

Loving life with little ones

FREE

toddle

about

W. Northants

Jan - Mar 2026

WORLD
BOOK DAY
Book Bundle
Giveaway

WHAT'S ON
NEAR YOU

ANDY DAY'S
READING
ADVENTURES

Everything Bump, Baby & Toddler Near You

Covering Northampton, Daventry, Towcester,
Brackley and surrounding areas

WIN
A Nipper
Wagon
worth £495!



Wellingborough
School
Founded 1595

Love To Learn
STAY & PLAY

For Nursery and Reception-aged children (aged 2+) and their parent or guardian. Join us for fun and engaging activities designed to spark curiosity and creativity.

Scan the QR code or book online



Book here



Friday 13th February 2026
09:30 - 10:30am

- Join us for a **fun-filled** session including perfume making, flower painting, and card making.
- **Meet our friendly Nursery and Reception team** and explore our **welcoming environment**.

WELCOME



TO THE NEW YEAR 2026 EDITION!

The new-ness of a New Year brings the chance to try something different, focus on some goals (even if that's just to find a mini pocket of time for self care!) and leave the last year behind. I'm not sure about you, but being able to set new goals (if that's just making it to the next January with your sanity, that's ok!) is always a positive thing!

This issue, we have some great ideas for getting out and about if the weather is a little changeable (P.7), a fabulous recipe to make with your little ones for Valentines Day (P.6) and an easy craft for a rainy weekend in the lead up to Mother's Day (P.17).

As is tradition, we have a great competition (P.7) and it's that time of year again when the littlest ones get to dress up as their favourite characters for World Book Day (there's a great competition there too...P.14 - 15). We have a special article on reading by Andy Day (P.22 - 23).

So, start to make some plans for adventures with your little ones and make this brand new shiny year a great one.

Wishing you a very happy new year!

Loving life with little ones,

Ally OWNER/EDITOR/MUM OF THREE

PS. Subscription to Toddle About is now **FREE FOREVER** Plus, you get other perks such as reviews and freebies.

More info at www.toddle.fun/subscribe

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[toddleabout_westnorthants](https://www.toddle.fun/whatsapp)

Northants Group

If you would like to hear about upcoming local events, competitions and news, join our WhatsApp group: scan the QR code to join.



9,000 copies of Toddle About are distributed every quarter around Northampton, Daventry, Towcester & Brackley surrounding areas.

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Toddle About West Northants Ltd, Rugby, Warwickshire, CV22 5BT. Call us on 01604 532054.

Follow us for
daily updates!





Choosing the Perfect Early Years Foundation For Your Daughter!

The right Early Years setting lays the foundation for a lifetime of confidence. At Northampton High, the girls-only environment ensures limitless learning free from stereotypes. Whether building in construction zones or exploring STEM, girls are empowered to take risks and define their own potential. When choosing a school, ask: does it champion individuality and curiosity? Experience the nurturing culture firsthand. Book a Stay and Play session to see how Northampton High School is Made for Girls.

www.northamptonhigh.co.uk/admissions/open-events
See P.21



NEW Classes With Krystle Jayne!

Exciting News! Krystle Jayne's Dance Academy are adding new classes to the timetable! From January, they have 2 new Pre-Primary Ballet & Tap classes starting:

Tuesdays at St. Mary's Church Hall, Roade
4:15-5:00pm

Fridays at Grange Park Community Centre,
4:30-5:10pm

These classes are suitable for 4-6 years. They also have a new mini moves street dance at Grange Park, Wednesdays 5:30-6:00pm suitable for children 5-8 years. First class is always a FREE trial. Contact Krystle for more information 07791852891, krystlejayedance@gmail.com.

www.krystlejayedanceacademy.co.uk See P.30



New Year, New Term at Rhythm Time!

Rhythm Time begins its new term in West Northants, offering award-winning music sessions for babies and toddlers. This warm, welcoming community gives parents the chance to connect, have fun, and support their little ones' development. The upcoming term includes Valentines celebrations, World Book Week, and beautifully themed Easter sessions. If you're looking for a new activity for your little one, head to their website to find out more and book your space. Sessions run at Watford Village Hall on Tuesday mornings from 7th January.

Offer: Free 1st class when you sign up with a monthly plan

You can find us at www.Rhythmtime.net/coventry-rugby See P.40

Independent Education for 3 - 18!

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

Find out more at www.stowe.co.uk See P.8



'Most Loved' Award For Kidslingo!



Yet again, Kidslingo Spanish Northampton & Milton Keynes was proud to be named Most Loved Academic/Creative Activity at the prestigious national What's On 4 Kids Awards in November 2025. This award recognises the program's success in inspiring children

(birth-12 years) to discover a love for languages through songs, storytelling, and play. With expert linguists leading the way, Kidslingo continues to deliver an engaging, award-winning experience. Email isabel.rd@kidslingo.co.uk and quote 'Toddle about' to claim your exclusive free taster.

Offer: Exclusive Free Taster – quote 'Toddle About' Find out more at www.kidslingo.co.uk See P.35



Mums Go FREE This Mother's Day at NLR!

The Northampton & Lamport Railway re-opens to the public on Sunday 15th March (Mother's Day), with steam train rides where Mums go FREE! Also, for that extra special Mother's Day treat, we're offering 'Cream Tea Specials'. Other up-coming special events include: 5th/6th Apr – Easter Egg Specials; 3rd/4th May – Teddy Bear Weekend; 10th May – Heritage Transport Day. Trains run most Sundays from 29th Mar to 4th Oct. See website for full information, event details and online tickets. You can also follow them on Facebook, Instagram and X.

www.nlr.org.uk. See P.5

Reclaim A Confident New You!

Reclaim Your Self – The 6-Week Confidence Reset for Mums If you're overwhelmed, running on empty, or wondering where you went in the middle of

motherhood, you're not alone — and you don't have to stay here. Reclaim Your Self is a powerful six-week self-led reset that helps you rebuild confidence, identity and self-worth without guilt or burnout. Move at your own pace, or upgrade to VIP for personalised coaching. This is your moment to step back into yourself — with support, clarity and direction.

www.theconfidentmumsclub.com. See P.17




The Maple Tree Clinic

Multi-disciplinary Health Clinic

Discover holistic healing with our team of osteopaths, physiotherapists, and wellness specialists offering treatments from massage to acupuncture, baby yoga, counselling, and much more!

Whether seeking pain relief, relaxation, or wellness support, our dedicated team is here for you and your little ones.

Contact us today & take the first step towards a healthier, happier you!

www.themapleclinic.com



NORTHAMPTON & LAMPORT RAILWAY

Trains most Sundays - 15th Mar-4th Oct

PLUS special events throughout the year

A great value family experience!

Chapel Brampton, N^opton, NN6 8BA www.nlr.org.uk

   @NLRailway Buffet, souvenir shop, free parking



PERSONALISED FOOTPRINT KITS

Beautifully designed prints that allow you to capture those tiny newborn toes by adding their hand or footprint directly onto the artwork, creating a heartfelt keepsake that will be cherished forever.

Available at www.paperandwool.com

paper & wool

Valentine's Day Recipe



LOVE BUGS BISCUITS

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

INGREDIENTS:

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

FILLING

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

DECORATION

50g Icing Sugar
Red Food Colour

Sugar Eyes & Sprinkles

TUTORIAL:

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

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



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



Swimming Classes Babies to Big Kids



Small classes

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

STA Award Scheme

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

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FAMILY Days Out

JAN-
MAR

MINI MUSEUM EXPLORERS

Northampton Museum & Art Gallery

Bring your curious pre-schoolers (ages 2.5–5) along to the much-loved Mini Museum Explorers sessions. Each Friday morning, dive into a new hands-on adventure filled with stories, music, art, crafts, and tons of museum fun! Little ones get a tasty snack, and grown-ups can enjoy a well-earned tea or coffee

Northampton Museum & Art Gallery,
5-6 Guildhall Road, NN1 1DP

www.northamptonmuseums.com

FEB

LAMBING FESTIVAL

West Lodge Rural Centre, Desborough

Experience the excitement of one of the busiest times on the farm! Watch as our ewes give birth, lend a hand by bottle-feeding our cade lambs, and meet all the adorable newborns in the Lamb Nursery. It's a heartwarming glimpse into the wonders of spring on the farm!

West Lodge Rural Centre, Back Lane, Desborough,
Northants, NN14 2SH

www.westlodgeruralcentre.co.uk

FEB -
MAR

BUGS AND BEASTIES TRAIL

Canons Ashby, Nr Daventry

As part of your visit to Canons Ashby, wrap up warm and get outside in the fresh air for the Bugs and Beasties Trail. Pick up a free trail at Visitor Reception and enjoy some nature fun whilst making memories with your little ones. Don't 'frog'et your wellies! Normal admission prices apply.

Canons Ashby, Northants, NN11 3SD

<https://www.nationaltrust.org.uk/visit/leicestershire-northamptonshire/canons-ashby>

FEB
6 - 8

THE GRUFFALO'S CHILD

Royal & Derngate, Northampton

Follow the Gruffalo's Child on her adventurous mission in Tall Stories' enchanting adaptation of the much-loved picture book by Julia Donaldson and Axel Scheffler.

The performance on Sat 7 February 10.30am will be Relaxed

19-21 Guildhall Rd, Northampton, NN1 1DP

www.royalandderngate.co.uk/whats-on/the-gruffalos-child/

MAR
14 - 15

MOTHER'S DAY EXPERIENCES

Whilton Locks Garden Village

From Afternoon Tea to marvellous meals and Makes with Mums – Whilton Locks Garden Village is the perfect destination for Mum's every day – with this one day just being extra, extra special.

Whilton Locks, Whilton, Daventry, NN11 2NH

www.whiltonlocksgardenvillage.com/mothers-day

MAR
15

MUMS GO FREE AT NLRAILWAY

Northampton & Lamport Railway

The Northampton & Lamport Railway re-opens to the public on Sunday 15th March (Mother's Day), with steam train rides where Mums go FREE! Also, for that extra special Mother's Day treat, they're offering 'Cream Tea Specials'.

Lamport Railway, Northampton &, Pitsford Rd, Chapel Brampton, Northampton NN6 8BA

www.nlr.org.uk/whats-on



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

Follow us for
daily updates!



Jan - Mar 2026 **Toddle About West Northants** 7

**"There's
magic in
the air at
WHS"**

Tatler Schools Review

**WE
TEACH
THE
FUTURE**

**WINCHESTER
HOUSE**



INDEPENDENT PREP SCHOOL FOR CHILDREN 3 - 13 YEARS OLD

winchester-house.org | admissions@winchester-house.org | 01280 702483

Brackley, near Oxfordshire and Buckinghamshire borders

Home to School Transport Network | Wraparound Care

THE Stowe
GROUP



A NIPPER WAGON, WORTH £495

outnabout

The Nipper Wagon is the ultimate adventure companion for family life. As narrow as a standard pushchair, yet spacious enough for two children (or four with the 4-Seat Accessory) plus all your gear, it's perfect for families who go beyond the pavement.

With 12" rear and 10" front air-filled tyres, you can tackle bumpy trails, parks, and beaches with ease. Kids ride in comfort from newborn to ~7 years with removable padded seats, harnesses, and a dropped footwell, and its car-seat compatible for parent-facing newborn travel.

Packed with practical touches like a cup holder, rain cover and one-piece fold, the Nipper Wagon makes it easy to take the whole crew anywhere.



Enter now at toddle.fun/nipper

Competition closes midnight Sunday 15th March. T&C's apply, see toddle.fun/nipper for details.



ACTIVITIES & EVENTS

JAN -
MAR

SENSORY SCREENINGS

Arc Cinema, Daventry
Booking Required ✓

These sensory-friendly screenings feature a diverse selection of family-friendly films once a month.

These sensory-friendly screenings provide a safe and supportive space where guests of all ages and abilities can feel welcome and at ease. We understand that traditional movie screenings can be overwhelming for individuals with sensory sensitivities, so they've carefully curated these events to ensure a more comfortable and enjoyable experience for everyone.

(showings change monthly, check with Arc for up to date info)

The Arc Cinema, Mulberry Place, Daventry NN11 4GH

📍 ArcCinemaDaventry

www.daventry.arccinema.co.uk/whatson/sensory

JAN -
MAR

SEND SESSIONS

Clip N Climb, Northampton
Booking Required ✓

Climbing is a fantastic way to burn off some energy while having mountains of fun.

Held during the quietest times in the centre, these sessions offer reduced capacity and low or no music. These SEND sessions run every Thursday at 4:00pm, but they're also happy to arrange weekday daytime sessions for groups of 10 or more. Ages 4+. For 2 - 4 year olds they offer standard Mini Mountaineers sessions which run Wednesdays and Fridays (during term time).

Weston Favell Shopping Centre, Wellingborough Road, Northampton, NN3 8JZ

Tel: 01604 800469 📍 ClipnclimbNorthampton

www.northampton.clipnclimb.co.uk

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

TODDLE MODELS



Stanley, 3 years old

Winner



Amber, 3 years old

Winner

Baby and Toddler Photo Competition Winner

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

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

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



Find out more at www.disneyonice.com



Alaya, 9 months



Alfie, 15 months



Alfie, 4 years



Caleb, 1 year



Carter, 3 years



Dolcie Jean, 3 years



Eleanor, 4 years



Elena, 1 year



Elwin, 3 years



Elyana Grace, 22 months



Evelyn, 3 months



Oisín and Finn,
8 months & 4 years



Frankie, 3 years



George, 7 weeks



Hallie, 2 years



Harry, 4 years



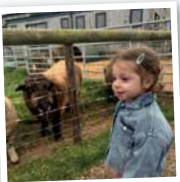
Hazel, 3 years



Isabella, 3 years



Isaiah, 7 months



Josephine, 2 years



Kaiya, 22 months



Lilly, 2 years



Mabel, 1 year



Margot, 3 years



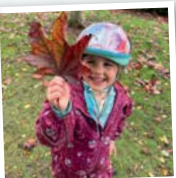
Marnie, 2 years



Maxwell, 4 years



Myles, 3 years



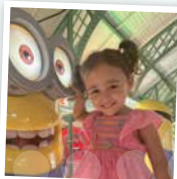
Pearl, 4 years



Reya, 6 months



Robin and Zack,
3 years & 3 months



Rosetta, 2 years



Sidney, 3 years



Tristan, 1 year



William, 8 months



Willow, 3 years

COMPETITION

TODDLE MODELS

WIN A LITTLE TIKES BUNDLE, WORTH £129

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

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

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

Follow on socials @officiallittletikesuk.



HOW TO ENTER:

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

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

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

**WORTH
£129**

ENTER AT:
www.toddle.fun/toddlemodels





QUINTON HOUSE SCHOOL

MAKE THIS YEAR *their* YEAR...

*Whole School Open Day,
Saturday 28th February 2026*

Book on our website.

Leading independent education for children aged 3 – 18.

QUINTONHOUSESCHOOL.CO.UK

Reception
2026 – apply
now to secure
your child's
place.

FAB & FUNKY PRODUCTS

THE LATEST AND FUNKIEST PRODUCTS FOR YOU & YOUR LITTLE ONES



WRIGGLEEASE, £49.99

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

Available now at www.wriggleease.co.uk



HAPPY, CONFIDENT ME CONVERSATION CARDS, £12.99

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

www.happyconfident.com

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



ROLL + GO MEALTIME MAT, £15.99

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

uk.bbox.com



YOUNG BAKER'S CLUB SUBSCRIPTION, £16.99+

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

www.honeywellbakes.com



EDURINO BEST-SELLER BUNDLE, £101.94

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

www.edurino.co.uk



WIN THIS!

Scan to find out more and enter:



WORLD BOOK DAY

5 MARCH 2026

IT'S WORLD BOOK DAY!



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



BETTY'S BIRTHDAY

BY CELINE KA WING LAU
FOR 3+ YEARS

Betty is turning six and preparing the ultimate party! Little readers can hunt, count and chat along as they help her get ready. With bright, detailed illustrations, party games, pizza-making, cake and goody bags, this interactive picture book is perfect for sharing with children and grown-ups alike.

Cost: £12.99. www.cicadabooks.co.uk



RILEY AND RICKY

BY KERRI PATEL
FOR 4-7 YEARS

Riley and Ricky are best friends and neighbours who discover more about each other by visiting each other's homes. This warm story celebrates friendship, cultural differences and shared traditions. When Riley is invited to an Indian wedding, they both learn even more - especially when a surprise guest arrives!

Cost: £8.99. www.amazon.co.uk



GOODNIGHT UNICORN

BY KATIE BUTTON
FOR 3-5 YEARS

Unicorn is ready for bed but before she sleeps, she wants to say goodnight to all her magical friends. With a simple "magic torch" slipped between the pages, little readers can help Unicorn find hidden creatures in each dreamy night-time scene. Full of playful rhymes, enchanting illustrations and delightful surprises.

Cost: £7.99. www.twowindmills.com



THE BEST DOG EVER

BY SMRITI HALLS
FOR 3-6 YEARS

Max wishes he was a different dog. His fur isn't fluffy enough to win Best In Show. His bark isn't loud enough to scare away danger. He doesn't sit... or heel... or fetch... or come back when you call, either. But Max's owner thinks he's perfect. Can Max learn that he's perfect, too? A gentle introduction to ideas of self-confidence and embracing our differences.

Cost: £7.99. www.scholastic.co.uk

CHLOE AND THE GR-ANT-FATHER CLOCK

BY BARBARA PANETTA. FOR 3-5 YEARS

When a huge storm breaks the Gr-ant-father Clock and scatters all its numbers out the window, industrious little Ant Chloe, along with her ten siblings must work together to gather them all. A charming, illustrated story about teamwork, problem-solving and each ant using their own special skill.

Cost: £8.99. Buy from www.amazon.co.uk



SHIRLEY MURLEY AND CLEVER TREVOR

BY SU MURLEY. FOR 5-7 YEARS

Meet Shirley Murley and her clever little dog Trevor - cheerful, playful and full of heart. As they share their day together, young readers are invited to spot hidden bumblebees, dragonflies, ladybirds and even an aeroplane tucked into the colourful illustrations. With joyful rhymes and lots to explore, this sweet picture-book is perfect for early readers and story-time smiles.

Cost: £8.99. Available from www.austinmacauley.com



THE DREAMIES

BY IONA CAMPBELL
FOR 3-5 YEARS

Hidden in your walls, the Dreamies are tiny creatures who colour your dreams with magic. When a dream turns eerie, you can help them transform a nightmare into something wonderful. A warm, imaginative picture book that helps little ones turn bedtime fears into something magical.

Cost: £7.99. www.magiccatpublishing.co.uk



I'M (MOSTLY) HAPPY BEING ME

BY ANNA MILBOURNE
FOR 3+ YEARS

A little boy feels sad when he compares himself to others until he realises that being "good at stuff" isn't what makes you special. From silly talents to favourite hobbies, each child is unique, like different pebbles on a beach. A gentle, uplifting picture book that celebrates being yourself and feeling happy just as you are.

Cost: £12.99. www.usborne.com



THE GOOD DEED DOGS

BY EMMA CHICHESTER CLARK
FOR 3+ YEARS

Bodger, Billy and Betty are VERY good dogs - though their helpfulness often leads to hilarious chaos, from flying socks to runaway shopping. When a little girl's kitten needs rescuing, they're determined to save the day. A heartwarming, laugh-out-loud picture book about kindness, friendship and never giving up.

Cost: £7.99. www.walker.co.uk



WHEN I GROW UP I'D LIKE TO BE

BY ROB BIDDULPH
FOR 3+ YEARS

What do you want to be when you grow up? A sailor, dancer, teacher, vet - the possibilities are endless! This joyful picture book celebrates childhood dreams, curiosity and big ambitions. With vibrant, playful illustrations and heart warming rhymes, it inspires little readers to dream big and explore all the wonderful futures ahead.

Cost: £12.99. Buy from www.harpercollins.co.uk

WIN

WIN A CHILDREN'S BOOK BUNDLE!

**WORTH
UP TO
£150!**

We're giving away THREE book bundles including 13 or more books each, and worth up to £150 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 5 March 2026.

ENTER NOW



Enter online at www.toddle.fun/worldbookday

WHEN POSTNATAL RECOVERY MEETS PERIMENOPAUSE

The Overlooked Overlap

by Rose Constantine RNutr



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

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

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

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

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

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

So how can you support yourself through this phase?

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

1 Concentrate on what to include, not avoid

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

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

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



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

2 Stabilise blood sugar

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

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

3 Support your nervous system

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

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

4 Track your cycle and mood

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

5 Seek support

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

But always remember: You are not broken.

MOTHER'S
DAY CRAFT

CHOCOLATE PRETZEL FLOWERS



EQUIPMENT:

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




INGREDIENTS:

- 200g White chocolate
- Food colouring
- Pretzels

INSTRUCTIONS:

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

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



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MAKE POO-DOH!

Crack Potty Training the Fun Way

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



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

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

1. MAKE THE POO-DOH

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

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



2. NORMALISE AND TALK ABOUT POO

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

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

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



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

3. ROLE-PLAY TO PRACTICE AND BUILD SKILLS

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

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

4. A HANDS-ON BIOLOGY LESSON

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

READY TO GIVE IT A GO?

Download your free Poo-Doh Recipe + Poo Checker!

You'll get:

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

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

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



MAMA BEAR'S BLOOMS

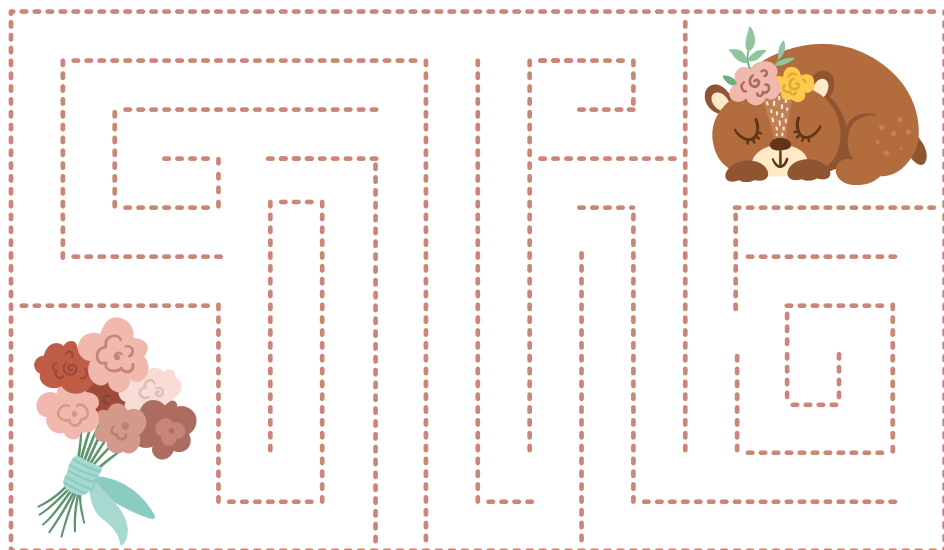
CAN YOU GET THE FLOWERS TO
MAMA BEAR FOR MOTHER'S DAY?



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northampton@babysensory.co.uk
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Cha Char Chimps

Use Code 'TODDLEABOUT'
www.ccchimps.com/location/towcester

Oncore Dance Academy

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

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ANDY'S READING ADVENTURES

by Andy Day



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

HOW HAS FATHERHOOD INSPIRED YOUR WRITING?

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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



↑ *Dylan the Dino Boy Saves Christmas*

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

1 Lean into their interests

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

2 Get them involved

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

3 Don't make it a chore

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





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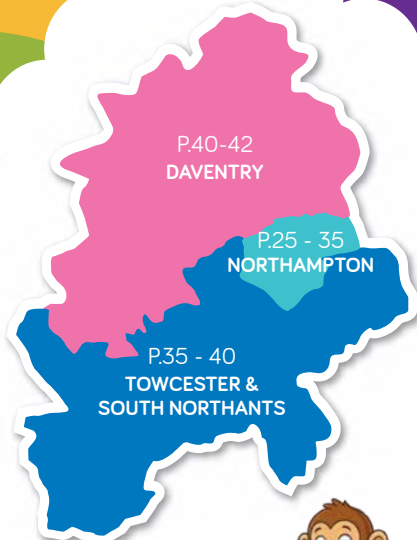


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NORTHAMPTON AREA



MONDAY

PARENTS & TOTS

Chatterbox

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

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

Cost: £1.50 (drop in).

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

Duston Parent and Toddler Group

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

Times: 10:00 - 12:00. **Ages:** 0 - 4 yrs 11 mths.

Cost: £2 (book).

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

Earls Barton Library

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

• **Stay & Play:** 14:15 - 15:15.

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

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

Grange Park Parent and Toddlers Group

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

Times: 10:00 - 12:00. **Ages:** 0 - 5 yrs.

Cost: £3.50 (drop in).

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

Harlestone Play Group

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

Times: 10:00 - 11:30. **Ages:** 0 - 4 yrs.

Cost: £2 (drop in).

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

Little Stars at St George's Church,

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

• **Little Stars:** 9:30 - 11:00.

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

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

Moulton Library

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

www.northamptonshire.gov.uk.

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

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

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

Quinton House School

Upton Hall, Upton Lane, Northampton, NN5 4UX. 01604 752050.

www.quintonhouseschool.co.uk.

• **Early Years Activity Morning (age 2-4):** 9:00 - 10:30.

Ages: 2 - 4 yrs. **Cost:** Free (book). **Dates:** 9 Feb.

The Toddle Inn, Carey Baptist Church

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

• **The Toddle Inn, Carey Baptist Church:** 13:30 - 14:40.

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

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

MUSIC & SIGNING

Music Bugs Northampton

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

• **Family Bugs:** 10:00 - 10:40 & 11:00 - 13:40.

Ages: 0 - 5 yrs.

Dates: 5 Jan - 6 Apr.

• **Baby Bugs:** 12:00 - 12:40.

Ages: 0 - 10 mths.

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

Cost: £7.50 (book).

SENSORY & DEVELOPMENT

Baby Sensory Northampton

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

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

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

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

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

Cost: £8 (book).

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

Kidslingo Spanish Northants, Towcester & Olney

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

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

Ages: 18 mths - 5 yrs.

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

CREATIVE

Eat Sleep Bake Repeat

Summerfields, West Hunsbury, Northampton, NN4 9YN. 07457 410822.

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

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

Ages: 2 - 4 yrs.

Dates: 12 Jan - 9 Feb & 23 Feb - 16 Mar.

• **HOME ED CLASSES:** 13:30 - 14:15.

Ages: 2 - 8 yrs. **Dates:** 12 Jan & 26 Jan - 9 Feb.

• **AFTER SCHOOL:** 16:30 - 17:15.

Ages: 4 - 11 yrs.

Dates: 12 Jan, 26 Jan - 9 Feb & 23 Feb - 16 Mar.

Weston Favell Library

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

www.westnorthants.gov.uk.

• **Explore a Story:** 10:30 - 11:00.

A short session with a story, craft and singing!

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

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

DANCE & DRAMA

Oncore Dance Academy

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

www.oncoredanceacademy.co.uk.

• **Baby Ballet:** 16:15 - 17:00.

Ages: 3 - 4 yrs.

• **Pre-Primary 1 Ballet:** 17:00 - 17:45.

Ages: 4 - 5 yrs.

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

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

PHYSICAL FUN

Northampton Gymnastics Academy

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

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

Swing, jump, bounce and enjoy gym equipment!

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

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

Aqualight Swim School - Headlands

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

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

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

• **3-4 years:** 10:30 - 11:00.

Cost: £12.35 (book).

Dates: 12 Jan - 9 Feb & 23 Feb - 16 Mar.

Turtle Tots Northamptonshire, Milton Keynes & Bedford

Turtle Tots Swim Centre, Finedon Road, Wellingborough, NN8 4BW. 01604 372747. www.turtletots.com.

• **Turtle Tots Swim Centre:** 9:00 - 12:30.

Ages: 0 - 4 yrs.

Cost: £15 (book).

Dates: 12 Jan - 9 Feb & 23 Feb - 16 Mar.

SEND ACTIVITIES

Autism East Midlands

Kingsthorpe Baptist Church, High Street, Northampton, NN2 7BD. 01909506678. www.autismeastmidlands.org.uk.

• **FAMILY SUPPORT HUB:** 16:00 - 19:00.

Cost: Free (book). **Dates:** 5 Jan, 2 Feb & 2 Mar.

TUESDAY

PARENTS & TOTS

Duston Library

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

• **Rhymetime:** 10:30 - 11:00.

Introduce your children to rhymes and songs

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

Dates: 6 Jan - 31 Mar.

Mini Springers

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

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

Cost: £1 (drop in).

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

Moulton Library

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

• **Stay & Play under 1s:** 9:30 - 11:30.

Ages: 0 - 1 yrs.

• **Construction Club:** 13:30 - 15:30.

Ages: 1 - 5 yrs.

Cost: Free (book).

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

St Gregory's Toddler Group

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

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

Cost: £0.50 (drop in).

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

The Spring Charity

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

• **Stay and Play:** 9:00 - 11:00.

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

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

Toddle In

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

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

Parent and Tots group with crafts, play and singing.

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

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



MUSIC & SIGNING

Boogie Beanies

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

Times: 10:00 - 11:00. **Ages:** 0 - 5 yrs.

Cost: £5 (book).

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

Cha Char Chimps - Northampton

Parklands Community Centre (Tuesdays), Devon Way, Northampton, NN3 6DX. 07917683330.
www.cccchimps.com.

• **Parklands:** 10:00 - 11:00.

Dates: 6 Jan, 13 Jan, 20 Jan & 27 Jan.

Hunsbury Library

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

www.northamptonshire.gov.uk.

• **Rhymetime:** 10:30 - 11:00.

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

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

Music Bugs Northampton

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

• **Family Bugs:** 10:00 - 10:40.

Ages: 0 - 5 yrs. **Dates:** 6 Jan - 7 Apr.

• **Baby Bugs:** 11:00 - 11:40.

Ages: 0 - 10 mths. **Dates:** 6 Jan - 7 Apr.

Cost: £7.50 (book).

SENSORY & DEVELOPMENT

Baby Sensory Northampton

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

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

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

• **Baby Sensory (0 - 6mths):** 11:30 - 12:30.

Cost: £8 (book).

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

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

Hartbeeps Kettering

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

• **Happy House:** 9:45 - 10:30.

Ages: 15 mths - 4 yrs 11 mths.

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

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

Cost: £8 (book). **Dates:** 6 Jan - 31 Mar.



Join my Kids' Baking Club Today!

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

Classes are held in my home kitchen in West Hunsbury




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

Home Ed classes
Mon 11.30am
Tues 11.30am

Afterschool classes
Mon 4.30pm
Fri 4.30pm

BOOK NOW

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

Wootton Community Library

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

• **Storytime:** 11:15 - 11:35.

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

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

CREATIVE

Eat Sleep Bake Repeat

Summerfields, West Hunsbury, Northampton,
NN4 9YN. 07457 410822.

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

• **Preschool classes:** 10:00 - 10:45.

Ages: 2 - 4 yrs.

Dates: 13 Jan - 10 Feb & 24 Feb - 17 Mar.

• **Childminder Preschool classes:** 11:30 - 12:30.

Ages: 2 - 4 yrs. **Dates:** 13 Jan - 10 Feb.

DANCE & DRAMA

Krystle Jayne's Dance Academy

Grange Park Community Centre, School Lane
Grange Park, NN4 5FZ. Krystle: 07791 852891.
www.krystlejayedanceacademy.co.uk.

• **Baby Ballet:** 15:45 - 16:15. **Ages:** 2 - 4 yrs.

• **Pre-Primary Ballet & Tap:** 16:15 - 17:00.

Ages: 4 - 5 yrs. **Cost:** £4 (book).

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

EXPLORE & PLAY@NGA

Gymnastics for all under 5s



Sessions run Monday - Friday mornings at the Northampton Gymnastics Academy

10 NORTH PORTWAY CLOSE, ROUND SPINNEY
INDUSTRIAL ESTATE, NN3 8RQ



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

f / NorthamptonGymnasticsAcademy

Oncore Dance Academy

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

www.oncoredanceacademy.co.uk.

• **Baby Ballet:** 10:00 - 10:45.

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

Ages: 3 - 4 yrs.

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

PHYSICAL FUN

Northampton Gymnastics Academy

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

• **Explore & Play @ NGA:** 10:30 - 12:00 & 13:00 - 14:29.

Swing, jump, bounce and enjoy gym equipment!

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

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

Aqualight Swim School - Headlands

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

• **3-4 years:** 10:00 - 10:30.

• **2-3 years:** 10:30 - 11:00.

• **1-2 years:** 11:00 - 11:30.

Cost: £12.35 (book).

Dates: 6 Jan - 24 Mar.

Turtle Tots Northamptonshire, Milton Keynes & Bedford

Turtle Tots Swim Centre, Finedon Road, Wellingborough, NN8 4BW. 01604 372747. www.turtle-tots.com.

• **Turtle Tots Swim Centre:** 9:00 - 12:30.

Ages: 0 - 4 yrs.

Cost: £15 (book).

Dates: 6 Jan - 24 Mar.

SEND ACTIVITIES

DEAF CONNECT Northampton

Spencer Dallington Community Centre, Tintern Avenue, Northampton, NN5 7BZ. 07875140561. www.deafconnect.org.uk.

• **Coffee Morning:** 10:00 - 12:00.

Cost: Free. **Dates:** 27 Jan, 24 Feb, 31 Mar, 28 Apr.

WEDNESDAY

PARENTS & TOTS

Chatterbox

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

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

Cost: £1.50 (drop in).

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

Earls Barton Library

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

• **Play & Learn Under 5s:** 10:30 - 12:00.

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

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

Emmanuel Family Tots

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

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

Cost: £1 (drop in). **Dates:** 7 Jan - 8 Apr.

Rainbow Tots - toddler group

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

Times: 10:30 - 12:00. **Cost:** £1.50 (book).

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

Storehouse Church

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

• **Tiny Tadpoles:** 9:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** £2 (drop in).

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

STREET ballet modern ACROBATIC ARTS MUSICAL THEATRE TAP

oncore Dance Academy

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www.oncoredanceacademy.co.uk
f oncore dance academy oncore_dance_academy

Upton Tots

The Elgar Centre, 1 High St, Upton, NN5 4EN. www.gracechurchupton.com.

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

Cost: £3 (drop in).

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

MUSIC & SIGNING

Hunsbury Library

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

• **Babytime:** 10:30 - 11:30.

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

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

Music Bugs Northampton

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

• **Family Bugs:** 10:15 - 11:00. **Ages:** 0 - 5 yrs.

• **Mini Bugs:** 11:15 - 12:00. **Ages:** 6 mths - 2 yrs.

• **Baby Bugs:** 12:15 - 13:00. **Ages:** 0 - 10 mths.

Cost: £7.50 (book).

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

SENSORY & DEVELOPMENT

Baby Sensory Northampton

The Baby Sensory Centre, Green Lodge Barn, Nobottle, Northampton, NN7 4HD.

07512 46988. www.babysensory.com.

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

• **Baby Sensory (0 - 6mths):** 11:30 - 12:30.

Cost: £8 (book).

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

Kingsthorpe Community Library

Welford Road, Kingsthorpe, Northampton, NN28AG. 03001267000.

• **Storytime followed by Stay and Play:** 10:00 - 10:30.

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

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

St Peter's Church Tiny Tots and Mum and Baby group

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

• **Mums, Baby and Tots group:** 13:30 - 15:00.

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

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

CREATIVE

Busy Tots

Walgrave Village Hall, 1 Newland Road, Northampton, NN6 9PZ. 07891503899.

• **Busy Tots Messy Play:** 10:30 - 11:30.

Ages: 6 mths - 5 yrs. **Cost:** £7.50 (book).

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

Eat Sleep Bake Repeat

Summerfields, West Hunsbury, Northampton, NN4 9YN. 07457 410822.

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

• **Preschool cookery classes:** 10:00 - 10:45.

Ages: 2 - 4 yrs.

Dates: 14 Jan - 11 Feb & 25 Feb - 18 Mar.

Northampton High School

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

www.northamptonhigh.co.uk.

• **Stay and Play:** 10:15 - 11:15.

Ages: 1 - 3 yrs. **Cost:** Free (book). **Dates:** 14 Jan.

DANCE & DRAMA

Krystle Jayne's Dance Academy

Grange Park Community Centre, School Lane Grange Park, NN4 5FZ. Krystle: 07791 852891. www.krystlejayedanceacademy.co.uk.

• **Baby Ballet:** 16:00 - 16:30. **Ages:** 2 - 4 yrs.

• **Pre-Primary Ballet & Tap:** 16:30 - 17:15.

Ages: 4 - 5 yrs. **Cost:** £4 (book)

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



FREE
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Grange Park, Brixworth,
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For more information call 07791 852891 or
email: krystlejayedance@gmail.com

www.krystlejayedanceacademy.co.uk
IDTA & RAD Exams. Shows & Competitions
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Oncore Dance Academy

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

www.oncoredanceacademy.co.uk.

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

• **Groovy Movers:** 16:15 - 17:00.

Ages: 3 - 5 yrs.

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

Ages: 4 - 5 yrs.

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

PHYSICAL FUN

Northampton Gymnastics Academy

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

www.facebook.com.

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

Swing, jump, bounce and enjoy gym equipment!

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

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

SWIMMING

Aqualight Swim School - Headlands

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

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

Cost: £12.35 (book).

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

Turtle Tots Northamptonshire, Milton Keynes & Bedford

Turtle Tots Swim Centre, Finedon Road, Wellingborough, NN8 4BW. 01604 372747. www.turtletots.com.

- **Turtle Tots Swim Centre:** 9:00 - 12:30.

Ages: 0 - 4 yrs. **Cost:** £15 (book).

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

THURSDAY

PARENTS & TOTS

Abbey Centre Baptist Church Baby & Toddler Group

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

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

Cost: £2 (drop in).

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

Duston Library

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

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

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

Dates: 8 Jan - 26 Mar.

Kislingbury & Upton Community Church

Kislingbury & Upton Community Church, Mill Lane, Kislingbury, NN7 4BB. 07432881576. www.kucc.co.uk.

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

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

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

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

Moulton Library

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

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

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

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

St Matthew's Minis

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

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

Cost: £1.50 (drop in).

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

Sunbeams

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

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

Cost: £1 (drop in).

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

The Spring Charity

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

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

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

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

Toddlers Group

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

Times: 13:15 - 15:00. **Ages:** 0 - 4 yrs.

Cost: £1 (drop in).

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

MUSIC & SIGNING

Music Bugs Northampton

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

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

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

Dates: 8 Jan - 9 Apr.

SENSORY & DEVELOPMENT

Baby Sensory Northampton

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

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

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

- **Baby Sensory (0 - 6mths):** 11:30 - 12:30.

Cost: £8 (book).

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

PHYSICAL FUN

Little Kickers Northampton Daventry & Rugby

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

• Little Kickers

Pre-school football classes from 18months

Times: 9:30 - 10:10. **Ages:** 1 ½ - 2 ½ yrs.

Times: 10:20 - 11:05. **Ages:** 2 ½ - 3 ½ yrs.

Times: 11:10 - 11:55. **Ages:** 3 ½ - 5 yrs.

Cost: £8.50 (book).

Dates: 1 Jan - 9 Apr.

Northampton Gymnastics Academy

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

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

Swing, jump, bounce and enjoy gym equipment!

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

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

SWIMMING

Aqualight Swim School - Headlands

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

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

• **2-3 years:** 10:00 - 10:30.

• **3-4 years:** 11:00 - 11:30.

Cost: £12.35 per session (book).

Dates: 8 Jan - 26 Mar.

Aqualight Swim School - The Beehive

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

• **8-12 months:** 9:30 - 10:00 & 11:00 - 11:30.

• **4-8 months:** 10:00 - 10:30 & 10:30 - 11:00.

• **0-4 months:** 11:30 - 12:00 & 12:30 - 13:00.

• **6-12 months:** 12:00 - 12:30.

Ages: 0 - 4 mths.

Cost: £13.40 (book).

Dates: 8 Jan - 26 Mar.

Turtle Tots Northamptonshire

Turtle Tots Swim Centre, Finedon Road, Wellingborough, NN8 4BW. 01604 372747. www.turtle-tots.com.

• **Turtle Tots Swim Centre:** 9:00 - 12:30.

Ages: 0 - 4 yrs.

Cost: £15 (book). **Dates:** 8 Jan - 26 Mar



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LittleKickers Northampton, Daventry & Rugby

FRIDAY

PARENTS & TOTS

Duston Library

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

• **Children's Craft Hour:** 10:30 - 11:30.

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

• **Board Game Club:** 15:30 - 16:30.

Ages: 8 - 17 yrs. **Cost:** Free (drop in).

Dates: 9 Jan - 27 Mar.

Earls Barton Library

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

• **Rhymetime:** 14:30 - 15:00.

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

Dates: 9 Jan - 27 Mar.

Moulton Library

Moulton Community Centre, Moulton, NN3 7AX. www.northamptonshire.gov.uk.

• **Bounce and Rhyme (0-1 yrs):** 13:15 - 13:45.

• **Rhymetime (0-5 yrs):** 14:00 - 14:30.

• **Homework Club (4-10 yrs):** 15:00 - 16:30.

Cost: Free (book). **Dates:** 9 Jan - 27 Mar.

Toddle In

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

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

Parent and Tots group with crafts, play and singing.

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

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

MUSIC & SIGNING

Cha Char Chimps - Northampton

Wootton Community and Sports Centre
(Fridays), Curtlee Hill, Northampton,
Northampton, NN4 6ED. 07917683330.
www.ccchimps.com.

• **Wootton Community Centre:** 10:00 - 11:00.

Dates: 2 Jan, 9 Jan, 16 Jan, 23 Jan & 30 Jan.

Music Bugs Northampton

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

• **Family Bugs:** 10:00 - 10:40.

Ages: 0 - 5 yrs.

• **Baby Bugs:** 11:00 - 11:40.

Ages: 0 - 1 yrs.

Cost: £7.50 (book).

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

SENSORY & DEVELOPMENT

Baby Sensory Northampton

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

• **Baby Sensory (0 - 13mths):** 10:00 - 11:00.

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

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

Cost: £8 (book).

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

Hartbeeps Kettering

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

• **Happy House:** 9:45 - 10:30.

Ages: 15 mths - 4 yrs 11 mths.

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

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

Cost: £8 (book).

Dates: 2 Jan - 3 Apr.

Wootton Community Library

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

www.woottonparishcouncil.gov.uk.

• **Rhymetime:** 11:00 - 11:30.

Rhymetime baby and toddler singing session.

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

Dates: 2 Jan - 3 Apr.

Fun, friendly and interactive music classes for children aged newborn to 5 years

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

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lesley@musicbugs.co.uk

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Call Lesley on:
07811 771 480
or visit our website

music bugs

www.musicbugs.co.uk

CREATIVE

Busy Tots

Kingsthorpe Community Centre, Mill Lane,
Northampton, NN2 6RQ. 07891503899.
www.bookwhen.com.

• **Messy Play:** 10:00 - 11:00.

Ages: 6 mths - 5 yrs. **Cost:** £7.50 (book).

Dates: 2 Jan - 13 Feb & 27 Feb - 27 Mar.

Eat Sleep Bake Repeat

Summerfields, West Hunsbury, Northampton,
NN4 9YN. 07457 410822.

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

• **AFTER SCHOOL:** 16:30 - 17:15.

Ages: 4 - 11 yrs.

Dates: 16 Jan - 13 Feb & 27 Feb - 20 Mar.

Weston Favell Library

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

• **Rhyme Time:** 10:00 - 10:30.

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

Dates: 16 Jan - 13 Feb & 27 Feb - 20 Mar.

DANCE & DRAMA

Krystle Jayne's Dance Academy

Grange Park Community Centre, School Lane
Grange Park, NN4 5FZ. Krystle: 07791 852891.
www.krystlejayedanceacademy.co.uk.

• **Pre-Primary Ballet & Tap:** 16:30 - 17:15.

Ages: 4 - 6 yrs. **Cost:** £4 (book)

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

PHYSICAL FUN

Northampton County Lawn Tennis Club

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

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

Ages: 2 ½ yrs - 5 yrs. **Cost:** £5 (drop in).

Dates: 9 Jan - 10 Apr.

Northampton Gymnastics Academy

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

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

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

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

Aqualight Swim School - Barry Road

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

• **4 - 5 years:** 16:00 - 16:30

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

Cost: £12.35 (book). **Dates:** 9 Jan - 27 Mar.

Aqualight Swim School - Headlands

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

• **2.5 - 4 years:** 11:15 - 11:45.

• **1-2 years:** 11:45 - 12:15

Cost: £12.35 (book). **Dates:** 9 Jan - 27 Mar.

Turtle Tots Northamptonshire

The Bee Hive, Harborough Road, Kingsthorpe, NN2 8LR. 01604 372747. www.turtletots.com.

Times: 9:00 - 13:00. **Ages:** 0 - 2 yrs.

Cost: £15 (book). **Dates:** 9 Jan - 27 Mar.

Turtle Tots Northamptonshire

Turtle Tots Swim Centre, Finedon Road, Wellingborough, NN8 4BW. 01604 372747.
www.turtletots.com.

• **Turtle Tots Swim Centre:** 9:00 - 12:30.

Ages: 0 - 4 yrs. **Cost:** £15 (book).

Dates: 9 Jan - 27 Mar.

SATURDAY

PARENTS & TOTS

Duston Library

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

• **Construction Club:** 11:00 - 13:00.

Construction Club

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

Dates: 10 Jan - 28 Mar.

SENSORY & DEVELOPMENT

Kingsthorpe Community Library

Welford Road, Kingsthorpe, Northampton, NN28AG. 03001267000. www.facebook.com.

• **Craft Club:** 12:30 - 14:00.

Ages: 5 - 99 yrs. **Cost:** Free (drop in).

Dates: 3 Jan, 7 Feb, 7 Mar & 4 Apr.

TINY TOTS TENNIS

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

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

Saturday: 9:15 - 10am

Limited spaces available.

To book, please contact:

Laura Mineards: 07766 557 122

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

lauramineards@yahoo.co.uk



CREATIVE

Eat Sleep Bake Repeat

Summerfields, West Hunsbury, Northampton, NN4 9YN. 07457 410822.

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

• **Saturday Kitchen:** 10:00 - 10:45 & 11:30 - 12:15.

Ages: 2 - 11 yrs. **Dates:** 31 Jan, 28 Feb & 28 Mar.

DANCE & DRAMA

Oncore Dance Academy

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

www.oncoredanceacademy.co.uk.

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

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

• **Pre-Primary 1 Ballet:** 9:45 - 10:30.

Ages: 4 - 5 yrs.

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

Ages: 4 - 5 yrs. **Dates:** 10 Jan - 7 Feb & 28 Feb - 21 Mar.

PHYSICAL FUN

Northampton County Lawn Tennis Club

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

• **Tiny Tots Tennis:** 9:15 - 10:00.

Ages: 2 ½ - 5 yrs. **Cost:** £5 (drop in).

Dates: 10 Jan - 11 Apr.

SWIMMING

Aqualight Swim School - Barry Road

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

• **3 - 4 years:** 12:00 - 12:30.

• **3 - 5 years:** 12:30 - 13:00

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

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

• **1 - 1½ years:** 14:30 - 15:00

Cost: £12.35 (book). **Dates:** 10 Jan - 21 Mar.

Aqualight Swim School - Headlands

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

www.aqualight.co.uk.

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

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

Cost: £12.35 (book). **Dates:** 10 Jan - 21 Mar.

Aqualight Swim School - NSG

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

• **3-4 years:** 13:00 - 13:30 & 16:15 - 16:45

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

• **3-4 years:** 14:00 - 14:30.

Cost: £12.35 (book). **Dates:** 10 Jan - 21 Mar.

Aqualight Swim School - The Beehive

Harborough Road, Kingsthorpe, Northampton, NN2 8LR. 01604 830405. www.aqualight.co.uk.

• **8-12 months:** 8:30 - 9:00 & 10:30 - 11:00.

• **4-8 months:** 9:00 - 9:30 & 10:00 - 10:30.

• **6-12 months:** 9:30 - 10:00.

• **0-4 months:** 11:00 - 11:30 & 11:30 - 12:00.

Cost: £13.40 (book). **Dates:** 10 Jan - 21 Mar.

Turtle Tots Northamptonshire

Turtle Tots Swim Centre, Finedon Road, Wellingborough, NN8 4BW. 01604 372747. www.turtletots.com.

• **Turtle Tots Swim Centre:** 9:00 - 12:30.

Ages: 0 - 4 yrs. **Cost:** £15. **Dates:** 11 Oct - 13 Dec.

SUNDAY

SENSORY & DEVELOPMENT

Kidslingo Spanish Northants, Towcester & Olney

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

• **Fun Spanish Class**

Times: 9:00 - 9:30. **Ages:** 1½ - 4 yrs 11 mths.

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

Times: 10:20 - 10:50. **Ages:** 3 - 5 yrs.

Times: 11:05 - 11:45. **Ages:** 7 - 11 yrs.

Cost: £5 (book).

Dates: 11 Jan - 8 Feb & 1 Mar - 22 Mar.

PHYSICAL FUN

Little Kickers Northampton

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

• **1½ - 2½ years:** 8:30 - 9:10 & 9:30 - 10:10.

• **3½ - 5 years:** 8:30 - 9:15, 9:25 - 10:10 & 11:15 - 12:00

• **2½ - 3½ years:** 9:25 - 10:10, 10:20 - 11:05, 11:15 - 12:00

• **5-7 years:** 9:25 - 10:10, 10:20 - 11:05 & 11:15 - 12:00.

Cost: £9.50 (book). **Dates:** 4 Jan - 5 Apr.



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kidslingo.co.uk/area/spanish-classes-northampton-south-northants-olney/

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SOUTH NORTHANTS AREA

MONDAY

Towcester Library

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

• **Bounce & Rhyme:** 10:00 - 10:30.

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

Dates: 5 Jan - 6 Apr.

DANCE & DRAMA

Cha Char Chimps - Towcester

Syresham Village Hall, Main Road, Syresham, NN13 5HE. www.ccchimps.com.

• **Cha Char Chimps (0-5yrs):** 10:00 - 11:00. **Cost:** £8

• **Baby Chimps (0-1½yrs):** 11:30 - 12:30. **Cost:** £8.50

Dates: 5 Jan - 6 Apr.

PHYSICAL FUN

Beanz Barn

Beanz Barn, Unit 1 Hollandstone Farm, High Street, Flore, NN7 4LP. 01604 345964. www.beanzbarn.co.uk.

• **Soft Play Sessions:** 10:00 - 12:00, 12:30 - 14:30 & 15:30 - 17:30.

Prices vary according to age and timing of session

Ages: 0 - 5 yrs. **Cost:** £10 (drop in).

Dates: 5 Jan - 6 Apr.

TUESDAY

PARENTS & TOTS

Litchborough Play Time Group

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

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

Cost: £2 (drop in).

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

MUSIC & SIGNING

Brackley Library

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

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

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

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

Towcester Library

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

• **Explore-a-Story:** 10:00 - 10:30.

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

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

CREATIVE

Little Lambs Baby & Toddler Group

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

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

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

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

DANCE & DRAMA

Cha Char Chimps - Towcester

Greens Norton Community Centre, Towcester Road, Greens Norton, NN12 8BL. www.ccchimps.com.

• **Main Chimps:** 10:00 - 11:00. **Cost:** £8 (book).

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

Krystle Jayne's Dance Academy

St Mary's Church Hall, Roade, NN7 2NT. Krystle: 07791 852891. www.krystlejayedanceacademy.co.uk.

• **Pre-Primary Ballet & Tap:** 16:15 - 17:00.

Ages: 4 - 6 yrs. **Cost:** £4 (book)

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

PHYSICAL FUN

Beanz Barn

Unit 1 Hollandstone Farm, High Street, Flore, NN7 4LP. 01604 345964. www.beanzbarn.co.uk.

• **Soft Play Sessions:** 10:00 - 12:00, 12:30 - 14:30 & 15:30 - 17:30.

Prices vary according to age and timing of session

Ages: 0 - 5 yrs. **Cost:** £10 (drop in).

Dates: 6 Jan - 7 Apr.

WEDNESDAY

PARENTS & TOTS

Little Fishes Playtime

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

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

Cost: Free (drop in).

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

Tots @ TVC

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

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

Cost: £2 (drop in).

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

MUSIC & SIGNING

Roade Library

Roade Library, High Street, Roade, Northampton, NN7 2NW. 0300 1261000. www.northamptonshire.gov.uk.

• **Rhymetime:** 11:00 - 11:30.

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

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

Rhythm Time

Barchester - Juniper House Care Home, Candleford Close, Brackley, NN13 6JZ www.rhythmtime.net

• **Family Class:** 10:30 - 11:10.

Ages: 0 - 4 yrs. **Cost:** £3 (book).

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

SENSORY & DEVELOPMENT

Hartbeeps Kettering

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

• **Happy House (15mths - 5yrs):** 9:45 - 10:30.

• **Baby Beeps (7 - 15mths):** 10:50 - 11:35.

• **Baby Bells (2 - 7mths):** 12:00 - 12:45.

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

PHYSICAL FUN

Beanz Barn

Beanz Barn, Unit 1 Hollandstone Farm, High Street, Flore, NN7 4LP. 01604 345964. www.beanzbarn.co.uk.

• **Soft Play Sessions:** 10:00 - 12:00, 12:30 - 14:30 & 15:30 - 17:30.

Prices vary according to age and timing of session

Ages: 0 - 5 yrs. **Cost:** £10 (drop in).

Dates: 7 Jan - 8 Apr.



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www.beanzbarn.co.uk

GLK GYMNASTICS

Bugbrooke Community Centre, Camp Close, Bugbrooke, Northampton, NN7 3RW. 07565 878908. www.glgymnastics.com.

- **Rising 5's**: 10:00 - 10:45. **Ages**: 3 - 5 yrs.
- **Rising 3's**: 10:45 - 11:30. **Ages**: 1 - 3 yrs.

Cost: £7 (book).

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

HEALTH

Flourish360 - Flourish kids

Home Farm, Bugbrooke, Northampton, NN7 3PD. 07850281390. www.flourish360.co.uk.

- **Flourish Kids in the Wild - Winter Warmers**: 9:30 - 10:15 & 11:00 - 11:45.

Cost: £10 (book). **Dates**: 14 Jan - 4 Feb.

THURSDAY

PARENTS & TOTS

Denton Village Tots

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

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

Cost: £2.50 (drop in).

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



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(FOR 2-3 YEAR OLDS COMPETENTLY ABLE TO WORK)
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TO ENQUIRE - GLKGymnastics@outlook.com

Tove Benefice - St Bartholomew's

St Bartholomew's Church, Church View, Greens Norton, NN12 8DL. 01327 350459.

www.tovebenefice.org.uk.

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

Our parent and child group for under 5's

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

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

Tove Benefice- St Lawrence

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

www.tovebenefice.org.uk.

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

Parent and child group for under 5's

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

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

MUSIC & SIGNING

Brackley Library

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

www.westnorthants.gov.uk.

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

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

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

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Sing and Sign - Towcester

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

● **Babes Classes - up to 6 mths:** 12:00 - 12:30.
Cost: £6 (book).

Dates: 8 Jan - 12 Feb & 26 Feb - 9 Apr.

Sing and Sign - Brackley

Brackley - Egerton Hall, Juno Crescent, Brackley, NN13 6GN. 07771550335.
www.singandsign.co.uk.

● **Stage 2:** 9:45 - 10:30.

An engaging music class for toddlers 14 months+

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

● **Stage 1:** 10:45 - 11:30.

An engaging music class for babies 6-14 months

Ages: 6 mths - 1 yrs 2 mths.

Cost: £8.50 (book).

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

Sing and Sign - Bicester, Brackley

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

● **Sing and Sign Babes:** 12:30 - 13:15.

A gentle music and sensory class for babies from birth

Ages: 0 - 6 mths. **Cost:** £8.50 (book).

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

Towcester Library

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

● **Rhymetime:** 10:30 - 11:00.

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

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

DANCE & DRAMA

Cha Char Chimps - Towcester

Thursdays - Whittlebury Village Hall, High Street, Whittlebury, NN12 8XJ.

www.ccchimps.com.

● **Main Chimps:** 10:00 - 11:00.

Ages: 0 - 5 yrs. **Cost:** £8 (book)

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

PHYSICAL FUN

Beanz Barn

Beanz Barn, Unit 1 Hollandstone Farm, High Street, Flore, NN7 4LP. 01604 345964.

www.beanzbarn.co.uk.

● **Soft Play Sessions:** 10:00 - 12:00, 12:30 - 14:30 & 15:30 - 17:30.

Prices vary according to age and timing of session

Ages: 0 - 5 yrs. **Cost:** £10 (drop in).

Dates: 8 Jan - 9 Apr.

FRIDAY

PARENTS & TOTS

Blisworth Baptist Church

Chapel Lane, Blisworth, Northampton, NN7 3BU. 01604918405.

www.blisworthbaptistchurch.org.

● **Toddlers & Tea:** 10:00 - 12:00.

FREE group. 10-12 Fridays.

Ages: 5 mths. **Cost:** Free (drop in).

Dates: 17 Oct - 19 Dec.

Silverstone Tiggers

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

● **Tiggers:** 9:15 - 11:00.

Ages: 0 - 5 yrs. **Cost:** £2 (drop in).

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

DANCE & DRAMA

Cha Char Chimps - Towcester

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

● **Main Chimps (0-5yrs):** 10:00 - 11:00.

Cost: £8 (book)

● **Baby Chimps (0-1½yrs):** 11:30 - 12:30.

Cost: £8.50 (book)

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

PHYSICAL FUN

Beanz Barn

Unit 1 Hollandstone Farm, High Street, Flore, NN7 4LP. 01604 345964.

www.beanzbarn.co.uk.

- **Soft Play Sessions:** 10:00 - 12:00, 12:30 - 14:30 & 15:30 - 17:30.

Prices vary according to age and timing of session

Ages: 0 - 5 yrs. **Cost:** £10 (drop in).

Dates: 2 Jan - 10 Apr.

SEND ACTIVITIES

DEAF CONNECT Northampton

Harpole Youth Club, Larkhall Lane, NN5 7BZ.

07875140561. www.deafconnect.org.uk.

- **Family Fun Session - Twice a Month, Alternate Fridays:** 17:00 - 19:00.

Cost: £3 (book). **Dates:** check website for dates

SATURDAY

MUSIC & SIGNING

Sing and Sign - Towcester

Pattishall Parish Hall, 44 School Road, Ascote, Towcester, NN12 8NN. 07506257073.

www.singandsign.co.uk.

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

Ages: 14 mths - 2½ yrs. **Cost:** £7.50 (book).

Dates: 10 Jan - 7 Feb & 28 Feb - 11 Apr.

Towcester Library

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

- **Saturday Crafts:** 10:30 - 12:00.

Ages: 3 - 11 yrs. **Cost:** Free (drop in).

Dates: 10 Jan - 7 Feb & 28 Feb - 11 Apr.

PHYSICAL FUN

Beanz Barn

Unit 1 Hollandstone Farm, High Street, Flore, NN7 4LP. 01604 345964.

www.beanzbarn.co.uk.

- **Soft Play Sessions:** 10:00 - 12:00, 12:30 - 14:30 & 15:30 - 17:30.

Prices vary according to age and timing of session

Ages: 0 - 5 yrs. **Cost:** £10 (drop in).

Dates: 3 Jan - 11 Apr.



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SUNDAY

PHYSICAL FUN

Beanz Barn

Beanz Barn, Unit 1 Hollandstone Farm, High Street, Flore, NN7 4LP. 01604 345964. www.beanzbarn.co.uk.

- **Soft Play Sessions:** 10:00 - 12:00, 12:30 - 14:30 & 15:30 - 17:30.

Prices vary according to age and timing of session

Ages: 0 - 5 yrs. **Cost:** £10 (drop in). **Dates:** 4 Jan - 5 Apr.

HEALTH

Flourish360 - Flourish kids

Home Farm, Bugbrooke, Northampton, NN7 3PD. 07850281390. www.flourish360.co.uk.

- **Seeds of New Beginnings:** 14:00 - 14:45.

Ages: 3 - 11 yrs. **Cost:** £9 (book). **Dates:** 18 Jan.

- **Love Grows Here:** 14:00 - 14:45.

Ages: 3 - 11 yrs. **Cost:** £10 (book). **Dates:** 8 Feb.

- **Blossoming with Mum:** 13:30 - 14:15.

Ages: 3 - 11 yrs. **Cost:** £9 (book). **Dates:** 8 Mar.

DAVENTRY AREA

MONDAY

MUSIC & SIGNING

Boogie Beanies

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

Times: 10:00 - 11:00. **Ages:** 0 - 5 yrs.

Cost: £5 (book). **Dates:** 5 Jan - 9 Feb & 23 Feb - 23 Mar.

Rhythm Time

Watford Village Hall, Station Road, Watford,
Northampton, NN6 7UY. 07591 720345.
www.rhythmtime.net.

• **Baby Class:** 10:45 - 11:15.

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

Dates: 5 Jan - 23 Mar.

SENSORY & DEVELOPMENT

Baby Sensory Daventry & Rugby

Willoughby Park, Onley Grounds Equestrian
Complex, CV23 8AJ. www.babysensory.com.

• **Baby Sensory (0 - 6 mths):** 11:30 - 12:30.

• **Baby Sensory (7 - 13mths):** 13:15 - 14:15.

Cost: £8 (book). **Dates:** 5 Jan - 23 Mar.

PHYSICAL FUN

Little Kickers Northampton
Daventry & Rugby

Daventry Leisure Centre, Lodge Road, NN11 4FP.
01327 705915. www.littlekickers.co.uk.

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

• **Junior Kickers 2½ - 3½ yrs:** 10:10 - 10:55.

• **Mighty Kickers 3½ - 5yrs:** 11:05 - 11:50.

Cost: £7.49 (book). **Dates:** 5 Jan - 6 Apr

SWIMMING

Turtle Tots Daventry and Rugby

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

• **Turtle Tots:** 10:00 - 14:00. 30 min sessions

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

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

TUESDAY

PARENTS & TOTS

Brixworth Library

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

• **Explore a Story:** 10:00 - 10:30.

Interactive story time with activities

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

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

RHYTHM TIME

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for the under 5's

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- Coventry
- Bedworth
- West Northants

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Holy Cross Church

Holy Cross Church Daventry, 12 Abbey Court,
Daventry, NN11 4bp. 07369214054.

• **Baby and Toddler Group:** 9:00 - 10:30.

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

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

Long Buckby Little Rascals

Long Buckby Baptist Church, Market Place, NN6 7RR.
01327 842587. www.longbuckbybaptist.org.uk.

Times: 9:00 - 11:00. **Ages:** 0 - 5 yrs.

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

MUSIC & SIGNING

Daventry Library

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

• **Library Under 1's Fun:** 11:00 - 10:45.

Ages: 1 - 4 yrs. **Cost:** Free. **Dates:** 6 Jan - 24 Mar.

SENSORY & DEVELOPMENT

Baby Sensory Daventry & Rugby

Willoughby Park, Onley Grounds Equestrian
Complex, CV23 8AJ. www.babysensory.com.

• **Baby Sensory (7 - 13mths):** 9:45 - 10:45.

• **Baby Sensory (0 - 6 mths):** 11:30 - 12:30.

• **Baby Sensory (0 - 13mths):** 13:15 - 14:15.

Cost: £8 (book). **Dates:** 6 Jan - 24 Mar.

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www.turtletots.com



Rhythm Time

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

- **Toddler Class: 10:00 - 10:30. Ages: 1 - 3 yrs.**
- Cost: £7.01 (book). Dates: 6 Jan - 24 Mar.**

WEDNESDAY

SENSORY & DEVELOPMENT

Baby Sensory Daventry & Rugby

Willoughby Park, Onley Grounds Equestrian Complex, CV23 8AJ. www.babysensory.com.

- **Baby Sensory (0 - 13mths): 9:45 - 10:45.**
- **Baby Sensory (0 - 6 mths): 11:30 - 12:30.**
- **Baby Sensory (7 - 13mths): 13:15 - 14:15.**

Cost: £8 (book). Dates: 7 Jan - 25 Mar.

THURSDAY

PARENTS & TOTS

Brixworth Library

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

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

Session for babies to explore and learn through play

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

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

Byfield Baby & Toddler Group

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

Times: 10:00 - 11:30. Ages: 0 - 5 yrs.

Cost: £2 (drop in).

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

Welton Playgroup

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

- **Playgroup: 9:30 - 11:30.**

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

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

MUSIC & SIGNING

Boogie Beanies

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

Times: 10:00 - 11:00. Ages: 0 - 5 yrs.

Cost: £5 (book).

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

Buckby Library & Hub

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

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

Ages: 1 - 5 yrs. Cost: £1 (drop in).

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

Daventry Library

The Abbey Centre, St John's Square, NN11 4XG.

• **Preschool Play:** 9:30 - 11:00.

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

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

SENSORY & DEVELOPMENT

Baby Sensory Daventry & Rugby

Willoughby Park, Onley Grounds Equestrian Complex, CV23 8AJ. www.babysensory.com.

• **Baby Sensory (7 - 13mths):** 9:45 - 10:45.

• **Baby Sensory (0 - 6 mths):** 11:30 - 12:30.

• **Baby Sensory (0 - 13mths):** 13:15 - 14:15.

Cost: £8 (book). **Dates:** 8 Jan - 26 Mar.

SWIMMING

Turtle Tots Daventry and Rugby

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

• **Turtle Tots:** 11:00 - 14:00. 30 min sessions

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

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

FRIDAY

PARENTS & TOTS

Brixworth Library

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

• **Pre-School Play:** 10:00 - 11:00.

Ages: 1 mths - 4 yrs. **Cost:** Free (book).

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

Stay & Play

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

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

Cost: £1. **Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

Timken Tots

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

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

Cost: £1.50. **Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

Welford Babes and Tots

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

• **Welford Babes & Tots:** 9:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** £2 (drop in).

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

SWIMMING

Turtle Tots Daventry and Rugby

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

• **Turtle Tots:** 10:00 - 12:00. 30 min sessions

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

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

SATURDAY

MUSIC & SIGNING

Boogie Beanies

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

www.boogiebeanies.com.

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

Dates: 10 Jan, 24 Jan, 7 Feb, 7 Mar & 21 Mar.

DANCE & DRAMA

Krystle Jayne's Dance Academy

Brixworth Community Centre, Spratton Road, Brixworth, NN6 9DS. Krystle: 07791 852891.

www.krystlejayedanceacademy.co.uk.

• **Baby Ballet:** 10:00 - 10:30.

Ages: 2 yrs - 3 yrs 11 mths.

• **Pre-Primary Ballet & Tap:** 10:30 - 11:15.

Ages: 4 - 5 yrs.

• **Mini Movers Street Dance:** 11:15 - 11:45.

Combines cheer leading with street dance.

Ages: 1 - 3 yrs. **Cost:** £4 (book).

Dates: 10 Jan - 7 Feb & 28 Feb - 21 Mar.

HEALTH

Flourish360 - Flourish kids

Ecton Village Hall, 78A High Street, Ecton, NN6 0QB. 07850281390. flourish360.co.uk.

• **Seeds of New Beginnings:** 14:00 - 14:45.

Ages: 3 - 11 yrs. **Cost:** £9 (book). **Dates:** 10 Jan.

• **Love Grows Here:** 14:00 - 14:45.

Ages: 3 - 11 yrs. **Cost:** £10 (book). **Dates:** 7 Feb.

• **Blossoming with Mum:** 14:00 - 14:45.

Ages: 3 - 11 yrs. **Dates:** 14 Mar.

• **Easter trail and Popping pots:** 13:30 - 14:15.

Ages: 3 - 11 yrs. **Dates:** 11 Apr. **Cost:** £9 (book).

SWIMMING

Turtle Tots Daventry and Rugby

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

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

Ages: 3 mths - 4 yrs. **Cost:** £14 (book). **Dates:** 10 Jan - 7 Feb & 28 Feb - 21 Mar.

Turtle Tots Daventry and Rugby

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

• **Turtle Tots:** 10:00 - 14:00. 30 min sessions

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

Dates: 10 Jan - 7 Feb & 28 Feb - 21 Mar.



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PLAY & DISCOVER Answers

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SLEDGING
SWITCH UP



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

Baby Sensory™

Precious Early Learning for Babies



Our multi-award winning classes will introduce your baby (or babies) to a world of sensory delights, where you can relax, spend quality time with each other and enjoy meeting other new parents.

For **Daventry & Rugby** classes:

Call: Lauren on **07849777705**

Email: rugby@babysensory.co.uk

Classes: Monday to Thursday

Willoughby Park, Onley Grounds Equestrian Complex,
CV23 8AJ

For **Northampton** classes:

★ **Call:** Sarah on 07512 469881

Email: northampton@babysensory.co.uk

Classes: Daily, Monday to Friday

at The Baby Sensory Centre, Nobottle, NN7 4HD

Book directly



Book directly



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

www.babysensory.co.uk

