

Loving life with little ones

toddle **ab**out

N. Hampshire
& W. Berks

Jan - March 2025

Carrot Oat Bar
Recipe & Macrame
Craft Heart

MELTDOWNS VS TANTRUMS!

HOW TO RECOGNISE & HANDLE
YOUR CHILD'S MELTDOWNS

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Basingstoke and surrounding areas.

Sian Coles
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BETTER

WELCOME



TO THE NEW YEAR EDITION!

As the seasons shift and there is a nip in the air, Emily and I are beyond excited to share our second issue of Toddle About North Hampshire & West Berkshire! We've received such a warm welcome into the Toddle About family and have met so many amazing people along the way—learning so much in the process. It's been such a rewarding journey, and we can't wait to keep growing together with this incredible community.

Off the back of our successful networking event, we're excited to welcome new faces to our baby and toddler world. With our eyes set on bigger goals (*did someone say local baby show?*), 2025 is shaping up to be an exciting year for us.

We encourage you all to join us for the fun and exciting times ahead in North Hampshire & West Berkshire! Here's to more wonderful memories and opportunities in the months to come!

Help us plant a forest!

Plus, as part of our commitment to the environment, [we plant a tree for every new subscriber who signs up to Toddle About](#). Help us make a difference for the planet while discovering all the joy this season brings.

Subscribe today at toddle.fun/subscribe

Subscription is just £2 every 3 months and your **first issue is free!** Plus, you get other VIP perks such as exclusive giveaways and freebies. See our growing forest at www.ecologi.com/toddleabout.

Loving life with little ones,

Bill & Emily

OWNER/EDITORS

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

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Cover picture:

Thank you to Hampshire photographer **Sian Coles Photography** for this gorgeous cover photo. Find out more at: siancolesphotography.co.uk



MEET THE TEAM



Bill & Emily - Owner/Editors



Tim & Ruth - Franchisors

Call us on 07359162124 or email: bill@toddleabout.co.uk

- [f](#) ToddleAboutNorthHampshire&WestBerkshire
- [@toddleabout_nhants_wberks](#)

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Follow us for daily updates!





Top of the Drama Tots

Drama Tots has recently been awarded a What's on 4 Kids award for the 8th consecutive year. These awards recognise the children's activities sector and champion programmes that are making a significant impact on families in their relevant areas around the country. Drama Tots Basingstoke has been operating for over 7yrs now and offers weekly public classes in Old Basingstoke and Lychpit as well as Early Years sessions in settings around the area. Get in touch for information about their award winning programme.

Kate@dramatots.co.uk See P.28



FitMama Supports Local Mums

FitMama Creator, Marie Behenna has confirmed 2025 dates with Basingstoke & Deane Borough Council to bring maternity health care to mums who might not usually have access to these kind of classes.

Marie says "I am looking forward to working again with this health focused team who care as much as I do about helping mums be healthy and well, safely and with affordable access to classes. I can't wait to reveal more details when they are finalised. We aim to start late February 2024."

www.fitmamaonline.com See P.31



Networking Success at the Wellington Arms

The first Toddle About networking event at The Wellington Arms in Basingstoke was a hit, bringing local businesspeople together to connect, share tips, and exchange experiences. Guest speaker Dan Sagar provided valuable insights, making the session both inspiring and informative. With plans for future events already underway, this is the perfect opportunity to grow your network and learn from others in the community.

Find out about future events at www.toddle.club/TA-Networking See P.35

Building resilience in 2-7-year olds through song and rhyme.

Charlotte Anurukem is founder of Soul Splash Kids and author of "Oopsy Whoopsy Daisy" a new fun rhyming picture book to help young children cope positively with making mistakes. Combining her background in psychology and life coaching, her experience as a parent, and her expertise as a singer-songwriter, Charlotte offers interactive sessions in early years settings using her book along with engaging rhymes and fun songs! Her sessions are carefully designed to build confidence and resilience in young children and foster important values. **If you are an early years setting looking for wholesome, impactful sessions that nurture children's development in an enjoyable way then learn more about her offerings at soulsplash.co.uk See P.24**



Zumba Classes for Mums

Greta's Zumba classes are perfect for mums looking to get back in shape while enjoying some much-needed "me time." These fun, high-energy sessions combine dance and fitness, helping you feel stronger and more confident. With a welcoming atmosphere and routines tailored for all levels, it's an ideal way to recharge and connect with others.



Visit <https://www.zumba.com/en-US/p/greta-paloci/3193221> to find out more and book your place. See P.30



Newbury Christmas Heroes Shine

The Visit Newbury team celebrates the success of their first Newbury Christmas Heroes campaign, which saw hundreds

of heartfelt nominations from the community.

A total of 100 inspiring individuals, charities, and businesses were honoured with their names displayed on festive baubles adorning the Market Place Christmas Tree. Corn Exchange Newbury was named the Overall Winner for receiving the most nominations, highlighting its incredible impact.

Discover more about Newbury's community heroes at www.visitnewbury.org.uk See P.32

Kickstart the New Year with Tots Play

Where fun meets development! Suitable from birth to 4 years, our classes combine massage, yoga, music, sensory play, and more—all in one exciting session. These activities help your child develop important skills like coordination, communication, and social interaction while strengthening the bond between you.

With so much variety, Tots Play offers incredible value for money, making it perfect for families keeping an eye on their budget after Christmas. Give your child the best start this year while creating unforgettable memories!

www.totsplay.co.uk/basingstoke



Mobile Role Play Fun

Pop Up Play Village brings imaginative play to life for children aged 0–8 years. Themed zones like a café, vets, supermarket, art studio, and outdoor explorer area let little ones dive into exciting adventures. With props, costumes, and creative setups, children can learn, explore, and have endless fun. Designed by an early years expert, sessions nurture development in a safe, playful environment.

Find your nearest session or book for your parties and events at www.popupplayvillage.co.uk See P.17



Trusted Childcare Solutions

The Nanny Network offers professional childcare tailored to your family's needs. Whether you require a live-in nanny, temporary cover, or flexible support, their experienced team ensures peace of mind.

With a focus on safety and suitability, every nanny undergoes thorough vetting, including DBS checks and references. The Nanny Network takes the stress out of finding the perfect childcare solution, leaving you free to focus on what matters most.

Visit www.thenannynetwork.co.uk to learn more See P.24



Bill Joins the Confident Birth Masterclass

Bill from Toddle About joined Nicole's latest Confident Birth Masterclass, featured in our last edition. Ten expectant families left the session equipped with a toolbox of practical techniques to boost their confidence as they prepare to welcome their little ones. It was an empowering evening full of insights and support.

Don't miss out on the next Confident Birth Masterclass—coming this February! www.your-birth-story.com See P.11



TODDLE MODELS

Baby and Toddler Photo Competition Winner

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

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

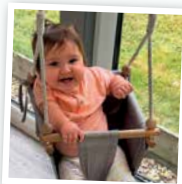
We received so many gorgeous entries - we hope you enjoy looking through them as much as we have and that this gives all our entrants a lovely keepsake.



Lottie, 11 months old

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www.OfficialLondonTheatre.com



Azaria, 1 year



Carter, 4 years



Paisley, 3 years



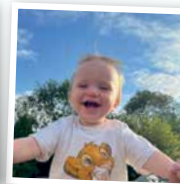
Farida, 3 years



Valentina, 2 years



Jazzy, 21 months



Jensen, 14 months



Chloe, 22 months



Flo and Aurora,
3 and 1 years



Stevie, 2 years



Rarley, 2 years



Athena and Aurelius,
4 weeks and 2 years



Teddy, 2 years



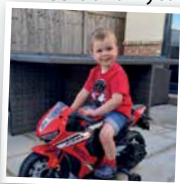
Isabelle, 23 months



Rupert, 3 years



Fraser, 4 years



Stanley, 4 years



Jeeva, 1 year



Zayden, 20 months



Florence, 6 years

TODDLE MODELS



WIN A £100 LITTLE STARTS GIFT CARD!

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

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

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

Find out more at www.littlestartsgiftcards.com.



HOW TO ENTER:

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

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

Enter by **Sun 2nd March 2025**.

WORTH £100



ENTER AT:

www.toddle.fun/toddlemodels

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

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Are you looking for an excellent pre-school for your child, where **“Children’s emotional well-being is fostered by staff who nurture children’s confidence and successfully support children to reach their next steps in their learning”**? – (Ofsted, 2020)

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Call Jo on **07598 588460** or email: manager@littleapples.org
Visit www.littleapples.org or search for our Facebook page!



Did you know...? You can choose any of our opening hours as EYE grant funded hours! whether your child is eligible for the universal funding of 15 hours per week age 3-4, 30 hours per week or the 15 hours per week 2 year old offer. Find out what funding you can access at www.gov.uk/get-childcare



Valentine's Day Craft

MACRAME HEART



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

YOU WILL NEED:

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

TUTORIAL:

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

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



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



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SPOTLIGHT ON...
POTS 2 PAINT

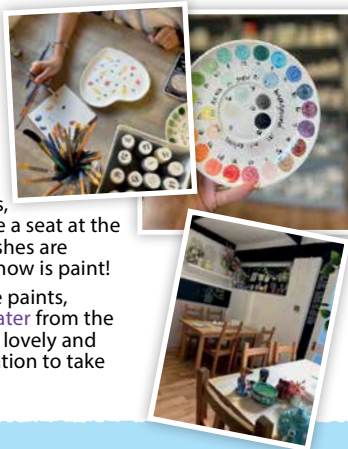


We've asked local blogger **Mama Around Town**, to share some of her favourite adventures and activities to try out with your little ones.

Pots 2 Paint is an art studio where you can paint your own ceramics. Any age can attend - to create adorable baby prints to beautiful art masterpieces! Open Thursday - Saturday 11am-3pm. The studio, although small is such a charming art space, showcasing lots of previously painted ceramics with pots, brushes and equipment all around the room. We went along to create some hand print gifts and they are just the cutest!

You can choose from the many different items displayed including plates, mugs, ornaments, coasters and so many more. Once greeted at the door, you can take a seat at the table before having a look at what you'd like to paint. Coloured paints and brushes are brought to your table but you can use sponges, stamps etc. All you have to do now is paint!

A deposit is required upfront when booking and the small studio fee covers the paints, glazes and equipment used. You'll be able to pick up the finished item a week later from the studio once it's been to the kiln. Stefany, who owns and runs Pots 2 Paint is just lovely and you can tell she has a lot of experience in her craft. Pots 2 Paint is the ideal location to take lots of different ages and to let your inner artist go wild!



INFO: **Opening Times:** Thursday - Saturday, 11am - 3pm. Deposit required
Place, Units 9 & 10, Viables Craft Centre, Basingstoke, RG22 4BJ Tel: 01256 355557 www.pots2paint.co.uk

Mama Around Town through her socials shares her adventures with her children and days out in and around Hampshire and Berkshire. Discover her world at [@mamaaroundtown](https://www.instagram.com/mamaaroundtown)

G
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Baby Hamper Competition

Care Packages and the Toddle About team have teamed up for a fantastic baby hamper giveaway!



toddleabout



To enter, simply like & follow both Care Packages & Toddle About on Instagram, using the QR codes below! Entries close March 1st 2025. The winner will be picked at random & announced mid-March.



To view other products please visit
www.care-package.co.uk



Follow us for daily updates!



EMPOWERED BIRTH AFTER A CHALLENGING JOURNEY

Anna and Dalmain's Story

by Nicole, Doula at Your Birth Story



Bringing a baby into the world is always a profound journey, and for Anna and Dalmain, that journey was extraordinary. After fertility challenges, IVF, and a high-risk pregnancy with identical triplets (with odds that vary from one in 60,000 to one in 200 million pregnancies) complicated by Twin-to-Twin Transfusion Syndrome (TTTS), they welcomed their babies via planned cesarean. I had the privilege of supporting them as their Doula, a truly once in a lifetime opportunity for any doula and their story shows the power of informed choice and compassionate care.

Nicole: What made you decide to have a doula?

Anna: Honestly, I hadn't even heard of doulas until I was researching ways to make our birth experience more positive. After everything we went through—IVF, the complications of TTTS, and the uncertainty of a high-risk pregnancy with triplets—I just felt like so much had been out of my control. I wanted to change that for the birth.

Nicole: How did you choose your Doula?

Anna: Our journey was so medical so I wanted to approach birth with a more personal feeling. So we were looking for someone who could focus on what we wanted to feel whilst also understanding the science and help us understand our choices so that was the main thing we looked for when searching
Dalmain: You explained things in a way that made sense without being overwhelming. It wasn't about telling us what to do; it was about empowering us to decide for ourselves.

Nicole: How did having a doula impact your planned cesarean?

Anna: It transformed the experience. It helped us

personalise the process—asking for skin-to-skin contact, delayed cord clamping, and even creating a calm atmosphere in the operating room. It made it feel like our birth, not just a medical procedure.

Dalmain: We felt supported and prepared, not like we were just going through the motions.

Nicole: What about postpartum, especially with three babies in the NICU?

Anna: It was invaluable. I remember sitting in the NICU, listening to other parents who felt lost or overwhelmed. I felt like I had this secret superpower because I knew the right questions to ask, whether it was about feeding, care plans, or bonding with the babies. That confidence came from our work together during pregnancy.

Dalmain: You also helped build a good relationship with the nurses and midwives, which made us feel like we were getting exceptional care.

Nicole: What advice would you give to parents considering a doula for a planned cesarean or who have experienced IVF?

Anna: Do it. Even if you think, "I'm having a cesarean; I don't need a doula," there's so much a doula can do to support you. It's about making the experience yours and feeling confident in your choices.

Dalmain: It's not just about the birth—it's about the whole experience. Having someone who's seen it all before is invaluable.

Anna and Dalmain's story shows that even after a challenging fertility and pregnancy journey or a planned cesarean, you can have an empowering and deeply personal birth. As a doula, I can help you feel confident, informed, and supported through every step of your birth story.



Nicole Bryan is an accredited Hypnobirthing and Antenatal Expert, and Founder of Your Birth Story. For more empowering tips on your birth journey, follow @yourbirthstorybynicole on Instagram or find out more at your-birth-story.com





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your little one and your mum bracelet also comes with an adjustable clasp. Inspired by little one's love of jewellery, these bracelets are a lovely addition to your own jewellery collection. Made with dainty, natural gemstones, you can choose from your desired birth month.

www.katiemariere creations.co.uk



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www.colief.com



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www.berryuseful.co.uk



WORRY YUMMY LUNA, FROM £3.99

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www.worryyummy.co.uk

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A pair of gloves or mittens
Can you find ones with patterns?



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Is it on a window, a toy, or in a book?



A fallen leaf
Is it soft or crunchy?



A brown bird
Is it on the ground or flying high?



An animal print
Look carefully, what animal might it be?



A stick shaped like a letter
Which letter will you find?



A pinecone or conker
It might be hiding under a tree.



A puddle to splash in
Don't forget your wellies!



A rainbow
Check after rain or in bubbles!



Use Your Senses:



Something that feels cold
Ice, snow, or even a chilly window!



Something that feels soft
Maybe a cosy blanket or a teddy.



A wintery smell
Pine trees, a candle or baking!



A shadow
One made by you, a tree, or a toy!



A happy sound
Laughter, music, or a story being read!



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FOOD

HYPERSENSITIVITY

WHAT EVERY PARENT NEEDS TO KNOW ABOUT FOOD ALLERGIES & INTOLERANCES

by Dr. Uche Okorji-Obike



One of the joys of parenting is watching your little one grow and progress through different developmental stages. Among these milestones, introducing solid foods is a particularly exciting time for the whole family. It marks the beginning of your child joining the tradition of shared family meals. For many parents, it's a thrill to imagine their little one enjoying the same meals as they grow and the weaning process progresses.

As exciting as this stage can be, it's natural for parents to have questions or feel daunted, especially when introducing foods known to trigger reactions. These reactions fall under the umbrella term "food hypersensitivity." In this article, I will explore food hypersensitivity, its types, common triggers, symptoms, diagnosis, and common mistakes parents make. I'll also share tips for parents navigating this journey.

WHAT IS FOOD HYPERSENSITIVITY?

Food hypersensitivity refers to an abnormal reaction to food and can be classified into two main types:

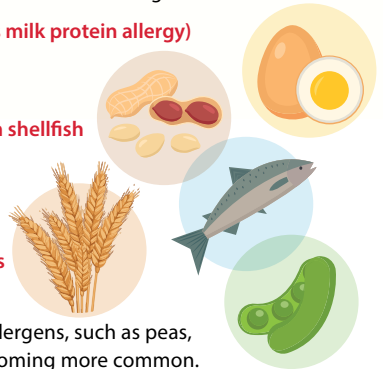
- Food Allergy
- Food Intolerance

While the terms "food allergy" and "food intolerance" are often used interchangeably, they are distinct. A food allergy involves the immune system reacting to a particular food. These reactions can range from mild to severe. Food intolerance, on the other hand, occurs when the body struggles to digest certain foods and does not involve the immune system.

COMMON FOOD ALLERGIES

The most common food allergies include:

- Milk (cow's milk protein allergy)
- Eggs
- Fish
- Crustacean shellfish
- Peanuts
- Tree nuts
- Wheat
- Soya beans
- Sesame



Emerging allergens, such as peas, are also becoming more common.

COMMON FOOD INTOLERANCES

- **Lactose intolerance:** Where the body cannot digest lactose sugar found in milk and dairy. This is the most prevalent form of food intolerance.
- **Gluten:** Found in wheat, rye, and barley
- **Salicylates:** Present in certain fruits, vegetables, herbs, and spices
- **Monosodium Glutamate (MSG):** Found in ripened fruits and cured meats
- **Histamine:** Found in cheese

Processed foods may also trigger intolerances, including additives like caffeine and sulphites, commonly found in drinks and preserved dried fruits.

IDENTIFYING FOOD HYPERSENSITIVITY

Recognising food hypersensitivity can be challenging as symptoms often overlap between allergies and intolerances. Here's a breakdown of common symptoms:

- **Food Allergy Symptoms:** Itchy skin, hives, tummy pain, diarrhoea, nausea or vomiting, dizziness, swelling of the lips, eyes, or face, wheezing, breathlessness, and sneezing.
- **Food Intolerance Symptoms:** Bloating, tummy pain, diarrhoea, and excessive gas.

A trained healthcare professional can distinguish between allergies and intolerances, ensuring your child receives the appropriate care.

DIAGNOSING FOOD HYPERSENSITIVITY

Diagnosis begins with a detailed history and physical examination by a healthcare professional. Depending on the findings, further tests may include:

- **For Food Allergies:** Skin-prick tests, blood tests, or a special elimination diet.
- **For Food Intolerances:** Breath tests (for lactose intolerance), blood tests, or an elimination diet.

Post-diagnosis, a multidisciplinary medical team may be required. This could include a paediatric dietitian, allergist, specialist nurse, or other experts to provide tailored support.

AVOIDING COMMON PITFALLS

Parents often make two key mistakes when dealing with suspected food hypersensitivity:

- **Self-Diagnosis:** It's natural to remove a food item you suspect is causing a reaction, but this may not always be in the child's best interest. A holistic, patient-centred approach is essential for accurate diagnosis and effective management.
- **Relying on Home Test Kits:** Allergy test kits can produce false positives or negatives, and interpreting results without professional guidance may harm the child. Trained professionals consider test results alongside medical history and observations for accurate conclusions.

*Dr. Okorji-Obike is a mother, scientist, and author specialising in inflammation, the underlying mechanism of allergies. Inspired by her daughter's experiences with eczema and allergies, she founded **Tots2Teens Allergies** to support families navigating food hypersensitivity. For more information on food allergies, you can find her book, **Thrive Allergy Free: Journey to a Life Unlimited by Food Allergies**, available on Amazon and in bookstores.*

To learn more about the C.L.E.A.R Framework, visit www.tots2teensallergies.com/clearframework.

Disclaimer: This article is for educational purposes only and is not intended as medical advice. If you suspect your child has a food hypersensitivity, please consult a healthcare professional for diagnosis and treatment.

Removing a suspected food allergen without proper diagnosis can deprive a child of essential nutrients. For example, misdiagnosing lactose intolerance as a milk allergy might lead to unnecessary dietary restrictions. In collaboration with a healthcare professional, parents can ensure their child receives all the nutrients needed for growth and development.

TREATMENT & MANAGEMENT

Treatment options depend on the type and severity of the hypersensitivity. For instance:

- **Allergies:** Cow's milk protein or egg allergies may require temporary elimination followed by reintroduction. Peanut allergies may benefit from oral immunotherapy, which can help desensitise children if they are eligible for this treatment.
- **Intolerances:** Lactose intolerance can be managed with lactose-free alternatives.

It's important to remember that treatment plans vary for each child and should be guided by a healthcare professional.

SUPPORTING DIAGNOSIS & MANAGEMENT

As a parent, you play a vital role in facilitating your child's diagnosis and management. Your observations and insights can greatly assist healthcare professionals in identifying triggers and crafting effective treatment plans.

To help parents navigate this journey, I've developed the C.L.E.A.R Framework:

1. **COMMUNICATION:** Open, clear communication with healthcare professionals is critical for accurate diagnosis and effective management. As parents spend the most time with their children, their observations are invaluable.
2. **LOGICAL APPROACH:** Be systematic in documenting and reporting your child's symptoms and reactions.
3. **EVIDENCE:** Keep a detailed record of your child's symptoms, triggers, and dietary changes.
4. **ACCOUNTABILITY:** Follow through on medical advice and ensure consistency in your approach.
5. **RESOLUTION:** Work collaboratively with healthcare providers to find solutions that support your child's well-being.



VIP CLUB READER REVIEW:

MYFIRST CAMERA 3



Written by Sophie Healy, Toddle About Subscriber

The MyFirst Camera 3 is a 16MP digital camera for kids, featuring a selfie lens, Full HD video recording, and a protective sleeve. Choose from Chill Giraffe, Cool Dinosaur, or Cute Kitten designs. Perfect for ages 5-13. £89 from uk.myfirst.tech.

If your little one loves grabbing your phone to take blurry photos, the myFirst Camera 3 is a perfect alternative to channel their creativity. Specifically designed for young kids, it fits smaller hands and features simple menu navigation.

We got this camera for our 5-year-old, who loves taking photos. He was thrilled to have his own camera. The silicone case keeps it safe, and the strap lets him wear it around his neck, reducing the worry of drops. He quickly learned to use the buttons and loved the large screen to view his photos and show them off. The selfie lens and the ability to take both photos and videos were big hits. The quality is

impressive for a child's camera.

We plan to get another one for our other child for Christmas since they both enjoy it so much! With three different designs and colours, there's something for everyone.

The myFirst Camera 3 is perfect for budding photographers, giving them independence without risking your own phone or camera. Its lenses allow detailed close-ups and long-distance shots. Be ready to be photographed often though - my son wants to take his camera everywhere with him!

5 stars from us!



Review has been edited.



Sophie and her son were given this product as a freebie for writing this review. Subscribe to Toddle About and you can do the same! Discover the products up for grabs right now at www.toddle.fun/vip-reviews



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info@fitmamaonline.com
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All trials are subject to availability.



CARROT OAT BARS



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

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

INGREDIENTS

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

COOKING INSTRUCTIONS

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



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



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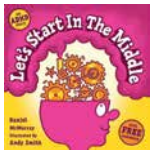


WHEREVER YOU GO, MY LOVE WILL FOLLOW

BY BIRGITTA SIF
FOR 5-7 YEARS

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

Cost: £16.99. www.magiccatpublishing.co.uk



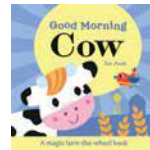
LET'S START IN THE MIDDLE

BY DANIEL MCMURRAY
FOR 5-7 YEARS

A dynamic and engaging picture book about living with ADHD!

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

Cost: £7.99. www.sweetcherrypublishing.com



GOOD MORNING, COW

BY ROB ABBOTT
FOR 1+ YEARS

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

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

Cost: £7.99. www.twowindmills.com

JACOB'S MUSIC BY KATIE THOMAS

FOR 4-7 YEARS

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

Cost: £6.99. Buy from www.wackybeebooks.com



READY EDDIE GO! THE BIRTHDAY PARTY

BY NIKKI SAUNDERS. FOR 5-8 YEARS

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

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



ARTY MOUSE COLOURING

BY ROBYN GALE
FOR 3-6 YEARS

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

Cost: £6.99. www.geminibooks.com



5-MINUTE SWEET DREAMS STORIES

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

Cost: £9.99. www.twowindmills.com



FIVE STEPS TO BED

BY CLAIRE POTTER
FOR 3-5 YEARS

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

Cost: £7.99. www.bloomsbury.com/uk



COLOURS OF HOME

BY MIRIAM LATIMER
FOR 3-5 YEARS

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

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Meltdowns VS Tantrums

HOW TO RECOGNISE AND HANDLE YOUR CHILD'S MELTDOWNS

by Laura Dumbleton-Jones



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

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

UNDERSTANDING MELTDOWNS vs TANTRUMS:

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

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

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

SPOTTING THE SIGNS:

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

Physical: Increased hunger, thirst, fatigue

Behavioural: Clinginess, withdrawal, irritability

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

CALMING A MELTDOWN:

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

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

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

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

AFTER THE MELTDOWN:

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

REMEMBER:

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

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



Laura Dumbleton-Jones is the co-founder of *Happy Confident Kids*. For more tips and advice, and to learn about their Meltdown Masterclass, visit happyconfidentkids.com

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

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<https://www.nationaltrust.org.uk/visit/gardens-parks/where-to-see-snowdrops>

Cost: Free with Membership

FEB
2

THE LITTLEST YAK

Corn Exchange Newbury, 12pm & 3pm

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Market Place, Newbury RG14 5BD

cornexchangeneu.com/events/the-littlest-yak

Cost: From £12.25

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15

PREGNANCY WELLBEING RETREAT

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your-birth-story.com/event-details/pregnancy-wellbeing-retreat

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Watercress Line, Alresford, from 10:30

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The Railway Station, Alresford, SO24 9JG

watercressline.co.uk/special-days

Cost: From £12, 4s and under free

FEB
17

THREE LITTLE PIG TAILS

Shaw House, 12pm & 3pm

A fabulous new version of the classic story. A funny, and interactive tale to make you squeal with laughter, bristling with puppets and live music.

Church Road, Newbury RG14 2DR

booking.westberks.gov.uk/heritage_events

Cost: From £7

MAR
30

MOTHERS DAY LUNCH

The Wellington Arms, 12pm - 4pm

Celebrate Mother's Day with a delicious Sunday lunch at The Wellington Arms in Hampshire. Enjoy locally sourced dishes in a cosy setting, perfect for family gatherings.

Stratfield Turgis, Basingstoke RG27 0AS

www.wellingtonarmshampshire.co.uk

MAR
30

MOTHERS DAY LUNCH

The Old Boot, 12pm - 4pm

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Stanford Dingley, Reading RG7 6LT

oldbootinnstanforddingley.co.uk



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Your local 'What's On Guide' for families with bumps - 5s in North Hampshire & West Berks.

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PARENTS & TOTS

Christ Church

Christ Church, Chineham, Basingstoke, RG24 8LT. 01256 474280. www.christchurchchineham.org.uk.

- **Sparklers:** 10:00 - 11:30.

Cost: £1.50 (*must book*). **Dates:** 13 Jan - 10 Feb & 24 Feb - 24 Mar.

Oakley with wootton

St Leonard's Centre, Rectory Road, Oakley, RG23 7ED. 01256 782724. www.oakleywithwootton.org.uk.

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

Cost: Free (*drop in*). **Dates:** 13 Jan - 24 Mar.

Pamber Heath Gospel Hall

Gospel Hall, 19 Pamber Heath Rd, Tadley, RG26 3XH. pamberheath-gospelhall.co.uk.

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

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

The Salvation Army

Salvation Army - Tadley, 6 Mulford's Hill, Tadley, RG26 3LJ. +44 20 7367 4500. www.salvationarmy.org.uk.

- **Stay and Play - Tadley:** 10:00 - 11:30. **Ages:** 0 - 4 yrs.

Cost: £1.50 (*drop in*). **Dates:** 13 Jan - 10 Feb & 24 Feb - 24 Mar.

DANCE & DRAMA

Drama Tots Basingstoke

St Mary's Church Room, The Street, Old Basing, Basingstoke, RG24 7BW. 07803 046549. www.dramatots.co.uk.

- **Rising Stars:** 9:30 - 10:10. Toddler class **Ages:** 1.5 yrs - 3 yrs.
- **Bright Stars:** 10:30 - 11:15. Preschooler class **Ages:** 3 - 5 yrs.

Cost: £7.50 (*must book*). **Dates:** 13 Jan - 10 Feb, 24 Feb - 24 Mar

PHYSICAL FUN

CurveBall Coaching

The Priory School, Pamber End, Tadley, RG26 5QD. 07939 972436. www.curveballcoaching.co.uk.

- **The Priory Afterschool Fitness:** 15:30 - 16:30.

Cost: £6.50 (*must book*). **Dates:** 13 Jan - 10 Feb, 24 Feb - 24 Mar

Tots Play Basingstoke

Sherfield Park Community Centre, Sunwood Drive, Sherfield Park, RG27 0FP. 07843479359. www.totsplay.co.uk.

- **Action Tots:** 9:45 - 10:30. **Ages:** 2.5 yrs - 4 yrs.
- **Social Tots:** 10:40 - 11:20. **Ages:** 8 mths - 2.5 yrs.
- **Discovery Tots:** 11:35 - 12:15. **Ages:** 2 - 9 mths.

Cost: £8.50 (*drop in*). **Dates:** 13 - 27 Jan, 10 Feb - 24 Mar.

- **Baby Tranquil 5 week Course:** 12:30 - 13:30. **Ages:** 0 - 4 mths.

Cost: £59 per course (*must book*). **Dates:** 13 Jan - 27 Jan & 10 Feb.

Tumble Tots Basingstoke

North Warnborough Village Hall, Priors Corner, Dunley's Hill, North Warnborough, RG29 1EA. 07368 500820. www.tumbletots.com.

- **2 - 3 Years:** 9:30 - 10:15.
- **Confidently Walking to 2 years:** 10:30 - 11:15.
- **6 months to walking class:** 11:30 - 12:15.
- **3 years to school age:** 12:35 - 13:20.

Cost: £9.25 (*must book*).

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

HEALTH & WELLNESS

ZumbaBee

The Vyne School, Vyne Rd, Basingstoke, RG21 5PB. 07849 666425 www.zumba.com/p/Debbie-Taylor/3087906

- **Zumba Fitness Class:** 19:15 - 20:15.

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

SWIMMING

Basingstoke Sports Centre

Basingstoke Sports Centre, Festival Place, Basingstoke, RG21 7LE. 01256 326331. www.better.org.uk.

- **Pre School:** 11:00 - 12:00. Preschoolers' swimming skills

must book. Dates: 13 Jan - 24 Mar.

LIBRARY

Basingstoke Discovery Centre

Festival Place, Basingstoke, RG21 7LS. www.hants.gov.uk.

- **Stay and Play at Basingstoke:** 10:30 - 11:30.

Stay and play session **Ages:** 0 - 5 yrs.

- **Parent Meet and Connect:** 11:30 - 12:30.

Parent sensory activities **Ages:** 0 - 2 yrs.

Cost: Free (*must book*). **Dates:** 13 Jan - 24 Mar.





PHYSICAL FUN

CurveBall Coaching

The Priory School, Pamber End, Tadley, RG26 5QD. 07939 972436. www.curveballcoaching.co.uk.

- **The Priory after school Tag Rugby R-Y3:** 15:20 - 16:20.
- **The Priory after school Tag Rugby Y4-Y6:** 15:20 - 16:20.

Cost: £6.50 (*must book*). **Dates:** 14 Jan - 11 Feb & 25 Feb - 25 Mar.

TumbleTots Basingstoke

Sycamore Centre - Ashwood Hall, Sycamore Way, Basingstoke, RG23 8AB. 07368 500820. www.tumbletots.com.

- **Confidently Walking to 2 years:** 9:30 - 10:15.
- **2 - 3 Years:** 10:30 - 11:15.
- **6 months to walking class:** 11:30 - 12:15.
- **3 years to school age:** 12:35 - 13:20.

Cost: £9.25 (*must book*). **Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

HEALTH & WELLNESS

FitMama™

Studio 41, Ground Floor, BMS House, Stroudley Rd, Basingstoke, RG24 8FW. 07753 668843. www.fitmamaonline.com.

- **Pregnancy Class:** 18:30 - 19:15.

Cost: £50 for 6 week course (*must book*). **Dates:** Jan - Mar.

Zumba with Greta

Rucstall Community Centre, Basingstoke, Hampshire, RG21 3QN. 07497 091372. www.zumba.com/en-US/p/greta-paloci/3193221

- **Zumba Class:** 20:00 - 21:00.

Cost: £7 (*must book*). **Dates:** Jan - Mar

ZumbaBee

Fitter Bodies Ladies Basingstoke, Roentgen Rd, Basingstoke RG24 8NT. 07849 666425 www.zumba.com/p/Debbie-Taylor/3087906

- **Fitter Body Ladies (members only):** 18:20 - 19:20

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

Sherfield Park Community Centre, Sherfield on Loddon, RG27 0FP. 07849 666425 www.zumba.com/p/Debbie-Taylor/3087906

- **Zumba Fitness Class:** 20:00 - 21:00.

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

SWIMMING

Basingstoke Sports Centre

Basingstoke Sports Centre, Festival Place, Basingstoke, RG21 7LE. 01256 326331. www.better.org.uk.

- **Dippers:** 9:30 - 10:00. Baby water fun with parents
- **Splashes:** 10:00 - 10:30. Toddler water fun with parents
- **Paddlers:** 10:30 - 11:00 & 11:00 - 11:30. Toddlers' swimming basics
- **Pre School:** 11:30 - 12:30. Preschoolers' swimming skills

Booking Required. **Dates:** 7 Jan - 25 Mar.

LIBRARY

Alton Library

Alton Library, Vicarage Hill, Alton, GU34 1HT. www.hants.gov.uk.

- **Storytime at Alton Library:** 10:30 - 11:00. **Ages:** 0 - 5 yrs.
- **Chat About at Alton Library:** 14:00 - 15:30.

Weekly chat meet friends

Cost: Free (*must book*). **Dates:** 7 Jan - 25 Mar.

Basingstoke Discovery Centre

Festival Place, Basingstoke, RG21 7LS. www.hants.gov.uk.

- **Baby Rhymetime at Basingstoke:** 10:30 - 11:00.

Cost: £1 (*must book*). **Dates:** 7 Jan - 25 Mar.

Chineham Library

Chineham District Centre, Basingstoke, RG24 8BQ. hants.gov.uk.

- **Storytime at Chineham:** 10:30 - 11:00. **Ages:** 3 - 5 yrs
- **Construction Club at Chineham:** 15:15 - 16:45.

Lego and Duplo building fun **Ages:** 5 - 12 yrs.

Cost: Free (*must book*). **Dates:** 7 Jan - 25 Mar.

OTHER

The Roger Morris Community Centre

The Roger Morris Centre, Eastrop Way, Basingstoke, RG21 4QE. 01256 473634. www.viables.org.uk.

- **Tiny Town - roll play village (walking-5):** 9:30 - 10:30.

Cost: £4 (*must book*). **Dates:** 13 Jan - 24 Mar.

TUESDAY

PARENTS & TOTS

Lychpit Village Hall

Great Binfields Rd, Lychpit, Basingstoke, RG24 8TF.

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

Cost: £3 (*must book*). **Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

Melrose Community Association

Melrose Community Hall, Abbey Road, Popley, Basingstoke, RG24 9EF. 01256 420676. www.melrosecommunityassociation.co.uk.

- **Popple Little People:** 9:30 - 12:15.

Cost: £2.50 (*drop in*). **Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

Oakley with wootton

St Leonard's Centre, Rectory Road, Oakley, RG23 7ED.

01256 782724. www.oakleywithwootton.org.uk.

- **New Life:** 10:00 - 11:30.

Ages: 0 - 1 yrs. **Cost:** Free (*drop in*). **Dates:** 7 Jan - 25 Mar.

Sherfield Park Community Centre

Sherfield Park Community Centre, Sunwood Dr, Sherfield on

Loddon, RG27 0FP. 01256 883 967. sherfieldparkcommunity.co.uk.

- **Sherfield 0-5's:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.

Cost: £2.50 (*must book*). **Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

St Mary's Basingstoke

St Mary's Church, Goat Ln, Basingstoke, RG21 7PZ.

01256 464249. stmarys-basingstoke.org.uk.

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

Cost: £2.50 (*must book*). **Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

Treasure Island Parent and Toddler Group

Popley Fields Community Centre, Carpenters Down, Popley Way,

Basingstoke, RG249AE. +44 1256 414014. www.facebook.com.

Times: 9:30 - 11:00. **Ages:** 0 - 5 yrs.

Cost: £2 (*drop in*). **Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

CREATIVE

Little Learners Basingstoke

The Riverdene, Windrush Close, Basingstoke, RG21 4BY. 07900496335. littlearnersuk.com.

- **Little Learners (Riverdene):** 11:00 - 12:00.

Messy Play Classes **Ages:** 5 mths - 5 yrs.

Cost: £8.95 (*must book*). **Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

OTHER

Viables Community Centre

Viables Community Centre, The Harrow Way, Basingstoke, RG22 4BJ. 01256 473634. www.viables.org.uk.

- **Barn Tots:** 10:00 - 11:45.
- **Cost:** £2 (must book). **Dates:** 7 Jan - 25 Mar.

The Roger Morris Community Centre

The Roger Morris Centre, Eastrop Way, Basingstoke, RG21 4QE. 01256 473634. www.viables.org.uk.

- **Premature Babies Parents Support Group:** 11:15 - 12:15.
- **Cost:** £1.50 (must book). **Dates:** 7 Jan - 25 Mar.

WEDNESDAY

PARENTS & TOTS

Hatch Warren Community Centre

Hatch Warren Community Centre, (lounge room), Long Cross Ln, Basingstoke, RG22 4XF. 01256 811262. www.hatchwarren.org.

- **Warren Tots Pre-Play Sessions:** 10:00 - 11:30. **Ages:** 0 - 4 yrs.
- **Cost:** £3.50 (must book). **Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

Melrose Community Association

Melrose Community Hall, Abbey Road, Popley, Basingstoke, RG24 9EF. 01256 420676. www.melrosecommunityassociation.co.uk.

- **Popley Little People:** 9:30 - 12:15.
- **Cost:** £2.50 (drop in). **Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

PHYSICAL FUN

CurveBall Coaching

The Priory School, Pamber End, Tadley, RG26 5QD. 07939 972436. www.curveballcoaching.co.uk.

- **The Priory Basket ball and Netball:** 15:30 - 16:30.
- **Cost:** £6.50 (must book). **Dates:** 15 Jan - 12 Feb, 26 Feb - 26 Mar

Tots Play Basingstoke

Chineham Village Hall, Thornhill Way, Chineham, RG24 8YE. 07843479359. www.totsplay.co.uk.

- **Action Tots:** 9:45 - 10:30. **Ages:** 2.5 yrs - 4 yrs. **Cost:** £8.50
- **Social Tots:** 10:40 - 11:20. **Ages:** 8 mths - 2.5 yrs. **Cost:** Free
- **Discovery Tots:** 11:35 - 12:15. **Ages:** 2 - 9 mths. **Cost:** £8.50
- **Dates:** 8 Jan - 26 Mar. (must book for all)
- **Baby Development 6 week Course:** 12:30 - 13:30.
- A Strong Foundation for Your Baby's Growth and Development **Ages:** 0 - 6 mths. **Cost:** £69 per course (must book).
- **Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

Tumble Tots Basingstoke

Sycamore Centre - Ashwood Hall, Sycamore Way, Basingstoke, RG23 8AB. 07368 500820. www.tumbletots.com.

- **Confidently Walking to 2 years:** 9:30 - 10:15 & 12:35 - 13:20.
- **2 - 3 Years:** 10:30 - 11:15.
- **3 years to school age:** 11:30 - 12:15.
- **Cost:** £9.25 (must book). **Dates:** 8 Jan - 12 Feb & 26 Feb - 26 Mar.

SWIMMING

Basingstoke Sports Centre

Basingstoke Sports Centre, Festival Place, Basingstoke, RG21 7LE. 01256 326331. www.better.org.uk.

- **Dippers:** 10:00 - 10:30. Baby water fun with parents
- **Splashers:** 9:30 - 10:00 & 10:30 - 11:00. Toddler water fun with parents
- **Paddlers:** 11:00 - 11:30. Toddlers' swimming basics
- **Pre School:** 11:30 - 12:00, 12:00 - 12:30 & 15:30 - 16:00
- Preschoolers' swimming skills
- **Cost:** (must book). **Dates:** 8 Jan - 26 Mar.



Join from 6 Months...

Climb, jump, balance and roll!

...up to School Age!

07368 500 820
basingstoke@tumbletots.com
www.tumbletots.com/basingstoke

LIBRARY

Basingstoke Discovery Centre

Festival Place, Basingstoke, RG21 7LS. www.hants.gov.uk.

- **Rhymetime at Basingstoke:** 10:30 - 11:00.
- Rhymes songs and actions **Ages:** 0 - 5 yrs.
- **Cost:** £1 (must book). **Dates:** 8 Jan - 26 Mar.

OTHER

The Roger Morris Community Centre

The Roger Morris Centre, Eastrop Way, Basingstoke, RG21 4QE. 01256 473634. www.viables.org.uk.

- **Boogie Babies (Walking to 5 years):** 9:30 - 10:30.
- **Cost:** £3 (must book).
- **Weigh and play:** 9:30 - 11:00.
- **Cost:** Free (must book). **Dates:** 8 Jan - 26 Mar.

THURSDAY

PARENTS & TOTS

Christ Church

Christ Church, Chineham, Basingstoke, RG24 8LT. 01256 474280. www.christchurchchineham.org.uk.

- **Sparklers:** 10:00 - 11:30.
- **Cost:** £1.50 (must book). **Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

Melrose Community Association

Melrose Community Hall, Abbey Road, Popley, Basingstoke, RG24 9EF. 01256 420676. www.melrosecommunityassociation.co.uk.

- **Popley Little People:** 9:30 - 12:15.
- **Cost:** £2.50 (drop in). **Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

Oakley with wootton

St Leonard's Centre, Rectory Road, Oakley, RG23 7ED. 01256 782724. www.oakleywithwootton.org.uk.

- **Quackers:** 10:00 - 11:30.
- **Ages:** 0 - 3 yrs. **Cost:** Free (drop in). **Dates:** 9 Jan - 27 Mar.

Sycamore Community Halls

Sycamore Halls Community Centre, Sycamore Way, Basingstoke, RG23 8AB. +44 1256 474660. sycamorehalls.co.uk.

- **Munchkins:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.
- **Cost:** £1.50 (must book). **Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

DANCE & DRAMA

Drama Tots Basingstoke

Lychpit Hall, Great Binfields Road, Lychpit, Basingstoke, RG24 8TF. 07803 046549. www.dramatots.co.uk.

- **Rising Stars:** 9:30 - 10:10. Fun class for toddlers
- **Ages:** 1.5 yrs - 3 yrs.
- **Bright Stars:** 10:30 - 11:15. Preschooler class **Ages:** 3 - 5 yrs.
- **Cost:** £7.50 (must book). **Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.



ZUMBA
with
GRETA

📍 Zumba with Greta
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📞 07497991372

From baby steps to zumba steps.
Rediscover YOU with high-energy zumba
classes led by Greta, passionate zumba
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Fun. Confidence. Friendship. Better health. A mood boost & Self Love



PHYSICAL FUN

CurveBall Coaching

The Priory School, Pamber End, Tadley, RG26 5QD. 07939 972436. www.curveballcoaching.co.uk.

- **The Priory after-school Hockey R-Y3:** 15:30 - 16:30.
- **The Priory after-school Hockey Y4-Y6:** 15:30 - 16:30.

Cost: £6.50 (must book). **Dates:** 16 Jan - 13 Feb & 27 Feb - 27 Mar.

Tots Play Basingstoke

Sherborne St John Village Hall, Kiln Road, Sherbourne St John Road, Basingstoke, RG24 9HR. 07843479359. www.totsplay.co.uk.

- **Family Tots:** 10:35 - 11:15. **Ages:** 2 mths - 2 yrs 9 mths.

A multi-activity, developmental play session

- **Discovery Tots:** 10:35 - 11:15. **Ages:** 2 - 9 mths.

Cost: £8.50 (drop in). **Dates:** 9 Jan - 27 Mar.

- **Baby Development 6 week Course:** 11:30 - 12:30

A Strong Foundation for Your Baby's Growth and Development

Ages: 0 - 6 mths. **Cost:** £69 (must book). **Dates:** 9 Jan.

Tumble Tots Basingstoke

Victoria Halls, West Green Road, Hartley Wintney, RG27 8RQ. 07368 500820. www.tumbletots.com.

- **3 years to school age:** 9:30 - 10:15.
- **Confidently Walking to 2 years:** 10:35 - 11:20.
- **2 - 3 Years:** 11:35 - 12:20.
- **6 months to walking:** 12:35 - 13:20.

Cost: £9.25 (must book). **Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

HEALTH & WELLNESS

FitMama™

Studio 41, Ground Floor, BMS House, Stroudley Rd, Basingstoke, RG24 8FW. 07753 668843. www.fitmamaonline.com.

- **Postnatal Class:** 10:15 - 11:00.

Cost: £50 for 6 week course (must book). **Dates:** Jan - Mar

Zumba with Greta

Chineham Christ Church, Reading Rd, Chineham, RG24 8LT. 07497 091372. www.zumba.com/en-US/p/greta-paloci/3193221

- **Zumba Class:** 18:40 - 19:40

Cost: £7 (must book). **Dates:** Jan - Mar

ZumbaBee

Carnival Hall, Basingstoke Hindu Society, Basinstoke, Rg21 3DH 07849 666425 www.zumba.com/p/Debbie-Taylor/3087906

- **Hindu Society Class (members only):** 19:30 - 20:30

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

SWIMMING

Basingstoke Sports Centre

Basingstoke Sports Centre, Festival Place, Basingstoke, RG21 7LE. 01256 326331. www.better.org.uk.

- **Pri School:** 11:00 - 13:00. Preschoolers' swimming skills

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

PuddleDucks North Hampshire & Reading

Hampshire Court Hotel & Spa, Chineham, Basingstoke, RG24 8FY. 0118 229 3232. www.puddleducks.com.

- **Swim Academy Level 1:** Boosting water skills & Confidence
- **Swim Academy Level 2:** Focusing on skill progression

Times: 17:00 - 17:30

- **Swim Academy Level 3:** Improving swim strokes & techniques

Times: 18:00 - 18:30

Ages: 4-10 years (all levels) **Cost:** £17 (must book).

Dates: Jan - Mar.

LIBRARY

Alton Library

Alton Library, Vicarage Hill, Alton, GU34 1HT. www.hants.gov.uk.

- **Rhymetime at Alton Library:** 10:30 - 11:00. **Ages:** 0 - 5 yrs.

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

Basingstoke Discovery Centre

Festival Place, Basingstoke, RG21 7LS. www.hants.gov.uk.

- **Rhymetime at Basingstoke:** 10:30 - 11:00.

Rhymes songs and actions

Ages: 0 - 5 yrs. **Cost:** £1 (must book).

- **STEM Social at Basingstoke:** 10:00 - 11:00.

Science and technology social

- **Read Aloud at Basingstoke:** 12:45 - 13:30.

Relaxing storytime for adults

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

OTHER

The Roger Morris Community Centre

The Roger Morris Centre, Eastrop Way, Basingstoke, RG21 4QE. 01256 473634. www.viables.org.uk.

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

Cost: £2.50 (must book). **Dates:** 9 Jan - 27 Mar.

Viables Community Centre

Viables Community Centre, The Harrow Way, Basingstoke, RG22 4BJ. 01256 473634. www.viables.org.uk.

- **Soft and Sensory play:** 13:00 - 14:44.

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

FRIDAY

PARENTS & TOTS

Hope Community Church

Sarum Hill Centre, The Sarum Hill, Basingstoke, RG21 8SR.

- **Bouncing Beans:** 10:00 - 12:00. **Ages:** 0 - 4 yrs.

Cost: £0.50 (must book). **Dates:** 10 Jan - 14 Feb & 28 Feb - 28 Mar.

Melrose Community Association

Melrose Community Hall, Abbey Road, Popley, Basingstoke, RG24 9EF. 01256 420676. www.melrosecommunityassociation.co.uk.

- **Popley Little People:** 9:30 - 12:15.

Cost: £2.50 (drop in). **Dates:** 10 Jan - 14 Feb & 28 Feb - 28 Mar.

St Luke's Church

St Luke's Church, Pamber Heath, Tadley, RG26 3DZ. 07759 151576.

- **St Luke's Baby And Toddler Group:** 10:00 - 11:29.

Ages: 0 - 4 yrs. **Cost:** Free (must book).

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

PHYSICAL FUN

CurveBall Coaching

The Priory School, Pamber End, Tadley, RG26 5QD. 07939 972436. www.curveballcoaching.co.uk.

- **The Priory School Quidditch club:** 15:30 - 16:30.

Cost: £6.50 (must book). **Dates:** 17 Jan - 14 Feb & 28 Feb - 28 Mar.



Tumble Tots Basingstoke

Sherborne St John Village Hall, Kiln Road, Basingstoke, RG24 9HR.
07368 500820. www.tumbletots.com.

- **6 months to walking class:** 9:30 - 10:15.
- **Confidently Walking to 2 years:** 10:35 - 11:20.
- **2 - 3 Years:** 11:35 - 12:20.
- **3 years to school age:** 12:35 - 13:20.

Cost: £9.25 (*must book*). **Dates:** 10 Jan - 14 Feb & 28 Feb - 28 Mar.

SWIMMING

Basingstoke Sports Centre

Basingstoke Sports Centre, Festival Place, Basingstoke, RG21 7LE.
01256 326331. www.better.org.uk.

- **Dippers:** 9:30 - 10:00. Baby water fun with parents
- **Splashers:** 10:00 - 10:30. Toddler water fun with parents
- **Paddlers:** 10:30 - 11:00 & 11:00 - 11:30. Toddlers' swimming basics
- **Pre School:** 11:30 - 12:00 & 12:00 - 12:30. Preschoolers' swimming skills

Cost: (*must book*). **Dates:** 10 Jan - 28 Mar.

LIBRARY

Alton Library

Alton Library, Vicarage Hill, Alton, GU34 1HT. www.hants.gov.uk.

- **Board Games Club at Alton Library:** 15:30 - 16:45.

Ages: 5 - 12 yrs. **Cost:** Free (*must book*). **Dates:** 10 Jan - 28 Mar.

Basingstoke Discovery Centre

Festival Place, Basingstoke, RG21 7LS. www.hants.gov.uk.

- **Community Connections at Centre:** 10:00 - 12:00. Helpful chats and support **Cost:** Free (*must book*).
- **Storytime at Basingstoke Centre:** 10:30 - 11:00.

Stories and songs for under 5s

Cost: £1 (*must book*). **Dates:** 10 Jan - 28 Mar.

Chineham Library

Chineham District Centre, Basingstoke, RG24 8BQ.
www.hants.gov.uk.

- **Rhymetime for Under 1's:** 10:00 - 10:30.
- **Rhymetime for Over 1's:** 11:00 - 11:30.

Cost: Free (*must book*). **Dates:** 10 Jan - 28 Mar

OTHER

Viabes Community Centre

Viabes Community Centre, The Harrow Way, Basingstoke, RG22 4BJ. 01256 473634. www.viabes.org.uk.

- **Little Seedlings Music:** 10:00 - 10:45.

Cost: £3 (*must book*). **Dates:** 10 Jan - 28 Mar.

SATURDAY

HEALTH & WELLNESS

FitMama™

Studio 41, Ground Floor, BMS House, Stroudley Rd, Basingstoke, RG24 8FW. 07753 668843. www.fitmamaonline.com.

- **Perimenopause Workshop:** 14:00 - 16:15. **Dates:** 25 Jan

FitMama™

Pregnancy | Postnatal | Perimenopause

"I am the best mummy I can be with the support of Marie at FitMama, to prepare and recover mentally and physically, during and after my pregnancy."
- HA. (North Hants)

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Postnatal: Repair, restore and rebuild your body safely

Perimenopause: Rebalance your hormones and slow aging



www.fitmamaonline.com

WhatsApp: 07753668843

SWIMMING

Basingstoke Sports Centre

Basingstoke Sports Centre, Festival Place, Basingstoke, RG21 7LE.
01256 326331. www.better.org.uk.

- **Paddlers:** 8:00 - 8:30 & 8:30 - 9:00. Toddlers' swimming basics
- **Pre School:** 9:00 - 9:30, 9:30 - 11:30 & 13:00 - 13:30. Preschoolers' swimming skills

Cost: (*must book*). **Dates:** 11 Jan - 29 Mar.

LIBRARY

Alton Library

Alton Library, Vicarage Hill, Alton, GU34 1HT. www.hants.gov.uk.

- **Community Connections at Library:** 13:00 - 15:00. Helpful chats and info

- **Construction Club at Alton Library:** 14:00 - 16:00.

Construction with bricks **Ages:** 5 - 12 yrs.

Cost: Free (*must book*). **Dates:** 11 Jan - 29 Mar.

Basingstoke Discovery Centre

Festival Place, Basingstoke, RG21 7LS. www.hants.gov.uk.

- **Construction Club at Basingstoke:** 10:00 - 13:00.

Building with plastic bricks **Ages:** 5 - 12 yrs.

Cost: £1 (*must book*). **Dates:** 11 Jan - 29 Mar.

SUNDAY

PARENTS & TOTS

Pop Up Play Village

Wellington Arm, Basingstoke Rd, Stratfield Turgis, Basingstoke, RG27 0AS. 07789 717076

popupplayvillage.co.uk/organiser/basingstoke/

- **Family Sundays:** 12:00 - 16:00.

Cost: Included free with a roast dinner. **Dates:** 5 Jan - 30 Mar.

PLAY & DISCOVER Answers

POLAR BEAR
PEEKABOO!



PENGUIN
PUZZLER!



WEST BERKS AREA

MONDAY

PARENTS & TOTS

St Mary's Greenham

St Mary's Church, New Road, Greenham, RG19 8RZ.
www.stmarysgreenham.org.

- **Teas, Toys and Tots Playgroup in Greenham:** 9:30 - 11:00.

Cost: £1 (must book). **Dates:** 13 Jan - 10 Feb & 24 Feb - 24 Mar.

St Nicolas Church, Newbury

St Nicolas Church, West Mills, Newbury, RG14 5HG. 01635 47018.
• **Hidden Treasures:** 10:00 - 11:15. **Ages:** 0 - 4 yrs.

Cost: £1 (must book). **Dates:** 13 Jan - 10 Feb & 24 Feb - 24 Mar.

SEND

Swings & Smiles

Lower Way, Thatcham, RG19 3RR www.swingsandsmiles.co.uk

- **After School Club** **Ages:** 5 yrs +.

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

- **Family Play**

Ages: The whole family. **Cost:** £10 per family (must book).

CREATIVE

Great Shefford Village Hall

Great Shefford Village Hall, Station Road, Great Shefford, RG17 7DR. 07765 508 867. www.greatsheffordunderfives.co.uk.

- **Great Shefford Under 5's:** 9:30 - 11:00.

Cost: £3 (must book). **Dates:** 13 Jan - 10 Feb & 24 Feb - 24 Mar.

TUESDAY

PARENTS & TOTS

Aldermaston Parish Hall

The Street, Aldermaston, RG7 4LN. aldermastonparishhall.co.uk.

- **Aldermaston Toddlers:** 9:30 - 11:30.

Cost: £3 (must book). **Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

Kingsclere Village Club

George St, Kingsclere, RG20 5NH. 01635 297913
kingsclerevillageclub.co.uk.

- **Kingsclere Village Bunnies - Baby and Toddler Group:** 9:00 - 11:00. **Cost:** £2 (drop in). **Dates:** 7 Jan - 25 Mar.

Saint Mary's Church, Shaw

Church Road, Shaw, Newbury, RG14 2DR. 01635 40450
shawchurch.org.

- **Meeting Point:** 9:45 - 11:15. **Ages:** 0 - 5 yrs.

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

St John's Church

St John's Church, St John's Road, Newbury, RG14 7PY. 01635 41249.
stg-stj.org.uk.

- **St John's Newbury Baby & Toddler Group:** 9:30 - 11:15.

Cost: £1 (must book). **Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

The Lambourn Centre

Close End, Lambourn, RG17 8NJ. 01488 73690. lambourn.org.

- **Under 5's Parent & Toddler Group:** 10:00 - 12:00.

Cost: Free (must book). **Dates:** 7 Jan - 11 Feb, 25 Feb - 25 Mar

SEND

Swings & Smiles

Lower Way, Thatcham, RG19 3RR www.swingsandsmiles.co.uk

- **Family Play**

Ages: The whole family. **Cost:** £10 per family (must book).

HEALTH & WELLNESS

Your Birth Story

The Little Play Lounge, Rectory Rd, Padworth, Reading, RG7 4JD.
www.your-birth-story.com.

- **Group Antenatal and Hypnobirthing Course:** 18:30 - 21:00.

Cost: £275 (must book). **Dates:** 4 Feb - 25 Feb.

WEDNESDAY

PARENTS & TOTS

The Parent Village at Educafe

Newbury Central Library, The Wharf, Newbury, RG14 5AU.
01635 936211. www.educafeuk.co.uk.

Times: 11:00 - 14:00. **Cost:** Free (drop in). **Dates:** 8 Jan - 26 Mar.

The Salvation Army

Salvation Army - Newbury, Northcroft Lane, Newbury, RG14 1BU.
020 7367 4500. www.salvationarmy.org.uk.

- **Stay and Play - Newbury:** 10:00 - 11:30. **Ages:** 0 - 4 yrs.

Cost: £1.50 (drop in). **Dates:** 15 Jan - 12 Feb & 26 Feb - 26 Mar.

SEND

Swings & Smiles

Lower Way, Thatcham, RG19 3RR www.swingsandsmiles.co.uk

- **After School Club** **Ages:** 5 yrs +.

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

- **Engage:** 12:00 - 13:30 **Ages:** Children not in school

Cost: £5 per family (must book). **Dates:** Jan - Mar

- **Family Play**

Ages: The whole family. **Cost:** £10 per family (must book).

- **Minis:** 09:30 - 11:00 **Ages:** Under 5 yrs.

Cost: £2.50 per family (must book). **Dates:** Jan - Mar.

THURSDAY

PARENTS & TOTS

Brightwalton Village Hall

Brightwalton Village Hall, Common Lane, Brightwalton, RG20 7BN.

- **Brightwalton Toddler Group:** 9:00 - 10:45. **Ages:** 0 - 4 yrs.

Cost: £3 (must book). **Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

The Lambourn Centre

Close End, Lambourn, RG17 8NJ. 01488 73690. lambourn.org.

- **Under 5's Parent & Toddler Group:** 10:00 - 12:00.

Cost: Free (must book). **Dates:** 9 Jan - 13 Feb, 27 Feb - 27 Mar

SEND

Swings & Smiles

Lower Way, Thatcham, RG19 3RR www.swingsandsmiles.co.uk

- **After School Club** **Ages:** 5 yrs +.

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

- **Family Play for the whole family**

Cost: £10 per family (must book).

MUSIC & SIGNING

Corn Exchange Newbury

Market Pl, Newbury, RG14 5BD. cornexchangenew.com.

- **Tots Create:** 10:15 - 11:15. **Ages:** 2 - 4 yrs.

Cost: £5 (must book). **Dates:** 9 Jan - 27 Mar.

FRIDAY PARENTS & TOTS

GLENDALE CHURCH

The Well, Green Lane, Thatcham, RG19 3RG. glendale-church.com

• **Replenish Baby & Toddler Group:** 10:00 - 12:00.

Cost: £2 (*must book*). **Dates:** 10 Jan - 28 Mar.

Hungerford Youth and Community Centre

Hungerford Youth and Community Centre, Priory Road, Hungerford, RG17 0AL. 07999 053744. hungerfordyc.org.uk.

• **Ladybugs Playgroup (Hungerford):** 9:30 - 11:00.

£2.50 per family – snacks included (*drop in*)

Ages: 0 - 5 yrs. **Dates:** 10 Jan - 14 Feb & 28 Feb - 28 Mar.

Newbury Baptist Church

Newbury Baptist Church, Cheap Street, Newbury, RG14 5DD. +447901795987. www.newburybaptistchurch.org.

• **Giggles and Wiggles Toddler Group:** 9:30 - 10:45.

Cost: £1.50 (*must book*). **Dates:** 10 Jan - 14 Feb & 28 Feb - 28 Mar.

The Lambourn Centre

Close End, Lambourn, RG17 8NJ. 01488 73690. lambourn.org.

• **Under 5's Parent & Toddler Group:** 10:00 - 12:00.

Cost: Free (*must book*). **Dates:** 10 Jan - 14 Feb & 28 Feb - 28 Mar.

Upper Bucklebury Memorial Hall

Upper Bucklebury Memorial Hall, Broad Lane, Upper Bucklebury, RG17 6QH. buckleburymemorialhall.org.uk.

• **Bucklebury Baby & Toddler Group:** 9:30 - 11:00.

Cost: £1 (*must book*). **Dates:** 10 Jan - 14 Feb & 28 Feb - 28 Mar.

SEND

Swings & Smiles

Lower Way, Thatcham, RG19 3RR www.swingsandsmiles.co.uk

• **Family Play**

Ages: The whole family. **Cost:** £10 per family (*must book*).

MUSIC & SIGNING

Corn Exchange Newbury

Market Pl, Newbury, RG14 5BD cornexchangenew.com.

• **My First Notes:** 10:30 - 11:00.

Ages: 0 - 4 yrs. **Cost:** £10 (*must book*).

• **Messy Stories:** 13:00 - 14:00.

Ages: 0 - 4 yrs. **Cost:** £5 (*must book*).

Dates: 10 Jan - 28 Mar.

SATURDAY

SEND

Swings & Smiles

Lower Way, Thatcham, RG19 3RR www.swingsandsmiles.co.uk

• **Family Play**

Ages: The whole family. **Cost:** £10 per family (*must book*).

• **Respite**

Ages: 5 yrs +. **Dates:** Every other Saturday

Cost: £45/day, £25/half day *contact - office@swingsandsmiles.co.uk*

HEALTH & WELLNESS

Your Birth Story

The Little Play Lounge, Rectory Rd, Padworth, Reading, RG7 4JD. www.your-birth-story.com.

• **Group Antenatal and Hypnobirthing Course:** 9:30 - 15:00.

Cost: £275 (*must book*). **Dates:** 18 Jan - 19 Jan.

LITTLE BULB THEATRE PRESENTS

FOUR SEASONS

AT CORN EXCHANGE NEWBURY



QR Code: www.cornexchangenew.com

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Fri 21 - Sun 23 Feb, various times
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Visit cornexchangenew.com or call the Box Office on 01635 522733

OTHER

The Nature Discovery Centre

Nature Discovery Centre, Muddy Lane, Lower Way, Thatcham, RG19 3FU. +44 1635 874381. www.bbowl.org.uk.

• **Teen Rangers - Windsor Great Park:** 10:00 - 12:30.

Wildlife club for young people 11-17 years!

Cost: £7 (*must book*). **Dates:** 18 Jan.

W Berks Mum2Mum Market

Thatcham Catholic Hall, 7 Bath Road, Thatcham, RG18 3AG. www.mum2mummarket.co.uk.

• **Thatcham 8th Feb 2025:** 14:00 - 16:00.

SUNDAY

SEND

Swings & Smiles

Lower Way, Thatcham, RG19 3RR www.swingsandsmiles.co.uk

• **Family Play**

Ages: The whole family. **Cost:** £10 per family (*must book*).

MUSIC & SIGNING

Corn Exchange Newbury

Market Pl, Newbury, RG14 5BD. cornexchangenew.com.

• **My First Notes:** 10:30 - 11:00. **Ages:** 0 - 4 yrs.

Cost: £10 (*must book*). **Dates:** 12 Jan - 30 Mar.

WINCHESTER & ANDOVER AREA

MONDAY LIBRARY

Andover Library

Chantry Centre, Andover, SP10 1LT. www.hants.gov.uk.

- **Chat About at Andover Library:** 10:30 - 12:00.

Weekly chat with refreshments

- **Storytime at Andover Library:** 11:00 - 11:30.

Storytime and craft **Ages:** 3 - 5 yrs.

Cost: Free (*must book*). **Dates:** 13 Jan - 24 Mar.

TUESDAY PARENTS & TOTS

Christ Church - Winchester

Christ Church, Christchurch Road, Winchester, SO23 9SR. 01962 854454. ccwinch.org.uk.

- **Bumps and Babies:** 10:00 - 11:30.

Ages: 0 - 2 yrs. **Cost:** Free (*must book*).

- **Toddlers:** 10:00 - 11:30. **Ages:** 3 - 5 yrs. **Cost:** £1 (*must book*).

Dates: 7 Jan - 25 Mar.

LIBRARY

Andover Library

Chantry Centre, Andover, SP10 1LT. www.hants.gov.uk.

- **Dog Storytime at Andover Library:** 11:00 - 11:30.

Dog storytime for kids **Ages:** 3 - 8 yrs.

Cost: Free (*must book*). **Dates:** 7 Jan - 25 Mar.

WEDNESDAY LIBRARY

Andover Library

Chantry Centre, Andover, SP10 1LT. www.hants.gov.uk.

- **Rhymetime at Andover Library:** 11:00 - 11:30.

Fun and rhymes for kids **Ages:** 0 - 5 yrs.

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

THURSDAY PARENTS & TOTS

St Paul's Church

St Paul's Church, St Paul's Hill, Winchester, SO22 5AB. 01962 844878. stmatthewstpaul.org.

- **Bumps & Babies:** 9:15 - 10:30.

Cost: £1 (*must book*).

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

LIBRARY

Alresford Library

20 Broad Street, New Alresford, SO24 9AQ. www.hants.gov.uk.

- **Rhymetime at Alresford Library:** 11:15 - 11:45.

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

Andover Library

Chantry Centre, Andover, SP10 1LT. www.hants.gov.uk.

- **Parents Meet at Andover Library:** 11:00 - 12:00. Parent and baby meet **Ages:** 0 - 2 yrs. **Cost:** Free (*must book*).

- **Baby Play at Andover Library:** 11:00 - 12:00.

Baby sensory play **Ages:** 0 - 2 yrs. **Cost:** £1 (*must book*).

Dates: 9 Jan - 27 Mar.

FRIDAY PARENTS & TOTS

St Barnabas Church, Winchester

St Barnabas Church, Fromond Rd, Winchester, SO22 6EF. 01962 886629. stb.church.

- **Tiddlywinks:** 10:00 - 11:30.

Ages: 0 - 4 yrs. **Cost:** Free (*drop in*). **Dates:** 10 Jan - 28 Mar.

St Paul's Church

St Paul's Church, St Paul's Hill, Winchester, SO22 5AB. 01962 844878. stmatthewstpaul.org.

- **Toddler Group:** 9:30 - 11:00.

Cost: £1 (*must book*). **Dates:** 10 Jan - 14 Feb & 28 Feb - 28 Mar.

LIBRARY

Andover Library

Chantry Centre, Andover, SP10 1LT. www.hants.gov.uk.

- **Rhymetime at Andover Library:** 10:00 - 10:30 & 11:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** Free. **Dates:** 10 Jan - 28 Mar.

SATURDAY LIBRARY

Alresford Library

20 Broad Street, New Alresford, SO24 9AQ. www.hants.gov.uk.

- **Construction Club at Alresford Library:** 10:00 - 13:00.

Cost: Free (*must book*). **Dates:** 11 Jan - 29 Mar.

Andover Library

Chantry Centre, Andover, SP10 1LT. www.hants.gov.uk.

- **Community Connections at Library:** 10:00 - 12:00.

Helpful chats and support

- **Dads' Rhymetime at Andover:** 11:00 - 11:30.

Rhyme time for dads and kids **Ages:** 3 - 5 yrs.

- **Construction Club at Andover:** 14:00 - 16:00.

Lego and Duplo building fun **Ages:** 5 - 12 yrs.

Cost: Free (*must book*). **Dates:** 11 Jan - 29 Mar.

OTHER

Cheeki Monkeys BIG Baby & Children's Market - Andover & Winchester

Augusta Park Community Centre, East Anton Farm Road, Andover, SP11 6RD. 07411667947. www.cheekimonkeys.co.uk.

- **Preloved market** - Join us for bargain hunting or as a seller!

Times: 12:00 - 13:30. **Dates:** 15 Mar.

SUNDAY OTHER

Cheeki Monkeys BIG Baby & Children's Market - Andover & Winchester

Augusta Park Community Centre, East Anton Farm Road, Andover, SP11 6RD. 07411667947. www.cheekimonkeys.co.uk.

- **Preloved market** - Join us for bargain hunting or as a seller!

Times: 12:00 - 13:30. **Dates:** 26 Jan.



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