 10:00 - 10:30.

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:** 2 Oct - 18 Dec.

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

- **Read & Play:** 14:30 - 16:30.

Books to read and toys to play with!

**Ages:** 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 2 Oct - 11 Dec.

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:** 2 Oct - 18 Dec.

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:** 2 Oct - 18 Dec.

### Noah's Ark Baby & Toddler Group

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

**Times:** 10:00 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** Free (booking essential).  
**Dates:** 2 Oct - 18 Dec.

### Rainbow Family Centre

Rainbow Family Centre - Bradville, Kingsfold, Bradville, MK13 7BQ.  
01908227925. [www.milton-keynes.gov.uk](http://www.milton-keynes.gov.uk).

- **Family Breakfast:** 8:00 - 9:00.

**Ages:** 0 - 99 yrs.

- **Baby Group non-walkers:** 10:00 - 11:30.

**Ages:** 0 - 1 yrs.

- **Tuff Tray Play:** 13:30 - 15:00.

**Ages:** 1 yrs - 5 yrs 11 mths.

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

**Dates:** 2 Oct - 18 Dec.

### 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:** 2 Oct - 23 Oct & 6 Nov - 18 Dec.

### The Zen Baby Company

360 Play Milton Keynes, Roebuck Way, MK5 8HL.

- **Stretch & Play:** 10:00 - 11:00.

- **Baby Massage:** 11:30 - 12:30.

**Ages:** 0 - 1 yrs. **Cost:** £9.90 (booking essential).

**Dates:** Term time only.

## 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 - 10:40 & 11:00 - 11:40. **Ages:** 6 mths - 4 yrs. **Cost:** £7.50 (booking essential). **Dates:** 2 Oct - 23 Oct & 6 Nov - 18 Dec.

### TinyTalk Milton Keynes and Olney

Wolverton The Old School, Old Wolverton, Wolverton, MK12 5NP.  
07581 185265. [www.tinytalk.co.uk](http://www.tinytalk.co.uk).

- **Baby Signing MK Thu (AM):** 10:00 - 11:00.

- **Baby Signing MK Thu (Late AM):** 11:15 - 12:15.

Baby Signing Wolverton

**Ages:** 0 - 1 yrs 11 mths. **Cost:** £8.50 (booking essential).

**Dates:** 2 Oct - 23 Oct & 6 Nov - 18 Dec.

## SENSORY & DEVELOPMENT

### Phonics with Robot Reg

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

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

Fun introduction to Phonics

**Ages:** 2 yrs 6 mths - 4 yrs 11 mths. **Cost:** £8.50 (booking essential).

**Dates:** 2 Oct - 23 Oct & 6 Nov - 18 Dec.



## 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)



## SWIMMING

### Water Babies Bucks & Beds

Revival Health Club Buckingham, A421 Ring Road South, Buckingham, MK18 1RY. 01295 709221. [www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 10:30 - 11:00. **Ages:** 0 - 6 yrs. **Dates:** 2 Oct - 23 Oct.

**Times:** 10:30 - 12:00. **Ages:** 0 - 6 yrs. **Dates:** 2 Oct - 25 Dec.

**Cost:** £19.50 (booking essential).

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

**Times:** 13:30 - 14:30 & 14:45 - 15:15. **Ages:** 0 - 6 yrs.  
**Cost:** £19.50 (booking essential). **Dates:** 2 Oct - 23 Oct.

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

**Times:** 10:50 - 11:20. **Ages:** 0 - 6 yrs.  
**Cost:** £19.50 (booking essential). **Dates:** 2 Oct - 27 Nov.

## HEALTH & WELLNESS

### Fit Mummy MK

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

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

Group fitness for mums with babies and small children  
**Cost:** £7.50 (booking essential). **Dates:** 6 Nov - 18 Dec.

### Mini First Aid - Milton Keynes and Northampton

Oxley Park Community Centre, Redgrave Drive, MK4 4TA. 07908  
718799. www.mk.minifirstaid.co.uk.

- **First Aid at Oxley Park:** 18:00 - 20:00.

**Ages:** 0 - 99 yrs. **Cost:** £25 (booking essential). **Dates:** 16 Oct.

## PREGNANCY

### Vicki Wilkinson Birth & Baby

Oxley Park Community Centre, Redgrave Drive, Oxley Park, MK4  
4TA. 07581 559856. www.vickiwillkinsonbirthandbaby.co.uk.

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

**Ages:** 0 - 9 mths. **Cost:** £60 (booking essential).  
**Dates:** 2 Oct & 6 Nov - 18 Dec.

## FRIDAY

## PARENTS & TOTS

### Deanshanger Library

Little London Deanshanger, Deanshanger, MK19 6HT. 0300 126  
7000. www.northamptonshire.gov.uk.

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

**Ages:** 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 3 Oct - 19 Dec.

### Westcroft Library

Wimborne Crescent, Westcroft, MK4 4DE.

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

### Newport Pagnell Library

St John Street, Newport Pagnell, MK16 8HQ.

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

### Wolverton Library

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

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

**Ages:** 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 3 Oct - 19 Dec.

### Woburn Sands Library

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

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

### Olney Library

High Street, Olney, MK46 4EF.

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

### Stony Stratford Library

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

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

### Kingston Library

Winchester Circle, Kingston, MK9 3HL.

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

**Ages:** 0 - 17 yrs. **Cost:** Free (drop in). **Dates:** 3 Oct - 19 Dec.

### Rainbow Family Centre - Bradville

Bradville, Kingsfold, Bradville, MK13 7BQ. 01908227925.  
www.milton-keynes.gov.uk.

- **Henry Support:** 9:00 - 11:00.

Henry Appointment Friday

**Ages:** 0 - 99 yrs. **Cost:** Free (booking essential).

- **Story Sacks CLMK:** 10:00 - 12:00.

Story Sacks CLMK. **Ages:** 0 - 5 yrs 11 mths.

- **Socatots:** 10:30 - 11:15.

Socatots Movement Friday. **Ages:** 2 yrs - 5 yrs 11 mths.

- **In-Betweenies Play:** 13:00 - 14:00.

In-Betweenies Play Friday. **Ages:** 1 yrs - 2 yrs 11 mths.

- **Toddler Time:** 14:00 - 15:00.

Toddler Time Friday. **Ages:** 2 yrs - 4 yrs 11 mths.

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

**Dates:** 3 Oct - 19 Dec.

### 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:** 3 Oct - 24 Oct & 7 Nov - 19 Dec.

## MUSIC & SIGNING

### Cha Char Chimps - MK South

Newton Leys Pavilion - Friday, Furzey Way, Newton Leys, MK3 5SP.  
07445831415. www.cccchimps.com.

- **Halloween Special with STITCH! (Newton Leys Pavilion):**  
10:00 - 11:30.

**Dates:** 31 Oct. (booking essential).

### Cha Char Chimps CIC

Cha Char Chimps Old Stratford Community Hall, Deanshanger Rd,  
Old Stratford, MK19 6NL. www.cccchimps.com.

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

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

**Dates:** 3 Oct, 10 Oct, 17 Oct, 24 Oct & 7 Nov.



## 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:

[cccchimps.com/milton-keynes-booking-sasha](http://cccchimps.com/milton-keynes-booking-sasha)  
or email [ness@cccchimps.com](mailto:ness@cccchimps.com)

### Music Bugs Milton Keynes

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

0844 822 1158. www.musicbugs.co.uk.

**Times:** 10:00 - 10:40 & 11:00 - 11:40. **Ages:** 0 - 5 yrs. **Cost:** £7.50  
(booking essential). **Dates:** 3 Oct - 24 Oct & 7 Nov - 19 Dec.

### Ragdolly Annas

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

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

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

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

**Dates:** 3 Oct - 24 Oct & 7 Nov - 19 Dec.

### TinyTalk Milton Keynes and Olney

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

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

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

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

**Ages:** 0 - 1 yrs 11 mths.

**Cost:** £8.50 (booking essential).

**Dates:** 3 Oct - 24 Oct & 7 Nov - 19 Dec.

## SENSORY & DEVELOPMENT

### Phonics with Robot Reg

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

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

With songs, role play & dancing

**Ages:** 1 - 3 yrs.

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

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

**Cost:** £8.50 (booking essential).

**Dates:** 3 Oct - 24 Oct & 7 Nov - 19 Dec.

## DANCE & DRAMA

### Tot Bop

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

- **Tiny Tots (ages 1-2.5 yrs):** 9:30 - 10:05.

- **Baby Boppers (ages 2.5 - 5 yrs):** 10:20 - 11:05.

**Cost:** £8 for a trial (booking essential).

**Dates:** 3 Oct - 24 Oct & 7 Nov - 12 Dec

- **Tot Bop Halloween Dance Party 2025!** 9:30 - 11:30.

**Ages:** 1 - 9 yrs. **Cost:** £20 (booking essential). **Dates:** 31 Oct.

## SWIMMING

### Water Babies Bucks & Beds

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

**Times:** 9:30 - 10:00. **Ages:** 0 - 6 yrs. **Dates:** 3 Oct - 24 Oct.

**Times:** 9:30 - 13:00. **Ages:** 0 - 6 yrs. **Dates:** 3 Oct - 26 Dec.

**Cost:** £19.50 (booking essential).

Fitness First, Unit B, Stadium Way, West MK1 1ST. 01295 709221. www.waterbabies.co.uk.

**Times:** 10:00 - 10:30. **Ages:** 0 - 5 yrs. **Cost:** £18.50 (booking essential).

**Times:** 11:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £17 (booking essential).

**Dates:** 3 Oct - 24 Oct.

## HEALTH & WELLNESS

### Fit Mummy MK

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

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

Group fitness for mums with babies and small children

**Cost:** £7.50 (booking essential). **Dates:** 7 Nov - 19 Dec.

### Mini First Aid - Milton Keynes and Northampton

Woburn Sands Old Fire Station, Station Road, Woburn Sands, MK17 8SG. 07908 718799. www.mk.minifirstaid.co.uk.

- **First Aid at Saxon Hall:** 18:00 - 20:00.

First Aid Woburn Sands Old Fire Station

**Ages:** 0 - 99 yrs. **Cost:** £25 (booking essential). **Dates:** 14 Nov.

## SATURDAY

## PARENTS & TOTS

### DadTime

Kents Hill Community Centre, Frithwood Crescent, Kents Hill, MK7 6HQ. 07887 756651. www.newcitychurch.co.uk.

**Times:** 10:00 - 12:00. **Ages:** 0 - 4 yrs. **Cost:** Free (drop in).

**Dates:** 4 Oct - 13 Dec.

### Milton Keynes Libraries

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

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

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

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

**Dates:** 4 Oct - 13 Dec & 4 Oct - 20 Dec.

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

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

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

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

**Dates:** 4 Oct, 1 Nov, 6 Dec, 4 Oct, 1 Nov & 6 Dec.

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

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

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

**Ages:** 0 - 17 yrs. **Cost:** Free (drop in). **Dates:** 4 Oct - 20 Dec.

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

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

**Ages:** 0 - 7 yrs. **Cost:** Free (drop in). **Dates:** 25 Oct & 29 Nov.

## DANCE & DRAMA

### Tot Bop

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

- **Tiny Tots (age 1-2.5 yrs):** 8:45 - 9:15.

- **Baby Boppers (age 2.5-3.5 yrs):** 9:30 - 10:15.

- **Funky Monkeys (age 3.5-5 yrs; preschool & reception year):** 10:30 - 11:15.

- **Groovy Movers (age 5-9; school years 1-4):** 11:30 - 12:15.

**Ages:** 5 - 9 yrs. **Cost:** £8 for a trial (booking essential).

**Dates:** 4 Oct - 11 Oct, 25 Oct & 8 Nov - 13 Dec.

## PHYSICAL FUN

### Rugbytots (Milton Keynes & Bedford)

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

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

**Ages:** 2 - 7 yrs. **Cost:** £7 (booking essential). **Dates:** 4 Oct - 20 Dec.

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

**Times:** 8:35 - 9:05, 9:45 - 10:30 & 11:25 - 12:10. **Ages:** 2 - 7 yrs.

**Cost:** £7 (booking essential). **Dates:** 4 Oct - 20 Dec.

## SWIMMING

### Water Babies Bucks & Beds

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

**Times:** 8:00 - 8:30. **Ages:** 0 - 6 yrs. **Dates:** 4 Oct - 25 Oct.

**Times:** 8:00 - 13:00. **Ages:** 0 - 6 yrs. **Dates:** 4 Oct - 27 Dec.

**Cost:** £19.50 (booking essential).

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

**Times:** 9:30 - 10:00. **Ages:** 0 - 6 yrs. **Dates:** 4 Oct - 27 Dec.

**Cost:** £19.50 (booking essential).

## HEALTH & WELLNESS

### Mini First Aid - Milton Keynes and Northampton

John Lewis - The Discovery Room, Marlborough Gate, The Centre mk, MK9 3EP. 07908 718799. www.mk.minifirstaid.co.uk.

- **First Aid at John Lewis:** 10:00 - 12:00.

**Ages:** 0 - 99 yrs. **Cost:** £25 (booking essential). **Dates:** 4 Oct & 1 Nov.

## OTHER

### Little Poppets Preloved Market - Milton Keynes

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

07894 126753. www.littlepoppetsprelovedmarket.co.uk.

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

**Ages:** Pregnancy - 8 yrs. **Cost:** £1.50 (booking essential).

**Dates:** 8 Nov.

## 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:** 5 Oct - 21 Dec.

### SWIMMING

#### Water Babies Bucks & Beds

Nuffield Health - 602 Marlborough Gate, MK9 2HQ. 01295 709221. [www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 14:30 - 17:30. **Ages:** 0 - 6 yrs. **Cost:** £19.50 (booking essential). **Dates:** 5 Oct - 19 Oct & 5 Oct - 28 Dec.

Holiday Inn Hotel, Milton Keynes Central, 500 Saxon Gate West, Milton Keynes, MK9 2HQ. 01295 709221. [www.waterbabies.co.uk](http://www.waterbabies.co.uk). **Times:** 11:30 - 12:00. **Ages:** 0 - 6 yrs. **Cost:** £19.50 (booking essential). **Dates:** 5 Oct - 19 Oct.

Wolverton Swimming & Fitness Centre, Addington Avenue, Stratford Park, Wolverton, MK12 5GH. 01295 709221. [www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 15:00 - 18:30. **Ages:** 0 - 6 yrs. **Dates:** 5 Oct - 28 Dec. **Times:** 17:00 - 17:30. **Ages:** 0 - 6 yrs. **Dates:** 5 Oct - 19 Oct. **Cost:** £19.50 (booking essential).

### OTHER

#### Little Poppets Preloved Market - Milton Keynes

Old Stratford Community Hall, Deanshanger Road, Old Stratford, MK19 6NL. 07894 126753. [www.littlepoppetsprelovedmarket.co.uk](http://www.littlepoppetsprelovedmarket.co.uk).

- **Baby & children's nearly new sales:** 11:00 - 12:30.

Old Stratford baby & children's nearly new sales

**Ages:** Pregnancy - 8 yrs. **Cost:** £1.50 (booking essential). **Dates:** 12 Oct.

## BEDFORD

## MONDAY

### PARENTS & TOTS

#### Bedford Borough Libraries

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

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

**Ages:** 0 - 1 yrs 6 mths. **Cost:** Free (booking essential). **Dates:** 6 Oct - 15 Dec.

#### Bromham Benefice

St Owen's Church Bromham, Bromham, Bedford, MK43 8HH. [www.bromhambenefice.org](http://www.bromhambenefice.org).

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

**Ages:** 0 - 5 yrs. **Cost:** £2 (booking essential). **Dates:** 6 Oct - 20 Oct & 3 Nov - 15 Dec.

#### The Parish Church of Transfiguration

Transfiguration Church - Kempston, Bedford Road, Kempston, MK42 8QB. 01234 854726. [www.transfiguration.org.uk](http://www.transfiguration.org.uk).

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

**Ages:** 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 6 Oct - 20 Oct & 3 Nov - 15 Dec.

## MUSIC & SIGNING

#### Ragdolly Annas

Pages Park Pavilion, Pages Park, Billington Road, Leighton Buzzard, LU7 4TG. 07989 713745. [www.ragdollyannas.co.uk](http://www.ragdollyannas.co.uk).

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

**Ages:** 0 - 5 yrs. **Cost:** £7.95 (booking essential). **Dates:** 6 Oct - 20 Oct & 3 Nov - 15 Dec.

## DANCE & DRAMA

#### Tappy Toes Bedford

Lakeview Village Hall, 155 Brooklands Avenue, Wixams, Bedford, MK42 6AB. 07779159710. [www.tappytoes.com](http://www.tappytoes.com).

- **Tappy Toes Mixed - Lakeview Village Hall:** 9:15 - 9:45.

Dance and movement class

**Ages:** 1 - 4 yrs. **Cost:** £7 (booking essential). **Dates:** 6 Oct - 20 Oct & 3 Nov - 15 Dec.

## PREGNANCY

#### Mum and Baby Nurture

Parkside Community Hall, Woburn Street, Amptill, MK45 2HX. 07523323389. [www.mumbabynurture.com](http://www.mumbabynurture.com).

- **Baby Massage Amptill AM**

**Times:** 10:15 - 11:30. **Dates:** 6 Oct & 3 Nov - 1 Dec.

**Times:** 12:00 - 13:15. **Dates:** 6 Oct, 3 Nov & 11 Nov - 1 Dec.

**Cost:** £12 (booking essential).

## TUESDAY

### PARENTS & TOTS

#### 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:** 11:00 - 13:00.

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

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

**Ages:** 1 yrs 6 mths - 5 yrs. **Cost:** Free (booking essential). **Dates:** 7 Oct - 16 Dec.

#### 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 Oct - 21 Oct & 4 Nov - 16 Dec.

## MUSIC & SIGNING

#### Ragdolly Annas

Parkside Community Hall, Woburn Street, Amptill, MK45 2HX. 07989 713745. [www.ragdollyannas.co.uk](http://www.ragdollyannas.co.uk).

- **Ragdolly Annas Amptill:** 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 Oct - 21 Oct & 4 Nov - 16 Dec.



## SWIMMING

#### Water Babies Bucks & Beds

Clophill Pool, 22 Back Street, Clophill, MK45 4BY. 01295 709221. [www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 12:30 - 14:30. **Ages:** 0 - 6 yrs. **Dates:** 7 Oct - 30 Dec.

**Times:** 14:00 - 14:30. **Ages:** 0 - 6 yrs. **Dates:** 7 Oct - 21 Oct. **Cost:** £19.50 (booking essential).

## PREGNANCY

#### Mum and Baby Nurture

St Peter & St Paul Church hall, Church Road, Flitwick, MK45 1AE. 07523323389. [www.mumbabynurture.com](http://www.mumbabynurture.com).

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

Mum and Baby Yoga Flitwick

**Ages:** 8 mths. **Cost:** £11.67 (booking essential). **Dates:** 7 Oct & 4 Nov - 2 Dec.

## 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:** 1 Oct - 17 Dec.

#### 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:** 1 Oct - 22 Oct & 5 Nov - 17 Dec.

#### Christ Church Bedford

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

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

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

**Dates:** 1 Oct - 22 Oct & 5 Nov - 17 Dec.

#### 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:** 1 Oct - 22 Oct & 5 Nov - 17 Dec.

### DANCE & DRAMA

#### Tappy Toes Bedford

Playhouse Bedford, Building 37, Twinwoods Business Park,  
Thurleigh Rd, Milton Ernest, Bedford MK44 1FD. 07779159710.  
[www.tappytoes.com](http://www.tappytoes.com).

- **Tappy Toes Mixed**

**Times:** 09:30 - 10:00. **Ages:** 6 mths - 5 yrs.

**Dates:** 8 Oct - 22 Oct & 5 Nov - 17 Dec. **Cost:** £7 (booking essential).

### PHYSICAL FUN

#### Playhouse Bedford Ltd

Playhouse Bedford, Building 37 Twinwoods Business Park,  
Thurleigh Road, Milton Ernest, MK44 1FD. 07778800034.  
[www.playhousebedford.com](http://www.playhousebedford.com).

- **2hr Sessions:** 9:00 - 11:00, 9:15 - 11:15, 9:30 - 11:30, 9:45 - 11:45, 11:15 - 13:15, 11:30 - 13:30, 11:45 - 13:45, 12:00 - 14:00, 13:30 - 15:30, 13:45 - 15:45 & 14:00 - 16:00.

- **1hr Sessions:** 15:45 - 16:45 & 16:00 - 17:00.

**Ages:** 0 - 10 yrs. **Cost:** £5.95 (booking essential).

**Dates:** 1 Oct - 18 Dec.

### SWIMMING

#### Water Babies Bucks & Beds

Trinity Arts & Leisure, Bromham Road, Bedford, MK40 2BS. 01295 709221. [www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 11:45 - 12:15 & 12:15 - 13:45. **Ages:** 0 - 6 yrs.

**Cost:** £19.50 (booking essential). **Dates:** 1 Oct - 22 Oct.

### PREGNANCY

#### Mum and Baby Nurture

St Andrews C Of East Church, Rectory Lane, Ampthill, MK45 2EL.  
07523323389. [www.mumbabynurture.com](http://www.mumbabynurture.com).

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

*Mum and Baby Yoga Ampthill*

**Ages:** 0 - 11 mths. **Cost:** £11.67 (booking essential).

**Dates:** 1 Oct - 8 Oct & 5 Nov - 10 Dec.

## THURSDAY

### PARENTS & TOTS

#### Bedford Borough Libraries

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

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

**Ages:** 1 yrs 6 mths - 5 yrs. **Cost:** Free (booking essential).

**Dates:** 2 Oct - 18 Dec.

#### 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:** 2 Oct - 23 Oct & 6 Nov - 18 Dec.

#### Jolly Tots

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

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

**Dates:** 2 Oct - 23 Oct & 6 Nov - 18 Dec.

#### Providence Baptist Chapel Bedford

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

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

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

**Dates:** 2 Oct - 23 Oct & 6 Nov - 18 Dec.

### DANCE & DRAMA

#### Tappy Toes Bedford

Marston Moreteyne Community Centre, Great Linns, Marston  
Moretaine, MK43 0DD. 07779159710. [www.tappytoes.com](http://www.tappytoes.com).

- **Tappy Toes Mixed**

**Times:** 14:15 - 14:45. **Ages:** 6 mths - 5 yrs.

**Dates:** 2 Oct - 23 Oct & 6 Nov - 18 Dec. **Cost:** £7 (booking essential).

#### 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 years) - Wing:** 9:30 - 10:05.

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

**Cost:** £8 for a trial (booking essential).

**Dates:** 2 Oct - 23 Oct & 6 Nov - 11 Dec.

### SWIMMING

#### Water Babies Bucks & Beds

Trinity Arts & Leisure, Bromham Road, Bedford, MK40 2BS. 01295 709221. [www.waterbabies.co.uk](http://www.waterbabies.co.uk).

**Times:** 9:00 - 9:30 & 9:45 - 11:15. **Ages:** 0 - 6 yrs.

**Cost:** £19.50 (booking essential). **Dates:** 2 Oct - 23 Oct.

Clophill Pool, 22 Back Street, Clophill, MK45 4BY. 01295 709221.

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

**Times:** 9:30 - 10:00. **Ages:** 0 - 6 yrs. **Dates:** 2 Oct - 23 Oct.

**Times:** 10:00 - 12:30. **Ages:** 0 - 6 yrs. **Dates:** 2 Oct - 25 Dec.

**Cost:** £19.50 (booking essential).

## FRIDAY

### PARENTS & TOTS

#### Christ Church Bedford

Christ Church Bedford, 140 Dudley Street, Bedford, MK40 3SX.  
01234 327150. [www.ccbedford.churchinsight.com](http://www.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:** 3 Oct - 24 Oct & 7 Nov - 19 Dec.

**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:** 3 Oct - 24 Oct & 7 Nov - 19 Dec.**FACES Bedford**Kingsbrook Children's 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:** 3 Oct - 24 Oct & 7 Nov - 19 Dec.**St Mary's Church, Marston Moreteyne and Liddington**St Mary's Church, Marston Moreteyne and Liddington, 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 Oct, 14 Nov, 12 Dec, 24 Oct & 28 Nov.**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. **Ages:** 1 yrs 4 mths - 4 yrs.

- **Mini Mozart Babies:** 10:25 - 11:05. **Ages:** 0 - 1 yrs 4 mths.

Live music classes for babies led by professional musicians

**Cost:** £12 (booking essential).**Dates:** 3 Oct - 24 Oct & 7 Nov - 19 Dec.

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

*"Without a doubt, our favourite thing we did together during my maternity leave."*  
Rachel, October 2022

<b>Milton Keynes</b> <i>"opens February 2024"</i> Tuesdays @ St Mary and St Giles Stony Stratford 9:30 am Toddlers 10:25am Babies	<b>Bedford</b> Fridays @ Putnoe Heights Church 9:30 am Toddlers 10:25am Babies
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WITH Piano Accompanist: Orchestral musicians, Bubbles & games, Giant scrunchie, Parachute & Puppets

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

**DANCE & DRAMA****Tappy Toes Bedford**St James Church Barn, Church End, Biddenham, Bedford, MK40 4AS. 07779159710. [www.tappytoes.com](http://www.tappytoes.com).

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

Dance and movement class

**Ages:** 1 yrs - 2 yrs 6 mths. **Cost:** £7 (booking essential).**Dates:** 3 Oct - 17 Oct & 7 Nov - 19 Dec.**Tot Bot**

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

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

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

**Ages:** 4 - 9 yrs. **Cost:** £8 for a trial (booking essential).**Dates:** 3 Oct - 24 Oct & 7 Nov - 12 Dec.**SWIMMING****Water Babies Bucks & Beds**Pilgrims Prep School, Brickhill Dr, Bedford, MK41 7QZ. 01295 709221. [www.waterbabies.co.uk](http://www.waterbabies.co.uk).

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

**Ages:** 0 - 6 yrs. **Cost:** £19.50 (booking essential).**Dates:** 3 Oct - 26 Dec.**FUN FOOTBALL CLASSES WITH JOEY FOOTBALL****INDOOR FOOTBALL CLASSES, FUN GAMES & THEMED EXERCISES FOR TODDLERS & KIDS, 18 MONTHS+!**

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**SATURDAYS @ GREAT OUSE PRIMARY ACADEMY, MK40 4TU****FOR MORE INFO CALL: 07757 548324**  
**EMAIL: [JOEYFOOTBALLFUN@GMAIL.COM](mailto:JOEYFOOTBALLFUN@GMAIL.COM)**  
**OR VISIT: [JOEYFOOTBALLFUN](http://JOEYFOOTBALLFUN)****PREGNANCY****Mum and Baby Nurture**St Andrews C Of East Church, Rectory Lane, Amptill, MK45 2EL. 0752323389. [www.mumbabynurture.com](http://www.mumbabynurture.com).

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

**Cost:** £12.50 (booking essential).**Dates:** 3 Oct - 24 Oct & 7 Nov - 19 Dec.**SATURDAY****PARENTS & TOTS****Bedford Borough Libraries**Bedford Central Library, Harpur Street, Bedford, MK40 1PG. 01234 718178. [virtual-library.cultural-services.net](http://virtual-library.cultural-services.net).

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

**Cost:** Free (drop in). **Dates:** 4 Oct - 13 Dec.**DANCE & DRAMA****Tappy Toes Bedford**St James Church Barn, Church End, Biddenham, Bedford, MK40 4AS. 07779159710. [www.tappytoes.com](http://www.tappytoes.com).

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

Dance and movement class

**Ages:** 2 yrs 6 mths - 4 yrs. **Cost:** £7 (booking essential).**Dates:** 11 Oct - 18 Oct & 8 Nov - 20 Dec.

## PHYSICAL FUN

### Joey Football

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

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

Fun indoor football sessions for toddlers

**Dates:** 4 Oct - 20 Dec. (Booking essential)

### 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:** 4 Oct - 20 Dec.

Redborne Upper School, Flitwick Road, Ampthill, 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:** 4 Oct - 20 Dec.

## SWIMMING

### Water Babies Bucks & Beds

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

- **Water Babies - Pilgrims Prep School**

**Times:** 12:15 - 12:45. **Ages:** 0 - 6 yrs. **Dates:** 4 Oct - 25 Oct.

**Times:** 12:30 - 17:30. **Ages:** 0 - 6 yrs. **Dates:** 4 Oct - 27 Dec.

**Cost:** £19.50 (booking essential).

## OTHER

### The Nomad Dads Society - Bedfordshire

Friendly Nettle Cafe, 15B Beauvais Square, Shortstown, MK42 0GE.  
thenomadads.wixsite.com/dads.

- **Jo Jingles Christmas for Dads:** 12:30 - 14:00.

**Ages:** 0 - 5 yrs. **Cost:** Free (booking essential). **Dates:** 6 Dec.

## SUNDAY

## PARENTS & TOTS

### Bedford Borough Libraries

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

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

**Cost:** Free (drop in). **Dates:** 5 Oct - 14 Dec.

## PHYSICAL FUN

### Joey Football

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

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

Fun indoor football sessions for toddlers

**Dates:** 5 Oct - 21 Dec. (Booking essential)

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