

FREE

Loving life with little ones

toddler

about

W. Northants
Jan - Mar 2025

WORLD
BOOK DAY

MELTDOWNS

Why they
happen and
how to help

NEW:
Winter
Activity
Page for
your
little ones

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A SMARTRIKE
TRAVELER
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£399!

Everything Bump, Baby & Toddler Near You

Covering Northampton, Daventry, Towcester,
Brackley and surrounding areas

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QUINTON HOUSE SCHOOL

Home of **DISCOVERY.**

Leading independent school in Northampton, for children aged 3–18 years.

Early Years

Activity Morning:

Tuesday 4th February

9.15am – 10.30am

Whole School

Open Morning:

Saturday 8th March

10am – 1pm

**BOOK YOUR
PLACE
NOW**



WELCOME



TO THE NEW YEAR 2025 EDITION!

The new-ness of a New Year brings the chance to start afresh. I'm not sure about you, but being able to set new goals (even if that's just making it to the next January with your sanity) is always a positive thing!

This issue, we have some great ideas for getting out and about even if the weather is unkind (P.8), a fabulous recipe to make with your little ones on an indoor day (P.13) and an easy craft for a rainy weekend in the lead up to Valentine's day (P.17).

As is tradition, we have a great competition (P.25) 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.18-19). Also, we have a new feature this issue to help make your winter walks a little more fun (P.12).

Help Us to Help The Environment!

To date Toddle About has funded **6641 trees!** Please help us plant a forest by subscribing to the Toddle About magazine.

[See our trees at ecologi.com/toddleabout](https://ecologi.com/toddleabout)

We are committed to planting a new tree for every subscriber magazine we send out.

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

Wishing you a very happy new year!

Loving life with little ones,

Ally MANAGING DIRECTOR

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

IN THIS ISSUE

Bite Sized News.....	4 - 5
SEND Events.....	6
Winter Events.....	8
Review: My First Camera.....	9
Toddle Models.....	10 - 11
Play & Discover.....	12
Recipe: Carrot Oat Bars.....	13
Meltdowns Vs Tantrums.....	14
Craft: Valentines Macrame Heart.....	17
World Book Day.....	18 - 19
Top of the Tots.....	20
Winter Products.....	22
Special Offer Vouchers.....	24
WIN: Smartrike Traveler.....	25
Food Allergies.....	26 - 27
VIP Club prizes.....	28
Daily Activity Planner.....	29 - 46
Play & Discover Answers.....	46
Directory of Advertisers.....	47

MEET THE TEAM



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Text: www.toddle.fun/whatsapp

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

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Follow us for daily updates!





An outstanding education in Northampton!

Quinton House School in Northampton provides an outstanding independent education for girls and boys aged 3-18. Recently winning the Independent Schools Association's 'Outstanding Engagement in the Community' Award, Quinton House takes great pride in nurturing an environment where students lead the way and exceed their own expectations. If you are looking for a new school in the new year and would like to find out more, please visit www.quintonhouseschool.co.uk or call the Admissions team on 01604 684828.

www.quintonhouseschool.co.uk See P.2



NLR re-opens on Mother's Day!

The Northampton & Lampport Railway re-opens to the public on Sunday 30th 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: 20th/21st Apr – Easter Egg Specials; 25th/26th May – Bluey Weekend; 28th/29th June – Model Weekend. Trains run most Sundays from 13th Apr to 6th 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.40



Book your multi-sensory classes for 2025!

Booking is now open for our January term! We're thrilled to announce the launch of our award-winning, multi-sensory music classes for babies and toddlers at Watford Village Hall. This fantastic new venue is easily accessible from Long Buckby, Daventry, West Haddon, Crick, and surrounding areas. Our classes are designed to spark your little one's love of music while supporting their development. Book your little one's space now at rhythmtime.net/coventry-rugby and take advantage of our exclusive Toddle About offer.

Offer: 50% off your first month when signing up for a monthly payment plan www.rhythmtime.net/coventry-rugby. See P.44

Private Health Visiting service near you!

Hi, my name is Jacqui. I am a midwife and health visitor with many years' experience working and continuing to work within the NHS, offering private health visiting services designed to complement the current NHS service. The value of a private health visitor is that you have someone you can trust and build a therapeutic relationship with who gets to know you and your individual circumstances on your journey as a parent.

Visit www.jacqui-hvs.co.uk for services on offer.

See P.16



Grab a bargain at Mum2Mum Market!

Mum2mum market Daventry is a Baby & children's Nearly New Sale where parents and carers can buy top quality baby and children's toys, clothes, books and equipment at a fraction of the high street price from other families. They will have a room bursting with 1000's of pre-loved baby and children's items, so don't miss out on picking up some nearly new bargains for your little ones.



Sunday 2nd February 10am-12pm at Daventry Community Centre, Ashby Road, NN11 0QE
£2 adult entrance, kids under 16 are free
www.mum2mummarket.co.uk



Bite SIZED NEWS



Bendy, Giggly, Clever and Strong with Tatty Bumpkin yoga!

Your children will have so much fun with Tatty Bumpkin as she gives children opportunities to be creative and use imaginations on a different adventure in every session. Through mindful movement and fun activities children will learn and grow. Join Tatty Bumpkin every Thursday in a new venue at Boughton Village Hall, with more new venues coming soon.

Offer: Free trial for all new customers.

<https://bookthatin.com/Book/tatty-bumpkin-yoga>.

See P.38

'Most Loved' award for Kidslingo

Kidslingo Spanish Northampton & Milton Keynes is proud to have been named Most Loved Academic or Creative Activity at the prestigious national What's On 4 Kids Awards in November 2024. 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' See P.39

EXTRA SWIMMING LESSONS COULD SAVE LIVES

Learning to swim is a vital life skill which every child should experience.

Swimming lessons at Moulton Leisure Centre and Daventry Leisure Centre, run by Everyone Active in partnership with West Northamptonshire Council, help children to have fun and be active.

The need for extra-curricular tuition is clear, with Sport England stating that nearly one in three children leave primary school unable to swim 25m unaided.

Everyone Active can help your child to learn a skill which could save their lives, thanks to its award-winning learn to swim programme.



The programme offers lessons for all ages, with child classes starting at four months, right through to adult classes.

To find out more, phone Moulton Leisure Centre on 01604 492222 or Daventry Leisure Centre on 0132 787 1144, or visit everyoneactive.com

WIN 3 MONTHS OF SWIMMING LESSONS AT YOUR LOCAL EVERYONE ACTIVE LEISURE CENTRE!

Toddle About has teamed up with Everyone Active to offer our readers the chance to win 3 months of child swimming lessons at their local swimming pool.

For your chance to win please visit everyoneactive.com/win-swimming-lessons and complete the entry form.

GB only, 17+. Promotion opens 09.00 06/01/2025 closes 23.59 on 31/03/2025. Internet access required. Name, phone number and email address required to enter. There is one prize of 12 consecutive weeks of swimming lessons at the winner's local Everyone Active leisure centre. Lessons available for children aged 4 months to 15 years only, nominated by the winner. Visit everyoneactive.com/win-swimming-lessons to enter and for full terms and exclusions.



West Northamptonshire Council



Follow us for daily updates!





ACTIVITIES & EVENTS

TWICE A MONTH

DEAF CONNECT

Spencer Dallington, Northampton
Please email before attending

Deafconnect run youth groups twice a month at Spencer Dallington Community Centre.

Clubs cost £2 per person which includes food (pizza, chicken nuggets, chips). There is also a tuck shop to buy sweets.

Each session has a variety of toys, games and activities to make it a valuable time mixing with deaf peers. You are welcome to stay with your child if they are feeling a bit shy.

Juniors (age 4 to 10) - 4pm to 6pm.

Email Jennie.Higson@deafconnect.org.uk to let her know you'll be attending.

Spencer Dallington Community Centre, Tintern Avenue, Northampton, NN5 7BZ

Tel: 01604 589011

www.deafconnect.org.uk

JAN - FEB

RIVERSIDE SEN SESSIONS

Riverside Hub, Northampton
Booking Required ✓

10th January & 28th February 2025.

Families of children with special needs and disabilities are welcome to visit the Hub at any time. We also organise dedicated SEND events especially for these families and their friends.

The events run from 6.30pm up to 9pm and because we reduce our visitor numbers for the event, they often sell out so please book in advance.

Riverside Hub, 7 Carousel Way, Riverside Park, Northampton, NN3 9HG

Tel: 01933 594000 [f](https://www.facebook.com/RiversideHub) RiversideHub

www.riversidehub.com/SEND



1ST MONDAY OF EACH MONTH

FAMILY SUPPORT HUB

Kingsthorpe Baptist Church, 4 - 6.30pm
Booking Required ✗

Autism East Midlands run a Family Support Hub for children aged 11 and under to attend with their families.

This is on the first Monday of each month from 4pm to 7pm. No booking is required and the whole family can attend. Family Support Hubs provide a regular meeting point for families. It's a place to access activities for the whole family, as well as gain support and specialist information and advice. No diagnosis needed.

Please email: lesley.lock@aem.org.uk for more information.

Kingsthorpe Baptist Church, High Street, Kingsthorpe, Northampton, NN2 7BD

Tel: 01909 506678 [f](https://www.facebook.com/AutismEastMidlands) AutismEastMidlands

www.autismeastmidlands.org.uk

Cost: FREE.

JAN - MAR

TWINKLE TIME GROUP

Kingsthorpe Children's Centre
Booking Required ✓

FREE Music and network sessions for children aged 0-4 years with sensory impairments.

28th January, 25th February, 25th March 2025

Run by the Northamptonshire Sensory Impairment Service (SIS) Twinkle Time is a sensory music and network session for children aged 0-4 years with vision impairments and/or hearing impairments.

The sessions run 12:30pm - 2:30pm. For more information, please contact:

Hayley: hayley.thompson@northnorthants.gov.uk

Clare: clare.carter@northnorthants.gov.uk

Kingsthorpe Children's Centre, 31 St Davids Road, Northampton, NN1 7QJ

Tel: 07595 087863 [f](https://www.facebook.com/LocalOfferWN) LocalOfferWN

www.facebook.com/localofferWN

Cost: FREE

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



Cogenhoe

Primary School



Inspiring a life-long commitment to learning

Situated in the beautiful village of Cogenhoe, our one-form entry School and on-site Preschool (Little Explorers) provide a wonderful environment for children to learn and grow. With a 'family feel' and state-of-the-art facilities, we believe in maximising opportunities to explore learning both inside and outside of our welcoming and well-equipped setting.



Outdoor Play

Own forest school & lots of outdoor spaces for the children to enjoy



Modern Tech

Interactive whiteboards & opportunities to use ipads & computers



Wrap Around Care

We provide a breakfast club from 7.30am & an after school club till 6pm



Family Feel

We pride ourselves on our nurturing environment & community



Extra Clubs

From music to sports, we offer a great variety of extra activities



Our preschool:

- ✓ Welcoming children from 3 years
- ✓ Children benefit from a small class size
- ✓ Vast outdoor area & excellent facilities
- ✓ We accept government childcare funding (can be split over 2 providers)



Our incredible forest school:

- ✓ Exploring nature through hands-on play
- ✓ A dedicated Forest School Leader
- ✓ All pupils get to enjoy this amazing space
- ✓ Story-telling, tool use, woodland crafts, dens, campfires & exploring wildlife

Book a visit:

Email admin@cogenhoe-school.net or call 01604 890380 to book your bespoke, personalised tour or find out more.

www.cogenhoeprimary.co.uk



FREE
taster
session

Open to the public:
forest tot
sessions for children
aged 18m-5yrs

Call us to find out more!



FAMILY Days Out

FEB
15-23

LAMBING FESTIVAL

West Lodge Rural Centre, Desborough

Lots going on at West Lodge Rural Centre this February. For up to date information and to book tickets, visit the website.

West Lodge Rural Centre, Back Lane, Desborough, Kettering, Northamptonshire, NN14 2SH

www.westlodgeruralcentre.co.uk

FEB
18

THE LITTLE MERMAID

The Lighthouse Theatre, Kettering

Following the success of "Alice in Wonderland", multi award-nominated Immersion Theatre invite you on a vibrant underwater adventure like no other in their most spectacular and fantastical family musical yet, The Little Mermaid!

The Lighthouse Theatre, Kettering Conference Centre, Thurston Drive, Kettering, NN15 6PB

www.thecorecorby.com/whats-on/the-very-hungry-caterpillar-show/

FEB-MAR

MINI MUSEUM EXPLORERS

Northampton Museum & Art Gallery

Explore the museum through stories, music, art & craft activities whilst making new friends in an engaging and family friendly environment.

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

www.northamptonmuseums.com

MAR
28-30

THE VERY HUNGRY CATERPILLAR

The Core at Corby Cube

The critically acclaimed production of The Very Hungry Caterpillar Show created by Jonathan Rockefeller features a menagerie of 75 lovable puppets.

The Core at Corby Cube, George Street, Corby NN17 1QG

www.thecorecorby.com/whats-on/the-very-hungry-caterpillar-show/

MAR
29-30

MOTHERS 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
30

MUMS GO FREE AT NLR RAILWAY

Northampton & Lamport Railway

The Northampton & Lamport Railway re-opens to the public on Sunday 30th 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'.

Pitsford & Brampton Station, 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.





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

 **Stanwick Lakes**
Nature Heritage Adventure



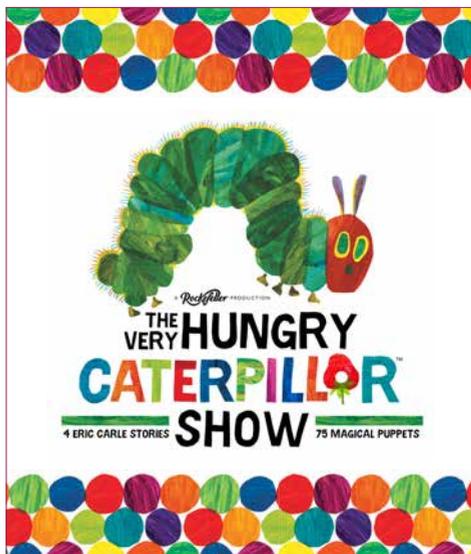
Family Fun at Stanwick Lakes

- Playground & Adventure Trails
- 'Stay & Play' Sessions
- Children's Parties
- Family-Friendly Café
- Pottery Painting & Crafts
- Wildlife & Nature Walks
- Convenient Parking

Open Daily!

www.stanwicklakes.org.uk

Registered Charity No. 1050157



Fri 28 - Sun 30 March

Tickets from £13.50

The Core
at Corby Cube

Tickets 01536 470 470
www.thecorecorby.com

Follow us for daily updates!



TODDLE MODELS



Winner

Lottie, 11 months old

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.

OFFICIAL
LONDON
THEATRE
.com

Find out more at
www.OfficialLondonTheatre.com



Adam, 1 year



Albie, 16 months



Alex, 2 years



Alex, 2 years



Amari, 3 years



Andrew, 2 years



Arabella, 9 months



Archer, 2 years



Archie, 5 years



Arturo, 16 months



Ayaan, 3 years



Charlie, 9 months



Croia, 3 years



Eesa, 2 years



Ethan, 5 years



Finn, 3 years



Hooriya, 3 years



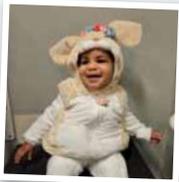
Hugh, 4 years



Iris & Evan, 8 months & 4 years



James & Aida, 4 months & 5 years



Jazleen, 7 months



Leo & Luke, 3 years



Lillie, 3 years



Maisie, 2 years



Myles & Henry, 2 years & 4 months



Noah, 2 years



Noah, 3 years



Olivia, 8 months



Pearl, 3 years



Riley, 5 months



Rowan, 3 months



Savannah, 2 years



Sebby, 3 years



Tadhg, 4 days old.



Theodore, 1 year

COMPETITION

TODDLE MODELS



WIN A £100 LITTLE STARTS GIFT CARD!

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

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

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

Find out more at www.littlestartsgiftcards.com.

LITTLE STARTS
GIFT CARDS

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



WINTER SCAVENGER HUNT!

LET'S EXPLORE THE WONDERS OF WINTER!
CAN YOU FIND ALL THESE TREASURES?



A pair of gloves or mittens

Can you find ones with patterns?



A snowflake decoration

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!

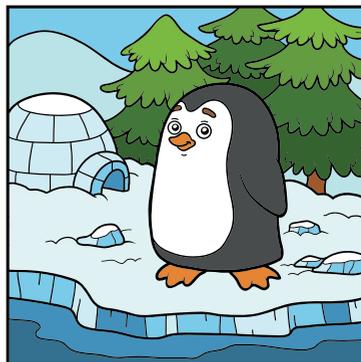
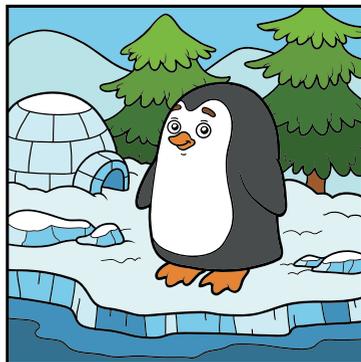
POLAR BEAR PEEKABOO!

WE'VE HIDDEN
THIS FRIENDLY
LITTLE POLAR BEAR
THROUGHOUT
THE MAGAZINE!
**CAN YOU COUNT
HOW MANY TIMES
HE APPEARS?**



PENGUIN PUZZLER!

SPOT THE DIFFERENCE!
FIND 5 DIFFERENCES!





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.

Krystle Jayne's Dance Academy

FREE TRIAL & SIBLING DISCOUNTS

Ballet, Tap, Modern & Street Dance classes for children

Branches in
Grange Park, Brixworth,
Roade & Soo Yoga (Sol Central)

Baby Ballet 2½ years
Street Dance 5+ years

For more information call 07791 852891 or email: krystlejayedance@gmail.com

www.krystlejayedanceacademy.co.uk

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www.hardingstone.emat.uk

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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](https://www.happyconfidentkids.com)

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



CRAZY 4 KIDS RADSTONE



Crazy 4 Kids

Ofsted Registered Early Years & Out of School Provision



*Open 49 weeks per year
08:00am to 18:00pm!*

*Purpose built eco building
on Radstone School site!*

*Highly qualified, fun, creative
& enthusiastic staff team!*

*Extensive outdoor space
with room for children to
run, climb, ride and play!*

*Light, bright and well
stocked playroom.*

Ofsted rated GOOD!

**April 2024 - Government funding for 2 year olds.*

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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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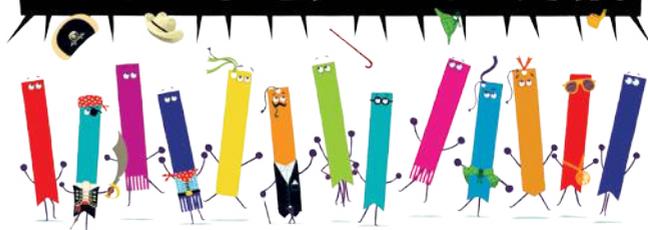
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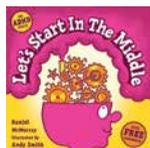


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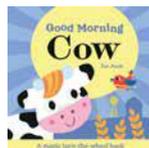
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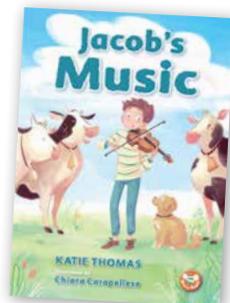
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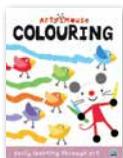
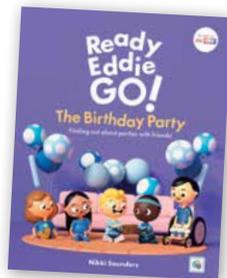


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Ellis B

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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:

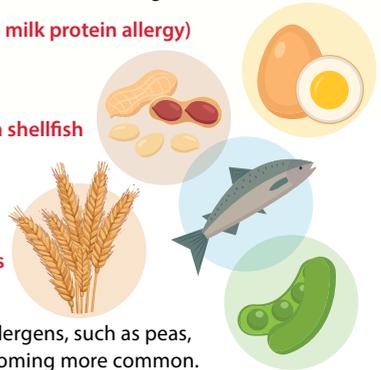
- Food Allergy
- Food Intolerance

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.



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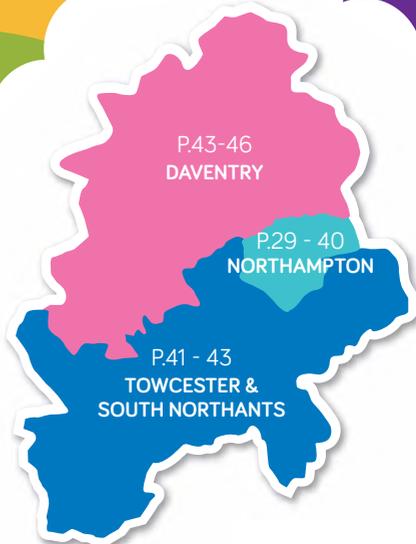


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www.mountpleasantchurch.com.

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Duston Parent and Toddler Group

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

Times: 10:00 - 12:00. **Ages:** 0 - 5 yrs. **Cost:** £2. (book).

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

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Broad Street, Earls Barton, NN6 0ND. 0300 126 1000. www3.northamptonshire.gov.uk.

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Grange Park Parent & Toddlers Group

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

Times: 10:00 - 12:00. **Ages:** 0 - 5 yrs. **Cost:** £3.50.

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

Harlestone Play Group

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Times: 10:00 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** £2.

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

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

• **Little Stars:** 9:30 - 11:00. **Ages:** 0 - 3 yrs. **Cost:** Free.

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

Moulton Library

Moulton Community Centre, Reedings, Moulton, NN3 7AX. www3.northamptonshire.gov.uk.

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

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

MUSIC & SIGNING

Music Bugs Northampton

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

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

Ages: 0 - 5 yrs.

• **Mini Bugs:** 11:00 - 11:40. **Ages:** 6 mths - 2 yrs.

• **Baby Bugs:** 12:00 - 12:40. **Ages:** 0 - 10 mths.

Cost: £7.50. (book). **Dates:** 6 Jan - 10 Feb & 24 Feb - 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

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 (6 - 13mths):** 10:00 - 11:00.
- **Baby Sensory (0 - 9 mths):** 11:30 - 12:30.
- **Baby Sensory (0 - 13mths):** 13:00 - 14:00.

Cost: £8. (book).

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

Kidslingo Spanish Northants

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

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

Ages: 18m - 5yrs. **Cost:** Free (book).

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

CREATIVE

Eat Sleep Bake Repeat

36 Summerfields, West Hunsbury, NN4 9YN. 07985 408289. eat-sleep-bake-repeat.newzenler.com.

- **School Holiday cookery classes:** 10:00 - 10:45 & 11:30 - 12:15.

Ages: 2 - 11 yrs. **Dates:** 23 Dec.

- **Preschool classes:** 10:00 - 10:45. **Ages:** 2 - 4 yrs.
- **HOME ED CLASSES:** 11:30 - 12:15. **Ages:** 2 - 8 yrs.
- **AFTER SCHOOL:** 16:30 - 17:15. **Ages:** 4 - 11 yrs.

Cost: Free (book).

Dates: 6 Jan - 10 Feb.

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](https://www.facebook.com/NorthamptonGymnasticsAcademy)

Weston Favell Library

Unit 35, Weston Favell Shopping Centre, 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:** 6 Jan - 7 Apr.

DANCE & DRAMA

Oncore Dance Academy

Oncore Studios, Footshape House, Kingsthorpe Road, NN2 6HT. 07971 824 759 or 07894 667 333. www.oncoredanceacademy.co.uk.

- **Baby Ballet:** 16:15 - 17:00. **Ages:** 3 - 4 yrs.

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

- **Pre-Primary 1 Ballet:** 17:00 - 17:45. **Ages:** 4 - 5 yrs.

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

PHYSICAL FUN

Northampton Gymnastics Academy

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

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

Swing, jump, bounce and enjoy gym equipment!

Ages: 0 - 5 yrs. **Cost:** £6.50. (book). **Dates:** 6 Jan - 31 Mar.

Trilogy Active - Lings Forum

Billing Brook Road, Weston Favell, NN3 8JR. 01604 837400. www.trilogyactive.co.uk.

- **Soccer Cubz Football Classes:** 10:30 - 11:00 & 11:15 - 11:45. **Ages:** 18 mths - 5 yrs. **Cost:** £4.50. (book). **Dates:** 6 Jan - 31 Mar.

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.

Qualified Teachers
Our teachers are all Aqualight trained and have professional teaching qualifications.

Telephone:
01604 830405

AquaLight
info@aqualight.co.uk | www.aqualight.co.uk

Trilogy Active - Danes Camp

Clannell Road, Hunsbury, NN4 0RX. 01604 837400.
www.trilogyactive.co.uk.

- **Preschool Gymnastics:** 11:15 - 12:00 & 12:15 - 13:00.

Ages: 2 - 5 yrs. **Cost:** £5. (book). **Dates:** 6 Jan - 31 Mar.

SWIMMING

Aqualight Swim School - Headlands

Headlands Primary School, Bushland Road, NN3 2NS.
01604 830405. www.aqualightbabies.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:** 6 Jan - 10 Feb & 24 Feb - 31 Mar.

Moulton Leisure Centre

Chris Moody Centre, Gate 4, Moulton, NN3 7QL. 01604 492222. www.everyoneactive.com.

- **Pre School Stage 1:** 15:30 - 16:00. **Ages:** 3 - 5 yrs.
- **Small Group Lessons**

Times: 9:30 - 10:00 & 11:00 - 11:30. **Ages:** 18 mths - 3 yrs.
Dates: 6 Jan - 31 Mar.

- **Small Group Pre School Stage 1**

Times: 10:00 - 10:30. **Ages:** 3 - 5 yrs. **Dates:** 6 Jan - 31 Mar.

• **Small Group Adult & Child Swimming Lessons**
Times: 10:30 - 11:00, 11:30 - 12:00, 12:30 - 13:00 & 13:30 - 14:00 **Ages:** 4 mths - 18 mths. **Dates:** 23 Dec - 17 Feb & 6 Jan - 31 Mar.

Cost: £9.58. (book).

Trilogy Active - Danes Camp

Clannell Road, Hunsbury, Northampton, NN4 0RX.
01604 837400. www.trilogyactive.co.uk.

- **Family Friendly Swim:** 9:00 - 10:15.

Ages: 0 - 8 yrs. **Cost:** £5. (book). **Dates:** 6 Jan - 31 Mar.

Turtle Tots Northamptonshire

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

- **Turtle Tots:** 9:00 - 12:30. **Ages:** 0 - 4 yrs. **Cost:** £15.

(book). **Dates:** 6 Jan - 10 Feb & 24 Feb - 17 Mar.

Water Babies Bucks & Beds

Hunter Shields, The Avenue, Flore, Northampton, NN7 4LZ. 01295 709221. www.waterbabies.co.uk.

Times: 9:30 - 14:30. **Ages:** 0 - 6 yrs. **Cost:** £19.50.

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

TUESDAY

PARENTS & TOTS

Brixworth Library

Brixworth Library, Spratton Road, Brixworth, NN6 9DS.
0300 126 7000. www.northamptonshire.gov.uk.

- **Explore a Story:** 14:00 - 14:30.

Ages: 0 - 5 yrs. **Cost:** Free. **Dates:** 17 Dec.

Duston Library

Pendle Road, NN5 6DT. 0300 126 7000.

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

Introduce your children to rhymes and songs

Ages: 0 - 5 yrs. **Cost:** Free. **Dates:** 7 Jan - 8 Apr.

Mini Springers

The Life Centre, 9 Tower Street, NN1 2SN. 01604630457
Times: 9:30 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £1.
Dates: 7 Jan - 11 Feb & 25 Feb - 1 Apr.

Moulton Library

Moulton Community Centre, Readings, Moulton, NN3 7AX. www3.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:** 17 Dec & 7 Jan - 8 Apr.

St Gregory's Toddler Group

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

Times: 9:30 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £0.50.
Dates: 7 Jan - 11 Feb & 25 Feb - 1 Apr.

The Spring Charity

Annex Community Centre, Spring Lane, NN1 2JW. 07465231663. www.the-spring-charity.org.

- **Stay and Play:** 9:00 - 11:00. **Ages:** 0 - 5 yrs.
- Cost:** £1. **Dates:** 7 Jan - 11 Feb & 25 Feb - 1 Apr.

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. **Dates:** 17 Dec, 7 Jan - 11 Feb & 25 Feb - 1 Apr.

MUSIC

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: 17 Dec, 7 Jan - 11 Feb & 25 Feb - 1 Apr.

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:** 7 Jan - 8 Apr.

Music Bugs Northampton

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

- **Family Bugs:** 10:00 - 10:40. **Ages:** 0 - 5 yrs.
- **Baby Bugs:** 11:00 - 11:40. **Ages:** 0 - 10 mths.
- **Mini Bugs:** 11:00 - 11:40. **Ages:** 6 mths - 2 yrs.

Cost: £7.50. (book).

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

Sing and Sign - Towcester & Daventry

Wootton Community Centre, Curtlee Hill, Wootton, NN4 6ED. 07506257073. www.singandsign.co.uk.

- **Babies - (6-14 month):** 13:50 - 14:35.

Singing Baby class - develop communication pre-speech
Cost: £7.50 (book). **Dates:** 7 Jan - 11 Feb & 25 Feb - 1 Apr.



SENSORY & DEVELOPMENT

Baby Sensory Northampton

The Baby Sensory Centre, Green Lodge Barn, Nobottle, NN7 4HD. 07512 469881.

www.babysensory.com.

- **Baby Sensory (6 - 13mths):** 10:00 - 11:00.
- **Baby Sensory (0 - 6mths):** 11:30 - 12:30.
- **Baby Sensory (0 - 13mths):** 13:00 - 14:00.

Cost: £8 (book). **Dates:** 7 Jan - 11 Feb & 25 Feb - 1 Apr.

Hartbeeps Kettering

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

- **Happy House (14mths - 5yrs):** 9:45 - 10:30.
- **Baby Beeps (7 - 14mths) - Times:** 10:50 - 11:35.
- **Baby Bells (2 - 7mths) Times:** 9:45 - 10:30.

Dates: 7 Jan - 11 Feb & 25 Feb - 1 Apr. **Cost:** £8. (book)

Wootton Community Library

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

- **Storytime:** 11:15 - 11:35.

Ages: 0 - 4 yrs. **Cost:** Free. **Dates:** 7 Jan - 8 Apr.

CREATIVE

Eat Sleep Bake Repeat

36 Summerfields, West Hunsbury, NN4 9YN. 07985 408289. www.Eat-sleep-bake-repeat.newzenler.com.

- **Preschool cookery classes:** 10:00 - 10:45 & 11:30 - 12:15. **Ages:** 2 - 4 yrs. **Dates:** 7 Jan - 11 Feb.

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:** 10:00 - 10:45.

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

Ages: 3 - 4 yrs. **Dates:** 7 Jan - 11 Feb & 25 Feb - 1 Apr.

PHYSICAL FUN

Northampton County Lawn Tennis Club

54b Church Way, Weston Favell, NN3 3BX. 07766557122.

- **Tiny Tots Tennis:** 10:00 - 10:45. **Ages:** 2½ - 5 yrs.

Cost: £5. (book).

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

Northampton Gymnastics Academy

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

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

Swing, jump, bounce and enjoy gym equipment!

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

Dates: 7 Jan - 1 Apr.

Trilogy Active - Duston Sports Centre

Cotswold Avenue, Duston, NN6 5EX. 01604 837400. www.trilogyactive.co.uk.

- **Rugby Cubz:** 13:00 - 13:30 & 13:45 - 14:15.

Ages: 18 mths - 5 yrs. **Cost:** £4.50. (book).

Dates: 7 Jan - 1 Apr.

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www.oncoredanceacademy.co.uk
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Trilogy Active-Lings Forum

Lings Forum Leisure Centre, Billing Brook Road, Weston Favell, Northampton, NN3 8JR. 01604 837400. www.trilogyactive.co.uk.

• **Rugby Cubz:** 11:15 - 11:45 & 11:45 - 12:15.

Ages: 16 mths - 5 yrs. **Cost:** £4.50. (book). **Dates:** 7 Jan - 1 Apr.

SWIMMING

Aqualight Swim School - Headlands

Headlands Primary School, Bushland Road, Northampton, NN3 2NS. 01604 830405. www.aqualightbabies.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: 7 Jan - 11 Feb & 25 Feb - 1 Apr.

Moulton Leisure Centre

Chris Moody Centre, Gate 4, Moulton, NN3 7QL. 01604 492222. www.everyoneactive.com.

• **Pre School Stage 1 (3-5yrs):** 16:00 - 16:30.

Cost: £9.01. (book).

• **Small Group (19 mths - 3 yrs):** 10:30 - 11:00 & 11:00 - 11:30.

• **Small Group Pre School Stage 1 (3-5yrs):** 11:30 - 12:00.

• **Small Group (4 - 18 months):** 10:00 - 10:30.

Cost: £9.58. (book). **Dates:** 7 Jan - 1 Apr.

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

Baby Sensory
Precision 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: Tuesday, Long Lawford Memorial Hall, CV23 9BA
Wednesday, Cedar Grove Clinic, Daventry, NN11 4HB
Thursday, Lilbourne Village Hall, Rugby, CV23 0SX

For **Northampton** classes:
Call: Sarah on 07512 469881
Email: northampton@babysensory.co.uk
Classes: Daily, Monday to Friday
at The Baby Sensory Centre, Nottobell, NN7 4HD
www.babysensory.com

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

Turtle Tots Northamptonshire

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

• **Turtle Tots:** 9:00 - 12:30. **Ages:** 0 - 4 yrs. **Cost:** £15. (book). **Dates:** 7 Jan - 11 Feb & 25 Feb - 18 Mar.

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. **Dates:** 18 Dec, 8 Jan - 12 Feb & 26 Feb - 2 Apr.

Duston Library

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

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

Ages: 0 - 1 yrs. **Cost:** Free. **Dates:** 8 Jan - 9 Apr.

Earls Barton Library

Broad Street, Earls Barton, NN6 0ND. 0300 126 1000. www3.northamptonshire.gov.uk.

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

Ages: 0 - 5 yrs. **Cost:** Free. **Dates:** 8 Jan - 9 Apr.

CRIPPS | DANES | DUSTON | LINGS | MOUNTS

Junior Active Membership

- Swimming Lessons
- Free Swimming
- Free Cinema
- After School Activities
- and much more!



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a month



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.

Dates: 18 Dec & 8 Jan - 9 Apr.

Kislingbury & Upton Community Church

The Elgar Centre, High Street, Upton, Northampton, NN5 4EN. 07432881576. kucc.co.uk.

• **Upton Tots and Babies:** 10:00 - 12:00.

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

Ages: 0 - 5 yrs. **Cost:** £3.

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

Moulton Library

Moulton Community Centre, Reedings, Moulton, NN3 7AX. www3.northamptonshire.gov.uk.

• **Stay & Play under 5s:** 9:30 - 11:30.

Ages: 0 - 5 yrs. **Cost:** Free (book). **Dates:** 8 Jan - 9 Apr.

Rainbow Tots

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

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

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

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.

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

Strong Start

Kingshorpe Children's Centre, 31 St David's Road, NN2 6NS. 07880 136070. www.westnorthants.gov.uk.

• **Baby Or Under 5s Events:** 10:00 - 11:00.

• **Under 1s Sensory (formerly Bumps and Babies):** 13:30 - 15:00. **Ages:** Pregnancy - 1 yrs.

Cost: Free (book). **Dates:** 8 Jan - 19 Feb.

MUSIC & SIGNING

Hunsbury Library

Overslade Close, Hunsbury, NN4 0RZ. 01604 702691. www.northamptonshire.gov.uk.

• **Babytime:** 10:30 - 11:30.

Ages: 0 - 1 yrs. **Cost:** Free. **Dates:** 8 Jan - 9 Apr.

Music Bugs Northampton

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

• **Family Bugs:** 10:00 - 10:40. **Ages:** 0 - 5 yrs.

• **Mini Bugs:** 11:00 - 11:40. **Ages:** 6 mths - 2 yrs.

• **Baby Bugs:** 12:00 - 12:40. **Ages:** 0 - 10 mths.

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

Cost: £7.50. (book).

SENSORY & DEVELOPMENT

Baby Sensory Northampton

The Baby Sensory Centre, Green Lodge Barn, Nobottle, NN7 4HD. 07512 469881. 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:** 8 Jan - 12 Feb & 26 Feb - 2 Apr.

St Peter's Church Tiny Tots & Baby Group

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

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

Cost: £1. **Dates:** 8 Jan - 12 Feb & 26 Feb - 2 Apr.

CREATIVE

Eat Sleep Bake Repeat

Summerfields, West Hunsbury, NN4 9YN. 07985
408289. www.Eat-sleep-bake-repeat.newzenler.com.

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

Ages: 2 - 4 yrs. **Dates:** 8 Jan - 12 Feb.

DANCE & DRAMA

Oncore Dance Academy

Oncore Studios, Footshape House, Kingsthorpe Road,
NN2 6HT. 07971 824 759 or 07894 667 333.
www.oncoredanceacademy.co.uk.

• **Groovy Movers:** 16:15 - 17:00. **Ages:** 3 - 5 yrs.

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

• **Junior Street Dance:** 17:00 - 17:45 & 17:45 -

18:30. **Ages:** 4 - 5 yrs.

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

PHYSICAL FUN

Northampton Gymnastics Academy

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

• **Explore & Play:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.

Swing, jump, bounce and enjoy gym equipment!

Cost: £6.50. (book). **Dates:** 8 Jan - 2 Apr.

Trilogy Active - Duston Sports Centre

Cotswold Avenue, Duston, NN6 5EX. 01604 837400.
www.trilogyactive.co.uk.

• **Soft Zone:** 9:00 - 10:30. **Ages:** 0 - 5 yrs.

Cost: £4.50. (book). **Dates:** 8 Jan - 2 Apr.

Trilogy Active - Lings Forum

Lings Forum Leisure Centre, Billing Brook Road,
Weston Favell, Northampton, NN3 8JR. 01604 837400.
www.trilogyactive.co.uk.

• **Preschool Gymnastics:** 10:00 - 10:45 & 11:00 -

11:45. **Ages:** 2 - 5 yrs.

• **Rugby Cubz:** 13:00 - 13:30 & 13:45 - 14:15.

Ages: 16 mths - 5 yrs.

Cost: £4.50. (book). **Dates:** 8 Jan - 2 Apr.

SWIMMING

Aqualight Swim School - Headlands

Headlands Primary School, Bushland Road,
Northampton, NN3 2NS. 01604 830405. www.aqualightbabies.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:** 8 Jan - 12 Feb & 26 Feb - 2 Apr.

Moulton Leisure Centre

Chris Moody Centre, Gate 4, Moulton, NN3 7QL.
01604 492222. www.everyoneactive.com.

• **Pre School Stage 1 (3-5yrs):** 16:00 - 16:30 & 16:30 -

17:00. **Cost:** £9.01. (book).

• **Small Group (19 mths - 3 years):** 10:30 - 11:00.

• **Small Group Pre School Stage 1 (3-5yrs):** 10:00 -

10:30 & 11:30 - 12:00.

• **Small Group (4 - 18 months):** 11:00 - 11:30.

Cost: £9.58. (book). **Dates:** 8 Jan - 2 Apr.

Trilogy Active - Danes Camp

Danes Camp, Clannell Road, Hunsbury, Northampton,
NN4 0RX. 01604 837400. www.trilogyactive.co.uk.

• **Family Friendly Swim:** 9:00 - 10:30.

Ages: 0 - 8 yrs. **Cost:** £5. (book). **Dates:** 8 Jan - 2 Apr.

Trilogy Active - Upper Mounts

The Mounts, Northampton, NN1 3DN. 01604 837400.
www.trilogyactive.co.uk.

• **Family Friendly Swimming:** 14:00 - 15:00.

Ages: 0 - 8 yrs. **Cost:** £5. (book). **Dates:** 8 Jan - 2 Apr.

Turtle Tots Northamptonshire

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

• **Turtle Tots:** 9:00 - 12:30. **Ages:** 0 - 4 yrs.

Cost: £15. (book).

Dates: 8 Jan - 12 Feb & 26 Feb - 19 Mar.

Water Babies Bucks & Beds

Hunter Shields, The Avenue, Flore, Northampton, NN7
4LZ. 01295 709221. www.waterbabies.co.uk.

Times: 9:15 - 10:45. **Ages:** 0 - 6 yrs.

Cost: £19.50. (book). **Dates:** 8 Jan - 2 Apr.

THURSDAY

PARENTS & TOTS

Abbey Centre 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. **Dates:** 9

Jan - 23 Jan, 13 Feb, 27 Feb & 13 Mar - 3 Apr.

Kislingbury & Upton Community Church

Mill Lane, Kislingbury, NN7 4BB. 07432881576.
www.kucc.co.uk.

• **Kizzle Tots & Babies:** 10:00 - 12:00. **Ages:** 0 - 5 yrs.

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

Moulton Library

Moulton Library, Moulton Community
Centre, Readings, Moulton, NN3 7AX. www3.northamptonshire.gov.uk.

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

Ages: 1 - 5 yrs. **Cost:** Free (book). **Dates:** 9 Jan - 10 Apr.

St Matthew's Minis

St Matthew's Church Hall, 27A The Drive, Kingsley,
NN1 4RY. 01604 791251.

www.stmatthews-northampton.org.uk.

Times: 9:45 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £1.50.

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

Sunbeams

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

Times: 9:30 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** £1.

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

Talking Point (Grange Park)

Grange Park, Northampton, NN4 5AZ. 07725 474341.

Times: 10:00 - 12:00. **Ages:** Pregnancy - 1 yrs.

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

The Spring Charity

Annex Community Centre, Spring Lane, NN1 2JW. 07465231663. www.thespringcharity.org.

• **Stay and Play:** 9:00 - 11:00. **Ages:** 0 - 5 yrs.

Cost: £1. **Dates:** 9 Jan - 13 Feb & 27 Feb - 3 Apr.

Toddlers Group

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

Times: 13:15 - 15:00. **Ages:** 0 - 4 yrs. **Cost:** £1.

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

MUSIC & SIGNING

Music Bugs Northampton

Hardingstone, Hardingstone Village Hall, High Street, 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:** 9 Jan - 13 Feb & 27 Feb - 3 Apr.

SENSORY & DEVELOPMENT

Baby Sensory Northampton

The Baby Sensory Centre, Green Lodge Barn, Nobottle, NN7 4HD. 07512 469881.

www.babysensory.com.

• **(0 - 6mths):** 11:30 - 12:30.

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

Cost: £8. (book). **Dates:** 9 Jan - 13 Feb & 27 Feb - 3 Apr.

Hartbeeps Kettering

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

• **Happy House (14 mths - 5 yrs):** 9:45 - 10:30.

Cost: £8. (book). **Dates:** 27 Feb - 3 Apr.

The Little Bears Company

Pytchley Village Hall, Church Rd, Pytchley, NN14 1EL. 07506700451

• **Active Bears (6 mths - 2 yrs):** 9:30 - 10:30.

Cost: £11. (book). **Dates:** 19 Jan - 17 Apr.

The Little Bears Company

The Midwives Circle and Wellness Centre, Unit 14, Brooklands Court, Kettering, NN15 6FD

• **Baby Bears (0-1yrs):** 11:45 - 12:45.

• **Massage Bears (0-1yrs):** 1:15 - 2:15.

Cost: £11. (book). **Dates:** 19 Jan - 17 Apr.

Tatty Bumpkin Childrens Yoga

Boughton Village Hall, Boughton NN2 8SF

• **2-7 yrs:** 9.15-10.15

Cost: £7.50. (book) or £9 (drop-in)

Dates: 27 Feb - 3 Apr.

CREATIVE

Weston Favell Library

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

• **Baby Bounce:** 10:00 - 10:30. **Ages:** 6 mths - 1 yrs.

Cost: Free (book). **Dates:** 9 Jan - 10 Apr.

PHYSICAL FUN

Little Kickers Northampton Daventry & Rugby

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

• **Little Kickers**

Times: 9:55 - 10:35. **Ages:** 18 mths - 2 ½ yrs

Times: 10:45 - 11:30. **Ages:** 2 ½ - 3 ½ yrs.

Times: 11:40 - 12:25. **Ages:** 3 ½ - 5 yrs.

Cost: £7.49. (book). **Dates:** 9 Jan - 20 Mar

Northampton Gymnastics Academy

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

• **Explore & Play:** 10:00 - 11:30.

Ages: 0 - 5 yrs. **Cost:** £6.50. (book). **Dates:** 9 Jan - 3 Apr.

Trilogy Active - Danes Camp

Danes Camp, Clannell Road, Hunsbury, Northampton, NN4 0RX. 01604 837400. www.trilogyactive.co.uk.

• **Soccer Cubz Football Classes:** 13:00 - 13:30 & 13:45 - 14:15.

Ages: 18 mths - 5 yrs. **Cost:** £4.50. (book).

Dates: 9 Jan - 3 Apr.

SWIMMING

Aqualight Swim School - Headlands

Headlands Primary School, Bushland Road, NN3 2NS. 01604 830405. www.aqualightbabies.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. (book).

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

Aqualight Swim School - The Beehive

Harborough Road, Kingsthorpe, Northampton, NN2 8LR. 01604 830405. www.aqualightbabies.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.

Cost: £13.40. (book). **Dates:** 9 Jan - 13 Feb & 27 Feb - 3 Apr.

Moulton Leisure Centre

Chris Moody Centre, Gate 4, Moulton, NN3 7QL. 01604 492222. www.everyoneactive.com.

• **Pre School Stage 1:** 16:00 - 16:30. **Ages:** 3 - 5 yrs.

Cost: £9.01. (book). **Dates:** 9 Jan - 3 Apr.

• **Small Group Pre School Stage 1:** 11:00 - 11:30.

Ages: 3 - 5 yrs.

• **Small Group (4 - 18 months):** 10:30 - 11:00.

Cost: £9.58. (book). **Dates:** 2 Jan - 27 Mar.

Trilogy Active - Danes Camp

Danes Camp, Clannell Road, Hunsbury, NN4 0RX. 01604 837400. www.trilogyactive.co.uk.

• **Family Friendly Swim:** 9:00 - 10:15.

Ages: 0 - 8 yrs. **Cost:** £5. (book).

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 - 13 Feb & 27 Feb - 20 Mar.

FRIDAY

PARENTS & TOTS

Brixworth Library

Spratton Road, Brixworth, NN6 9DS. 0300 126 7000. www.northamptonshire.gov.uk.

• **Pre-school Play:** 10:00 - 11:00.

Play with a variety of resources and socialise

Ages: 0 - 5 yrs. **Cost:** Free.

Earls Barton Library

Broad Street, Earls Barton, NN6 0ND. 0300 126 1000. www3.northamptonshire.gov.uk.

• **Rhymetime:** 14:30 - 15:00. **Ages:** 0 - 5 yrs.

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

Moulton Library

Moulton Community Centre, Reedings, Moulton, NN3 7AX. www3.northamptonshire.gov.uk.

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

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

• **Homework Club:** 15:00 - 16:30.

Ages: 4 - 10 yrs. **Cost:** Free. **Dates:** 10 Jan - 11 Apr.

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

MUSIC & SIGNING

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: 10 Jan - 11 Apr.

Music Bugs Northampton

Pineham Barns Primary School, Dragonfly Way, Pineham, 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: 10 Jan - 14 Feb & 28 Feb - 4 Apr.

Northampton Central Library

Abington Street, Northampton, NN1 2BA. 0300 126 1000 - option 5 then 1.

• **Rhymetime:** 10:30 - 11:00.

Ages: 1 - 5 yrs. **Cost:** Free. **Dates:** 20 Dec.





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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.

Cost: £8. (book).

Dates: 10 Jan - 14 Feb & 28 Feb - 4 Apr.

Hartbeeps Kettering

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

• **Happy House (14mths - 5yrs):** 9:45 - 10:30.

• **Baby Beeps (7mths - 14mths):** 10:50 - 11:35.

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

Cost: £8(book). **Dates:** 10 Jan - 14 Feb & 28 Feb - 4 Apr.

Wootton Community Library

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

www.woottonparishcouncil.gov.uk.

• **Rhymetime:** 11:00 - 11:30.

Ages: 0 - 4 yrs. **Cost:** Free. **Dates:** 10 Jan - 11 Apr.

CREATIVE

Eat Sleep Bake Repeat

Summerfields, West Hunsbury, NN4 9YN. 07985 408289. www.Eat-sleep-bake-repeat.newzenler.com.

• **AFTER SCHOOL:** 16:30 - 17:15. **Ages:** 4 - 11 yrs.

Dates: 10 Jan - 14 Feb.

Weston Favell Library

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

• **Rhyme Time:** 10:00 - 10:30. **Ages:** 1 - 5 yrs.

Cost: Free (book). **Dates:** 10 Jan - 11 Apr.

DANCE & DRAMA

Krystle Jayne's Dance Academy

Soo Yoga, Sol Central, Mare Fair, Northampton, NN1 1SR. 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 - 6 yrs. **Dates:** 20 Dec, 10 Jan - 14 Feb & 28 Feb - 4 Apr.



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PHYSICAL FUN

Little Kickers Northampton Daventry & Rugby

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

• Little Kickers

Times: 9:55 - 10:35. Ages: 1½ - 2½ yrs.

Times: 10:45 - 11:30. Ages: 2½ - 3½ yrs.

Times: 11:40 - 12:25. Ages: 3½ - 5 yrs.

Cost: £7.49. (book). Dates: 20 Dec - 11 Apr.

Northampton County Lawn Tennis Club

54b Church Way, Weston Favell, NN3 3BX. 07766557122.

• Tiny Tots Tennis: 13:30 - 14:15.

Ages: 2 yrs 6 mths - 5 yrs. Cost: £5. (book).

Dates: 10 Jan - 14 Feb & 28 Feb - 4 Apr.

Northampton Gymnastics Academy

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

• Explore & Play: 10:00 - 11:30.

Ages: 0 - 5 yrs. Cost: £6.50. (book).

Dates: 10 Jan - 4 Apr.

Trilogy Active - Duston Sports Centre

Cotswold Avenue, Duston, NN6 5EX. 01604 837400.
www.trilogyactive.co.uk

• Preschool Gymnastic: 9:30 - 10:15 & 10:30 -

11:15. Ages: 2 - 5 yrs.

• Soccer Cubz Football Classes: 13:00 - 13:30 &
 13:45 - 14:15. Ages: 18 mths - 5 yrs.

Cost: £4.50. (book). Dates: 10 Jan - 4 Apr.

SWIMMING

Aqualight Swim School - Headlands

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

• 2.5 - 4 years: 11:15 - 11:45.

• 1-2 years: 11:45 - 12:15.

Cost: £12.35. (book).

Dates: 10 Jan - 14 Feb & 28 Feb - 4 Apr.

Aqualight Swim School - Barry Road

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

• Swimming Lessons

Times: 16:00 - 16:30. Ages: 4 - 5 yrs.

Times: 16:30 - 17:00 & 17:00 - 17:30. Ages: 3 - 5 yrs.

Cost: £12.35. (book).

Dates: 10 Jan - 14 Feb & 28 Feb - 4 Apr.

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: 10 Jan - 14 Feb & 28 Feb - 21 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: 10 Jan - 14 Feb & 28 Feb - 21 Mar.



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SATURDAY

CREATIVE

Eat Sleep Bake Repeat

Summerfields, West Hunsbury, NN4 9YN. 07985 408289. www.Eat-sleep-bake-repeat.newzenler.com.

• **Saturday Kitchen:** 10:00 - 10:45.
Ages: 2 - 11 yrs. **Dates:** 25 Jan, 22 Feb & 29 Mar.

DANCE & DRAMA

Oncore Dance Academy

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

www.oncoredanceacademy.co.uk.
• **Baby Ballet:** 9:00 - 9:45.
Free trial class. Quote 'Toddle About' when booking.
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:** 11 Jan - 8 Feb & 1 Mar - 29 Mar.

PHYSICAL FUN

Rugbytots Banbury, Towcester & Northampton

Caroline Chisholm School, Wooldale Rd, Wootton, NN4 6TP. 0345 313 0286. www.rugbytots.co.uk.

• **Free Tasters Available:** 8:25 - 8:55, 9:00 - 9:45, 9:50 - 10:35 & 10:40 - 11:10.

Ages: 2 yrs - 3 yrs 6 mths. **Cost:** £7.50. (book).
Dates: 11 Jan - 15 Feb.

TINY TOTS TENNIS

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

Tuesday: 10-10.45am

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

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

Trilogy Active - Upper Mounts

Upper Mounts, The Mounts, Northampton, NN1 3DN.
01604 837400. www.trilogyactive.co.uk.

• **Family Friendly Swimming:** 16:00 - 17:00.

Starts your tots journey in the water

Ages: 0 - 8 yrs. **Cost:** £5. (book).

Dates: 11 Jan - 29 Mar.

SWIMMING

Aqualight Swim School - Headlands

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

• **3-4 years:** 9:30 - 10:00 & 10:30 - 11:00 & 11:30 - 12:00.
• **2-3 years:** 10:00 - 10:30 & 11:00 - 11:30.

Cost: £12.35 (book). **Dates:** 11 Jan - 8 Feb & 1 Mar - 29 Mar.

Aqualight Swim School - The Beehive

The Beehive, Harborough Road, Kingsthorpe, NN2 8LR. 01604 830405. www.aqualightbabies.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:** 11 Jan - 8 Feb & 1 Mar - 29 Mar.

Aqualight Swim School - Barry Road

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

• **3-5 yrs:** 12:00 - 12:30 & 12:30 - 13:00.
• **2-3 yrs:** 13:30 - 14:00 & 15:00 - 15:30.
• **18mths - 2yrs:** 14:00 - 14:30 & 15:30 - 16:00.

Cost: £12.35. (book). **Dates:** 11 Jan - 8 Feb & 1 Mar - 29 Mar.

Aqualight Swim School - NSG

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

• **0-5yrs:** 13:00 - 13:30, 13:30 - 14:00, 14:30 - 15:00, 15:15 - 15:45 & 15:45 - 16:15 & 16:15 - 16:45.
• **3-4 yrs:** 14:00 - 14:30.
• **1-1½ yrs:** 14:30 - 15:00

Cost: £12.35. (book). **Dates:** 11 Jan - 8 Feb & 1 Mar - 29 Mar.

Moulton Leisure Centre

Chris Moody Centre, Gate 4, Moulton, NN3 7QL.
01604 492222. www.everyoneactive.com.

• **Pre-School Stage 1 (3 - 5yrs):** 9:15 - 9:45, 10:45 - 11:15
• **Adult & Child Lessons (19 mths - 3½ years):** 10:15 - 10:45. **Cost:** £9.01. (book).
• **Small Group (4 - 18 months):** 8:30 - 9:00.

Cost: £9.58. (book). **Dates:** 4 Jan - 29 Mar.



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Turtle Tots Northamptonshire, Milton Keynes & Bedford

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

- **Turtle Tots: 9:00 - 12:30. Ages:** 0 - 4 yrs. **Cost:** £15. (book). **Dates:** 11 Jan - 15 Feb & 1 Mar - 22 Mar.

SUNDAY

SENSORY & DEVELOPMENT

Kidslingo Spanish Northants, Towcester & Olney

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

- **Kidslingo Fun Spanish Class**

Times: 9:00 - 9:30. **Ages:** 18 mths - 4 yrs 11 mths. **Cost:** £4. (book).

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

- **Kidslingo Full immersion fun Spanish class:** 10:20 - 10:50. **Ages:** 4 - 7 yrs.

• **Kidslingo Fun Spanish Class:** 11:05 - 11:45.

Ages: 7 - 11 yrs.

Dates: 12 Jan - 9 Feb & 2 Mar - 30 Mar.

Cost: £5. (book).




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PHYSICAL FUN

Little Kickers Northampton Daventry & Rugby

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

- **3½ - 5yrs:** 8:30 - 9:15, 9:25 - 10:10 & 11:15 - 12:00.
- **2½ - 3½ years:** 9:25 - 10:10.
- **1½ - 2½ yrs:** 8:30 - 9:10 & 9:30 - 10:10.
- **5-7 years:** 9:25 - 10:10, 10:20 - 11:05 & 11:15 - 12:00.
- **2½ - 3½yrs:** 8:30 - 9:15, 10:20 - 11:05, 11:15 - 12:00

Dates: 12 Jan - 16 Mar **Cost:** £7.49. (book).

SWIMMING

Aqualight Swim School - Barry Road

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

- **3-5 yrs:** 8:30 - 9:00, 9:00 - 9:30, 9:30 - 10:00, 10:00 - 10:30 & 11:30 - 12:00.
- **3-4 yrs:** 10:30 - 11:00
- **4-5 yrs:** 11:00 - 11:30.

Cost: £12.40. (book).

Dates: 12 Jan - 9 Feb & 2 Mar - 30 Mar.

Trilogy Active - Danes Camp

Danes Camp, Clannell Road, Hunsbury, Northampton, NN4 0RX. 01604 837400. www.trilogyactive.co.uk.

- **Family Friendly Swim:** 8:00 - 10:00.

Ages: 0 - 8 yrs. **Cost:** £5. (book). **Dates:** 12 Jan - 30 Mar

Trilogy Active - Upper Mounts

Upper Mounts, The Mounts, Northampton, NN1 3DN. 01604 837400. www.trilogyactive.co.uk.

- **Family Friendly Swimming:** 10:30 - 11:30, 12:00 - 13:00, 13:30 - 14:30 & 15:00 - 16:00.

Ages: 0 - 8 yrs. **Cost:** £5. (book). **Dates:** 12 Jan - 30 Mar.

Turtle Tots Northamptonshire

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

- **Turtle Tots: 8:30 - 12:30. Ages:** 0 - 4 yrs. **Cost:** £15. (book). **Dates:** 12 Jan - 16 Feb & 2 Mar - 23 Mar.

Turtle Tots Northamptonshire

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

Times: 9:00 - 17:00. **Ages:** 0 - 2 yrs. **Cost:** £15. (book).

Dates: 12 Jan - 16 Feb & 2 Mar - 23 Mar.

SOUTH NORTHANTS AREA

MONDAY

PARENTS & TOTS

Strong Start

Towcester Community Centre, Islington Road, Towcester, NN12 6AU. 07880 136070. www.westnorthants.gov.uk.

- **Under 1s Sensory (formerly Bumps and Babies):** 11:00 - 12:30. **Ages:** Pregnancy - 1 yrs.

Cost: Free (book). **Dates:** 6 Jan - 17 Feb.

MUSIC & SIGNING

Cha Char Chimps - Towcester

Syresham Village Hall, Main Road, Syresham, NN13 5HE

- **0-5's:** 10:00 - 11:00.

Cost: £7 (book). **Dates:** 6 Jan - 7 Apr.

Towcester Library

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

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

Ages: 0 - 1 yrs. **Cost:** Free (book). **Dates:** 6 Jan - 7 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.

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

Milk&You

Towcester Children's Centre, Islington Road, NN12 6AU. 01327 220705. www.daventryvolunteers.org.uk.

- **Infant Feeding Group:** 9:30 - 11:30.

Ages: Pregnancy - 1 yrs. **Cost:** Free. **Dates:** 21 Jan.

MUSIC & SIGNING

Brackley Library

Brackley Library, Manor Road, Brackley, NN13 6AJ. 0300 126 7000. www.westnorthants.gov.uk.

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

Ages: 0 - 5 yrs. **Cost:** Free (book). **Dates:** 7 Jan - 8 Apr.

Cha Char Chimps - Towcester

Greens Norton Community Centre, Towcester Road, Greens Norton, NN12 8BL

- **0-5's:** 10:00 - 11:00.

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

Towcester Library

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

- **Explore-a-Story:** 11:00 - 11:30.

Ages: 0 - 5 yrs. **Cost:** Free (book). **Dates:** 7 Jan, 21 Jan, 4 Feb, 18 Feb, 4 Mar, 18 Mar, 1 Apr.

CREATIVE

Little Lambs Baby and 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.

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

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

Tots @ TVC

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

Times: 9:30 - 11:00. **Ages:** 0 - 4 yrs. **Cost:** £2.

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

MUSIC & SIGNING

Roade Library

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

- **Rhymetime:** 11:00 - 11:30.

Ages: 0 - 5 yrs. **Cost:** Free (book). **Dates:** 8 Jan - 9 Apr.

Sing and Sign Banbury, Bicester, Brackley & Buckingham

Evenley - Evenley Village Hall, The Green, Evenley, NN135SQ. 07771550335. www.singandsign.co.uk.

- **Stage 2:** 9:45 - 10:30. **Ages:** 14 mths - 2 ½ yrs.
- **Stage 1:** 10:45 - 11:30 & 11:45 - 12:30. **Ages:** 6 - 13 mths

Cost: £8. (book). **Dates:** 15 Jan - 12 Feb & 26 Feb - 26 Mar.

SENSORY & DEVELOPMENT

Hartbeeps Kettering

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

- **Happy House:** 9:45 - 10:30. **Ages:** 15 mths - 5 yrs
- **Baby Beeps:** 10:50 - 11:35. **Ages:** 7 - 15 mths
- **Baby Bells:** 12:00 - 12:45. **Ages:** 2 - 7 mths.

Cost: £8. (book). **Dates:** 8 Jan - 12 Feb & 26 Feb - 2 Apr.

THURSDAY

PARENTS & TOTS

Denton Village Tots

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

Times: 9:30 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £2.50.

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





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Sing and Sign - Towcester & Daventry

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

• **Babes - up to 6 months:** 10:00 - 10:30.

Cost: £5. (book).

• **Toddlers - 12-30 months:** 11:30 - 12:15.

• **Babies - 6-14 months:** 13:30 - 14:15.

Signing Baby class - develop communication pre-speech

Cost: £7.50. (book).

9 Jan - 13 Feb & 27 Feb - 3 Apr.

Sing and Sign Banbury, Bicester, Brackley & Buckingham

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

• **Babes:** 12:00 - 12:45. **Ages:** 0 - 6 mths.

A gentle music and sensory class for babies from birth

Cost: £8 (book). **Dates:** 16 Jan - 13 Feb & 27 Feb - 27 Mar.

Towcester Library

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

• **Rhymetime:** 10:00 - 10:30 & 11:15 - 11:45.

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

FRIDAY

PARENTS & TOTS

Blisworth Baptist Church

Chapel Lane, Blisworth, Northampton, NN7 3BU. 01604918405. www.blisworthbaptistchurch.org.

• **Toddlers & Tea:** 10:00 - 12:00.

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

Milton Malsor Tots Group

Milton Malsor Village Hall, 26 High Street, Northampton, nn7 3 as. 07709052361.

Times: 9:30 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** £3.50. (book).

Dates: 10 Jan - 14 Mar.

Silverstone Tiggers

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

• **Tiggers:** 9:15 - 11:00.

Ages: 0 - 5 yrs. **Cost:** £2. **Dates:** 10 Jan - 14 Mar.

Strong Start

Towcester Children's Centre, Towcester Community Centre, Islington Road, Towcester, NN12 6AU. 07880 136070. www.westnorthants.gov.uk.

• **Baby Or Under 5s Events:** 13:30 - 14:30.

Ages: 0 - 4 yrs. **Cost:** Free (book). **Dates:** 9 Jan - 13 Feb.

Tove Benefice - St Bartholomew's

Church View, Greens Norton, NN12 8DL. 01327 350459. www.tovebenefice.org.uk.

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

Ages: Pregnancy - 5 yrs. **Cost:** Free.

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

Tove Benefice - St Lawrence Church

St Lawrence Church, Moat Lane, Towcester, NN12 6YY. 01327 350459. www.tovebenefice.org.uk.

• **Little Sprouts:** 9:30 - 11:00.

Ages: Pregnancy - 5 yrs. **Cost:** Free.

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

MUSIC & SIGNING

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:** 9 Jan - 10 Apr.

Cha Char Chimps - Towcester

Whittlebury Reading Rooms, High Street, Whittlebury, NN12 8XJ

• **0-5's:** 10:00 - 11:00.

Cost: £7 (book). **Dates:** 9 Jan - 10 Apr.

MUSIC & SIGNING

Cha Char Chimps - Towcester

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

- **0-5's:** 10:00 - 11:00. **Cost:** £7 (book).
- **Non-walkers:** 11:30 - 12:30. **Cost:** £7.50 (book).

SENSORY & DEVELOPMENT

Cogenhoe Primary School Forest Tots

Cogenhoe Primary School, Cogenhoe, York Avenue, NN7 1NB. 01604 890380.

www.cogenhoeprimary.co.uk

- **Forest Tots: Public Forest school explore session:** 10:00 - 11:30.

Ages: 18 mths - 5 yrs. **Cost:** £7. (book).

Dates: 10 Jan - 14 Feb & 28 Feb - 4 Apr.

SATURDAY

MUSIC & SIGNING

Sing and Sign - Towcester & Daventry

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

www.singandsign.co.uk

- **Toddlers - 12-30 months:** 10:00 - 10:45.

Cost: £7.50. (book).

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

Towcester Library

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. **Dates:** 11 Jan - 12 Apr.

SUNDAY

PHYSICAL FUN

Rugbytots Banbury, Towcester & Northampton

The Gateway School, St Johns Rd, Tiffield, Towcester, NN12 8AA. 0345 313 0286. www.rugbytots.co.uk

- **2 - 3½yrs:** 8:25 - 8:55, 9:00 - 9:45, 9:50 - 10:35, 10:40 - 11:10 & 11:15 - 12:00.

Rugby classes for ages 2-3.5

Cost: £7.50. (book). **Dates:** 12 Jan - 12 Apr.

DAVENTRY AREA

MONDAY

MUSIC & SIGNING

Boogie Beans

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

Times: 10:00 - 11:00. **Ages:** 0 - 5 yrs. **Cost:** £5. (book).

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

Daventry Library

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

- **Bounce and Rhyme:** 11:00 - 11:45.

Ages: 0 - 1 yrs. **Cost:** Free. **Dates:** 6 Jan - 7 Apr.

Rhythm Time Coventry, Rugby and West Northants

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

- **Baby Class:** 10:45 - 11:15. **Ages:** 2 - 13 mths.

Cost: £7.01 (book). **Dates:** 6 Jan - 31 Mar.

PHYSICAL FUN

Little Kickers Northampton Daventry & Rugby

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

- **Little Kicks 1½ - 2½yrs:** 9:20am - 10:00am
- **Junior Kickers 2½ - 3½ yrs:** 10:10 - 10:55am
- **Mighty Kickers 3½ - 5yrs,** 10:15am - 11:00am

Cost: £7.49. (book). **Dates:** 6 Jan - 7 Apr.



Young Children's Entertainment Group

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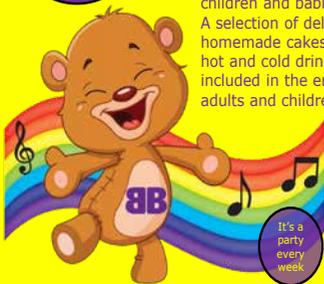
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SWIMMING

Everyone Active Daventry Leisure Centre

Lodge Road, Daventry, NN11 4FP. 01327 871144.
www.everyoneactive.com.

- **Preschool Lessons Stage 1 (3-5yrs):** 9:45 - 10:15, 10:45 - 11:15, 15:45 - 16:15 & 17:00 - 17:30.
- **Adult and Child Lessons (4 - 18 months):** 10:30 - 11:00, 11:30 - 12:00 & 15:30 - 16:00.
- **Adult and Child Lessons (19 - 3½ years):** 10:30 - 11:00, 11:00 - 11:30 & 16:30 - 17:00.
- **Preschool Lessons Stage 2 (3-5yrs):** 10:15 - 10:45.

Cost: £8.44. (book) **Dates:** 6 Jan - 31 Mar.

Turtle Tots Daventry and Rugby

Mercurie 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: 6 Jan - 10 Feb & 24 Feb - 31 Mar.

TUESDAY

PARENTS & TOTS

Brixworth Library

Spratton Road, Brixworth, NN6 9DS. 0300 126 7000.
www.westnorthants.gov.uk.

- **Explore a Story:** 10:00 - 10:30. **Ages:** 0 - 4 yrs.

Cost: Free (book). **Dates:** 14 Jan - 11 Feb.

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

Strong Start

Daventry Children's Centre, Staverton Road, Daventry,
NN11 4EY. 07880 136070. www.westnorthants.gov.uk.

- **Baby Or Under 5s Events:** 10:00 - 11:00.

Book: www.eventbrite.co.uk/o/strong-start-team-26919372729

Ages: 0 - 4 yrs. **Cost:** Free (book). **Dates:** 14 Jan - 18 Feb.

MUSIC & SIGNING

Daventry Library

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

- **Rhymetime:** 10:15 - 10:45. **Ages:** 1 - 4 yrs.

Cost: Free. **Dates:** 7 Jan - 8 Apr.

Rhythm Time Coventry, Rugby and West Northants

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

- **Toddler Class:** 10:00 - 10:30.

Ages: 1 - 3 yrs. **Cost:** £7.01. (book).

Dates: 7 Jan - 11 Feb & 25 Feb - 8 Apr.

Sing and Sign - Towcester & Daventry

Cedar Grove Clinic, Daventry, 1 8 High March,
High March Industrial Estate, Daventry, NN11 4HB.
07506257073. www.singandsign.co.uk.

- **Toddlers - 12-30 months:** 9:50 - 10:35.

- **Babies - 6-14 months:** 10:50 - 11:35.

Cost: £7.50. (book).

- **Babes Classes - up to 6mths:** 11:50 - 12:20.

Cost: £5. (book). **Dates:** 7 Jan - 11 Feb & 25 Feb - 1 Apr.

SWIMMING

Everyone Active Daventry Leisure Centre

Lodge Road, Daventry, NN11 4FP. 01327 871144.
www.everyoneactive.com.

- **Preschool Lessons Stage 1 (3-5yrs):** 10:00 - 10:30. **Cost:** £8.44. (book).

- **Adult and Child Lessons (19 - 3½ years):** 11:00 - 11:30. **Cost:** £6.72. (book).

- **Preschool Lessons Stage 2 (3-5yrs):** 10:30 - 11:00. **Cost:** £8.44. (book). **Dates:** 7 Jan - 1 Apr.

WEDNESDAY

PARENTS & TOTS

Brixworth Library

Brixworth Library, Spratton Road, Brixworth, NN6 9DS.
0300 126 7000. www.westnorthants.gov.uk.

- **Rhyme Time (0-4yrs):** 9:30 - 10:00.

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

- **10:30 Rhyme Time (0-4yrs):** 10:30 - 11:00.

Cost: Free (book).

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



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SWIMMING

Everyone Active Daventry Leisure Centre

Lodge Road, Daventry, NN11 4FP. 01327 871144.
www.everyoneactive.com.

- **Preschool Lessons Stage 1 (3-5yrs)**

Times: 16:15 - 16:45. **Dates:** 8 Jan - 2 Apr. **Cost:** £8.44

THURSDAY

PARENTS & TOTS

Brixworth Library

Spratton Road, Brixworth, NN6 9DS. 0300 126 7000.
www.westnorthants.gov.uk.

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

Cost: Free (book). **Dates:** 19 Dec.

Byfield Baby & Toddler Group

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

Times: 10:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £2. **Dates:** 9 Jan - 13 Feb & 27 Feb - 3 Apr.

Milk&You

Daventry Methodist Church, 6 Golding Close, NN11 4FB. 01327 220705. www.daventryvolunteers.org.uk.

- **Feed, Stay & Play: 12:00 - 13:30.**

Ages: Pregnancy - 5 yrs. **Cost:** Free. **Dates:** 16 Jan.

Welton Playgroup

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

- **0-5yrs: 9:30 - 11:30. Cost:** Free (book).

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

MUSIC & SIGNING

Boogie Beans

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

Times: 10:00 - 11:00. **Ages:** 0 - 5 yrs. **Cost:** £5. (book).

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

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. **Dates:** 9 Jan - 10 Apr.

Daventry Library

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

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

Cost: Free. **Dates:** 9 Jan - 10 Apr.

SWIMMING

Everyone Active Daventry Leisure Centre

Lodge Road, Daventry, NN11 4FP. 01327 871144.

www.everyoneactive.com.

- **Preschool Lessons Stage 1 (3-5yrs): 11:30 - 12:00**

& 17:00 - 17:30. Cost: £8.44. (book).

- **Adult and Child Lessons (4-18 months): 11:00 - 11:30.**

- **Adult and Child Lessons (1½ - 3½ years): 12:00 - 12:30.**

- **Preschool Lessons Stage 2 (3-5yrs): 12:30 - 13:00, 16:15 - 16:45 & 16:30 - 17:00.**

Cost: £8.44. (book). **Dates:** 9 Jan - 3 Apr.

Turtle Tots Daventry and Rugby

Mercur 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: 9 Jan - 13 Feb & 27 Feb - 3 Apr.



FRIDAY

PARENTS & TOTS

Brixworth Library

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

- **Pre-School Play: 10:00 - 11:00.**

Under 5s learning through play

Ages: 1 mths - 4 yrs. **Cost:** Free (book). **Dates:** 20 Dec,

10 Jan - 14 Feb & 28 Feb - 4 Apr.

Milk&You

Daventry Children's Centre, Staverton Road, NN11 4EY. 01327 220705. www.daventryvolunteers.org.uk.

- **Infant Feeding Group: 9:30 - 11:30.**

Ages: Pregnancy - 1 yrs. **Cost:** Free. **Dates:** 17 Jan.

Stay & Play

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

Times: 9:30 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £1.

Dates: 10 Jan - 14 Feb & 28 Feb - 4 Apr.

Timken Tots

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

Times: 10:00 - 12:00. **Ages:** 0 - 4 yrs. **Cost:** £1.50.

Dates: 10 Jan - 14 Feb & 28 Feb - 4 Apr.



Welford Babes and Tots

Welford Community Centre, West Street Playing Fields, Welford, NN6 6HJ. 07891287626.

- **Welford Babes & Tots:** 9:30 - 11:00. **Ages:** 0 - 5 yrs.

Cost: £2. **Dates:** 10 Jan - 14 Feb & 28 Feb - 4 Apr.

MUSIC & SIGNING

Buckby Library & Hub

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

- **Rhyme Time:** 10:30 - 11:00. **Ages:** 1 - 5 yrs.

- **Stay and Play:** 14:15 - 15:00. **Ages:** 0 - 4 yrs.

Dates: 10 Jan - 11 Apr.

SWIMMING

Everyone Active Daventry Leisure Centre

Daventry Leisure Centre, Lodge Road, Daventry, NN11 4FP. 01327 871144. www.everyoneactive.com.

- **Preschool Lessons Stage 1 (3-5yrs):** 16:00 - 16:30

& 16:15 - 16:45. **Cost:** £8.44. **Dates:** 10 Jan - 4 Apr.

Turtle Tots Daventry and Rugby

Holiday Inn Rugby, M1 J18, Crick, NN6 7XR.

07972772922. www.turtlelots.com.

- **Turtle Tots Times:** 10:00 - 12:00. **Ages:** 3 mths - 4 yrs.

Dates: 10 Jan - 14 Feb & 28 Feb - 4 Apr. **Cost:** £14.

SATURDAY

MUSIC & SIGNING

Boogie Beansies

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

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

11 Jan, 25 Jan, 8 Feb, 8 Mar & 22 Mar.

DANCE & DRAMA

Krystle Jayne's Dance Academy

Brixworth Community Centre, Spratton Road, NN6 9DS. www.krystlejayedanceacademy.co.uk.

- **Baby Ballet:** 9:30 - 10:00 & 10:00 - 10:30.

Ages: 2 yrs - 3 yrs 11 mths. **Cost:** £4. (book).

- **Pre-Primary Ballet & Tap**

Times: 10:00 - 10:45. **Ages:** 4 - 5 yrs. **Cost:** £5. (book).

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

Ages: 1 - 3 yrs.

Cost: £4. (book). **Dates:** 11 Jan - 8 Feb & 1 Mar - 29 Mar.

SWIMMING

Everyone Active Daventry Leisure Centre

Lodge Road, Daventry, NN11 4FP. 01327 871144.

www.everyoneactive.com.

- **Preschool Lessons Stage 1 (3-5yrs):** 9:30 - 10:00, 10:00 - 10:30, 10:30 - 11:00 & 11:00 - 11:30.

- **Adult and Child Lessons (19 - 3½ years):** 8:30 - 9:00 & 10:30 - 11:00. **Cost:** £6.72. (book).

Dates: 11 Jan - 29 Mar.

Turtle Tots Daventry and Rugby

Holiday Inn Rugby, M1 J18, Crick, NN6 7XR.

07972772922. www.turtlelots.com.

- **Turtle Tots:** 9:00 - 11:30. **Ages:** 3 mths - 4 yrs. **Cost:**

£14. (book). **Dates:** 11 Jan - 8 Feb & 1 Mar - 29 Mar.

Turtle Tots Daventry and Rugby

Staverton Park Hotel, Daventry Road, NN11 6JT.

07972772922. www.turtlelots.com.

- **Turtle Tots:** 10:00 - 14:00. **Ages:** 3 mths - 4 yrs.

Cost: £14. (book). **Dates:** 11 Jan - 8 Feb & 1 Mar - 29 Mar.

SUNDAY

SWIMMING

Everyone Active Daventry Leisure Centre

Daventry Leisure Centre, Lodge Road, NN11 4FP.

01327 871144. www.everyoneactive.com.

- **Preschool Lessons Stage 1 (3-5yrs):** 8:00 - 8:30, 9:30 - 10:00 & 10:30 - 11:00.

- **Adult and Child Lessons (4 - 18 months):** 8:30 - 9:00.

- **Adult and Child Lessons (19 - 3½ years):** 9:00 - 9:30.

- **Preschool Lessons Stage 2 (3-5yrs):** 10:00 - 10:30.

Cost: £8.44. (book). **Dates:** 12 Jan - 30 Mar.

OTHER

Rugby Mum2Mum Market

Daventry Community Centre, Ashby Road, NN11 0QE. www.mum2mummarket.co.uk.

- **Daventry - 2nd February 2025 - Nearly New**

Stalls: 10:00 - 12:00.

Cost: £2 **Dates:** 2 Feb.

PLAY & DISCOVER Answers

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DIRECTORY OF ADVERTISERS

Classes & Groups

Aqualight	31
Baby Sensory	33
Boogie Beans	43
Bloom Baby Classes East Northants	42
Eat Sleep Bake Repeat	30
Everyone Active	5 & 48
Kidslingo Spanish	39
Krystle Jaynes Dance Academy	13
Little Kickers	38
Music Bugs	38
Northampton County Lawn Tennis Club	39
Northampton Gymnastics Academy	30
Oncore Dance Academy	33
Rhythm Time Cov, Rugby & West Northants	44
Rugbytots	37
Swim Works	42
Tatty Bumpkin	38
Trilogy Active	34
Turtle Tots Northamptonshire	40
Turtle Tots Daventry & Rugby	45

Consultants & Health

Health Visiting Services by Jacqui	16
Press Snooze Infant Sleep Consultant	16

Days Out

Northampton and Lamport Railway	40
Stanwick Lakes	9
Tigers Indoor Play Centre	25
The Core at Corby Cube	9

Nurseries & Schools

Cogenhoe School	7
Crazy 4 Kids	15
East Midlands Academy Trust	13
Quinton House School	2
Northampton High School	21
Winchester House School	23

Parties

Kelly's Princess Parties	17
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Photographers

TK Photography	16
----------------	----

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