

Loving life with little ones

toddle

about
Suffolk

Jan- Mar 2025

FREE

BRAND NEW
Children's
Activities

FAMILY
DAYS OUT

Exclusive Offers
worth £100s

FOOD ALLERGIES &
INTOLERANCES
How to support your child

WIN!
A smarTrike
Traveler,
worth £399

Everything Bump, Baby & Toddler Near You

Covering Bury St Edmunds, Stowmarket, Ipswich,
Woodbridge, Felixstowe and the surrounding area



National
Trust

Family days out

at Ickworth Estate

Discover the joys of the great outdoors this season at Ickworth Estate in Suffolk. There will be brisk walks and beautiful countryside to explore as well as fun indoor half term activities.

nationaltrust.org.uk/Ickworth

For everyone, for ever



WELCOME



TO THE NEW YEAR 2025 EDITION!

Happy New Year! We're thrilled to bring you another jam-packed issue filled with inspiration, activities and fantastic offers for families with little ones.

This issue introduces an exciting brand-new feature: a **Children's Activity Sheet** (p. 7) to keep your little ones entertained—perfect for a quiet moment at home or a bit of fun on the go!

Be sure to check out our **Family Events Guide** (p.10) and Daily Activity Planner (p. 24), for all the best local happenings and activities this season. And don't miss the **Exclusive Offer Vouchers** (p. 18), designed to help you make the most of family fun while saving a little extra.

Toddle About Suffolk Franchise is for Sale

Ever dreamt of being at the helm of a beloved family magazine and baby show? Well, here's your chance!

The Toddle About Suffolk franchise is up for grabs. If you're passionate about supporting families and building community connections, this could be the opportunity you've been waiting for. If this sounds of interest, please download our franchise prospectus at toddle.fun/franchise

Thank you for letting Toddle About be a part of your parenting journey. Here's to a wonderful start to 2025!

Loving life with little ones,

Pia OWNER/EDITOR

Subscribe today via toddle.fun/subscribe

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

IN THIS ISSUE

Bite Size News.....	4-5
Children's Activity Sheet.....	7
Carrot Oat Bars Recipe.....	9
Family Days Out.....	10
Win a Smartrike Traveler.....	12
Fab & Funky Products.....	13
Toddle Models.....	14
Win a Little Starts Gift Card, worth £100.....	15
Valentine's Day Craft.....	16
Top of the Tots.....	17
Special Offer Vouchers.....	18
Food Allergies & Intolerances.....	20-21
VIP Club.....	22
Run your own Toddle About Magazine.....	23
Daily Activity Planner.....	24-34
Directory.....	35

MEET THE TEAM



Pia
Owner/Editor/Advertising Sales



Tim & Ruth
Franchisors

Call us on **01284 811428** or
email: pia@toddleabout.co.uk

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Join us on WhatsApp for
important alerts!

toddle.fun/ta-suffolk



9,000 copies of Toddle About Suffolk are distributed every quarter around Ipswich & East Suffolk, Bury St Edmunds & West Suffolk and Babergh & Mid Suffolk.

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Toddle About Suffolk, 42 Woodland Close, Risby, Bury St Edmunds, Suffolk, IP28 6QN. Call us on 07748 020141.

The Importance of Outdoor Learning

Outdoor learning has a huge impact on children's mental health, social skills, creative thinking, problem solving, concentration, and academic success. Framlingham College Prep School puts outdoor learning at the forefront of their education agenda. By taking the walls of the classroom away, children feel free, less fearful of learning and lifts anxiety. Framlingham's vast areas of idyllic open space offers children a full and varied outdoor learning agenda, including weekly forest school sessions, outdoor activities and gardening club. Open Morning Fri 7th March 2025.



Visit www.framlinghamcollege.co.uk P.19



Award-Winning Baby Sensory

The prestigious What's On 4 Kids Awards took place in November bringing together the best of the children's activities sector. Baby Sensory are thrilled to announce that they have won! This achievement wouldn't be possible without all of their customers votes, thank you! A huge congratulations Megan Mayes, Baby Sensory East Suffolk for making it through to the final representing East of England. What an amazing achievement!

Visit www.babysensory.com for your nearest class. P.15



Moo Music Expands to 5 New Locations

Moo Music offers musical fun, movement, dance, and sensory play for children from birth to five years. Known for their safe, inclusive sessions, they support early development while creating joyful memories. Now running in 5 new locations: Ipswich, Hadleigh, Trimley St Mary, Stonham Aspal and celebrating one year in Needham Market and Great Blakenham, sessions are also held in Stowmarket, Elmswell, Thurston, Red Lodge and Bury St Edmunds. Get 10% off with code 'TiddleAbout'.

Find a local class at www.moo-music.co.uk P.25

The Discovery Centre Awaits

Kinetic Adventure is a Science Discovery Centre in Claydon, Ipswich, offering toddler sessions on Thursdays and Fridays. Starting back on the 16th of January, the cost is only £6 per child and there is a minimum of two hours to play. Pay on the door or pre-book on the website and included in the session are arts and messy play, role play, exploring the rooms and storytime. Quote 'Tiddle About' and pay just £5 per child.



Visit www.kineticadventure.co.uk for more info.

Sing, Play & Learn with Jo Jingles

Katie has now been running the Jo Jingles Ipswich franchise for 9 years offering warm, friendly music and movement classes covering a range of pre-school topics. They include sensory play for babies and an assortment of fun props, puppets and visuals as well as games and stories for the preschoolers. Intergenerational sessions now run in local care homes too which are open to customers and non-customers alike. Special offers and parties available too!



Contact Katie at ipswichjingles@gmail.com or call 07732 544548. P.29

New Year, New Career?

We are on the lookout for an amazing parent who shares our enthusiasm and passion to take over the Toddler About Suffolk Magazine and Baby Show. This is a rare opportunity to take over a fun, creative & profitable business that allows you to generate a full-time income whilst working part-time hours around your family. If you are keen to learn more about this fantastic opportunity, simply download the franchise prospectus at www.toddler.fun/franchise.



Contact Pia on 07748 020141 or email pia@toddleabout.co.uk P.23

Brand New Baby Classes in Bury St Edmunds

Trina's Tiny Tots is a brand new baby sensory and messy play class in Bury St Edmunds. Currently the classes run on Friday mornings but more dates may be added soon. Each week has a different theme. At Trina's Tiny Tots you can either pay as you go each week at only £12 or you can book 6 sessions for £60.



To find out more visit www.trinastinytots.co.uk or [Instagram TrinasTinyTots](https://www.instagram.com/TrinasTinyTots). P.25



Weekly Meet the Animals Sessions

Our Animal World is an award winning educational mobile zoo. They attend schools, care homes, private and public events, parties and more. They also run a kids club which include home education and after school sessions plus have an under 5s stay, play & meet the animals weekly session every Tuesday (term time) at Parham Village Hall, IP13 9LZ. The club is AQA accredited and run by a fully qualified teacher. Staff are all DBS checked and paediatric first aid trained.

Get 25% off your first under 5s visit by quoting 'Toddler About!'

To find out more visit www.ouranimalworld.com P.6

Remarkable Year of Achievements

CDC Street Dance has had an outstanding year. The team recently celebrated their most successful Christmas shows to date, with three sold-out performances, 270 attendees each day, and over 300 children participating. Highlights from 2024 include winning the SDI UK British Finals with three teams and securing top positions at the Winter Wonder Jam competition in Dorset, including a 1st place finish and two 2nd places. Free Tots trial class if you quote 'ToddlerCDC!'



Visit www.cdcstreetdance.co.uk P.31

Party Planning for Little VIPs

The Little Dining Club is an award winning company that offers a whole range of bespoke party planning services, including children's tables and chairs, reusable tableware, party bags & boxes and event planning.



Suitable for children up to 8 years, the luxury child-sized furniture is available to hire for up to 40 little VIPs, indoors, outdoors, at home or a hired venue.

Get 10% off with code 'TODDLE10!'

Visit www.thelittlediningclub.com for more details and glowing reviews. P.12



An award winning educational mobile zoo that attends schools, care homes, private/public events, parties and runs a weekly kids club

2 hour Under 5's stay, play & meet the animals sessions

Where: Parham Village Hall, IP13 9LZ

When: Tuesdays (term time) 9.30-11.30

Age: 6 months- 5years

Cost: £8 a session (inc a tea/coffee & cake for adults and juice & biscuit/fruit for children)

Every week there are 2-3 different animals for the children to meet plus a different craft activity and story time with Laura. There is also different free roam activities that the children can access including soft play/ride on toys, role play corner, messy zone (water and sand play), construction zone, fine motor skills zone, numeracy corner, Under 1s play zone and more!
You can book online at www.bookwhen.com/ouranimalworld or we do accept cash/card on the door.



There is also a weekly kids club that runs regular home ed sessions and after school club sessions for 4-16year olds.

For more information email us club@ouranimalworld.com or visit www.ouranimalworld.com



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Run by a qualified teacher



Fully licensed and insured



First aid trained



DBS checked



Vet checked



Award winning

Put a big smile on a little face.

jump in
by AIRHOP

TODDLER TAKEOVER

ages 1 - 6 years

Trampoline Park

4,000 sqft Soft Play



Up to 12 years



NEW Family Takeover Session

Bounce with the whole family
from age 1+

Jump In Trampoline Park & Soft Play Ipswich
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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!



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CENTRE, STOWMARKET**

**STRADBROKE SWIMMING
POOL & FITNESS CENTRE**

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SWIMMING LESSONS***

**AND
SAVE
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CINEMA TICKETS

Films to
look out for
this Winter!

Mufasa: The Lion King
Sonic the Hedgehog 3
Dog Man

Find out more at [everyoneactive.com/KidsPass](https://www.everyoneactive.com/KidsPass)

*GB only. 18+. Promotion opens 09:00 01/04/2024, closes 23:59 31/03/2025. Redeem by 23:59 31/05/2025. Automatic claim for one free 6-month membership code to Kids Pass for Everyone Active cardholders joining swimming lessons on Direct Debit or continuing their Direct Debit for swimming lessons as of 09:00 01/04/2024 or paying in full in advance for swimming lessons during the promotional period at participating centres. Everyone Active card required to join swimming lessons. Opt-out via email. Max one claim per person. Valid email address required to claim, and internet access required to redeem free membership code on-line. Kids Pass requires app download and registration. Existing Kids Pass members will receive an additional 6 months on their pass by emailing enquiries@kidspass.co.uk. Exclusions apply. Visit www.everyoneactive.com/kidspass for full terms.

**Up to 40% off a new film release during peak period. The claim substantiation was calculated on July 2024 savings.





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.

EXTRA SWIMMING LESSONS COULD SAVE LIVES

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

Swimming lessons at Mid Suffolk Leisure Centre and Stradbroke Swimming Pool and Fitness Centre, run by Everyone Active in partnership with Mid Suffolk District 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 Mid Suffolk Leisure Centre on 01449 674980 or Stradbroke Swimming Pool and Fitness Centre on 01379 384376, 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.



FAMILY Days Out

FEB
4 & 5

MINI MANSIONS

Christchurch Mansion, 10am & 11.15am

Explore the collections and galleries together through a mixture of play, stories, craft and science activities. The theme for February is 'Telling the Time'.

Christchurch Mansion, Ipswich, IP4 2BE

www.ipswich.cimuseums.org.uk

Cost: From £3

FEB
17

BUILD A NEST BOX

Foxburrow Nature Reserve, 1-3pm

Come and make a nestbox to encourage more birds to live in your garden. We'll have everything you need to make your nestbox.

Foxburrow Nature Reserve, Woodbridge, IP12 1NA

www.suffolkwildlifetrust.org

Cost: £10 per nest box kit

FEB
15-23

INDOOR CRAZY GOLF

Ickworth Estate, 12pm & 3pm

Discover the joys of the great outdoors this season as well as fun indoor crazy golf this half term. Have fun, no matter the weather!

Ickworth Estate, Bury St Edmunds, IP29 5QE

www.nationaltrust.org.uk/ickworth

Cost: free for National Trust members, Golf £4 per player

FEB
18

TEATIME TALES WITH HATTY ASHTON

The Apex, 2pm - 3pm

An hour of fun with actress and author, Hatty Ashton. Expect ridiculous rhyming retellings of local legends that surround the Anglo-Saxon King Edmund.

The Apex, Bury St Edmunds, IP33 3FD

www.theapex.co.uk

Cost: £10 per child



FEB
20

PICTURE BOOK DRAWALONG

Theatre Royal, 2pm

Join much-loved children's writer and illustrator Nick Sharratt in a family-friendly, fun-filled drawalong. Bring pencils, paper and something to lean on.

Theatre Royal, Bury St Edmunds, IP29 1QR

www.theatreroyal.org

Cost: £15 per ticket

FEB
18

THE BRICK PEOPLE

New Wolsey Theatre, various times

Each show offers a wide range of exciting LEGO® related activities, including self-building activities, along with tables featuring monitored activities.

New Wolsey Theatre, Ipswich, IP1 2AS

www.wolseytheatre.co.uk

Cost: £8 per ticket

JAN, FEB,
& MAR

THE PIGLET EXPERIENCE

Everlong Farm, various times

Come and spend an hour in the company of adorable Kune Kune piglets and their mother. They love the company of people and adore belly rubs and stroking.

Everlong Farm, Weybread Diss, IP21 5RP

Facebook: [EverlongFarm](https://www.facebook.com/EverlongFarm)

Cost: £40 Private session (up to 4 people)

ALL
YEAR

BEACH COMBING

Suffolk beaches

Make the most of Suffolk's glorious beaches. Give the kids a checklist of items to find on the beach, from various colours and shapes of pebbles, to seaweed, birds, boats. Once everything is ticked off the prize is a well-earned ice cream!

Cost: Free

SPRING Baa-nanza!

5th-22nd April
10am-4pm

Yarmouth Road,
Hemsby, Norfolk
NR29 4NL

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FUN PLAY PARK
CRAZY CROQUET
INFLATABLES
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REFRESHMENTS



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9am-3pm year round and sits
right next to our animal sheds!



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 www.orwellpark.co.uk

 [@orwellparkschool](https://www.instagram.com/orwellparkschool)

Stay and Play events for children aged 2-4 and their parents:

Friday 31st January & Friday 21st March 2025

Book your place on our website today!

win!

smarTrike Traveler – worth £399



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

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

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

Find out more and buy at smartrike.co.uk



smarTrike

Enter at toddle.fun/smarTrike

Competition closes at midnight on Sunday 9th March 2025.

T & C's apply, see www.toddle.fun/smarTrike for details.



Award Winning Baby & Child First Aid Classes

2 Hour Baby & Child First Aid Classes covering, CPR, Recovery Position, Choking, Bumps, Bleeds, Breaks, Burns, Febrile Convulsions, Sepsis & Meningitis Awareness

Pre crawling babies welcome

£25

Classes are held at various locations across Suffolk, or why not get your friends and family together and host a class at home for the same price?

naomi@minifirstaid.co.uk www.suffolk.minifirstaid.co.uk



Dealing with allergies, food allergies, and food intolerances in children can be a lot for a parent.

Want to chat with someone who understands and also a parent? Or want to get more clarity? Scan the QR code to check out our coaching services.

Or visit our website at www.tots2teensallergies.com

Dr. Uche Okorji-Obike supports parents with 1:1 personalised coaching.

Services

- # Children's furniture hire
- # Reusable tableware & party kits
- # Party bags and boxes
- # Event planning
- # Seasonal hires
- # Bespoke themes
- # We do the washing up!

Party in Style, Little People

Bringing style and luxury to your events for your little VIPs. Our child-sized tables and chairs are available to hire for your event - indoors, outdoors, at home or a hired venue. The perfect setup to capture those picture-perfect moments!

megan@thelittlediningclub.com

the little dining club

[thelittlediningclubhq](https://www.instagram.com/thelittlediningclubhq)

The Little DINING CLUB

FAB & FUNKY PRODUCTS

THE LATEST AND FUNKIEST PRODUCTS FOR YOU & YOUR LITTLE ONES



BUDDING CRAFTERS BOX, FROM £25.99

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

Buy from www.littlecraftersboxes.co.uk



ECO RAINCOAT, £36

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

www.turtledovelondon.com



COLIEF BABY FACE BALM, £7.49

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

www.colief.com



OCOOPA HEATCUBE, £22.95

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

www.berryuseful.co.uk



WORRY YUMMY LUNA, FROM £3.99

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

www.worryyummy.co.uk

WIN THIS!

Scan to find out more and enter:



TODDLE MODELS

Baby and Toddler Photo Competition Winner

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

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

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



Lottie, 11 months old

OFFICIAL
LONDON
THEATRE
.com

Find out more at
www.OfficialLondonTheatre.com



Orla, 7 months old



Caiden, 4 years old



Honey, 9 months old



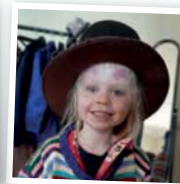
Freya and Ethan, 4 yrs & 6 weeks old



Gracyn, 2 years old



Halle, 3 years old



Hazel, 4 years old



Ivy and George, 5 & 2 years old



Thea, 5 years old



Thilda, 3 years old



Abel, 1 year old



Millie, 5 years old



Aurora-Rose and Elliott-Elijah, 4 & 1 year old



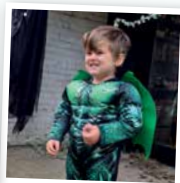
Elsie, 5 years old



Digby, 4 months old



Rohan and Rayna, 2 years & 5 months old



Stefanos, 2 years old



Otis, 3 years old



Felicity, 3 years old



Christopher, 2 years old

TODDLE MODELS



WIN A £100 LITTLE STARTS GIFT CARD!

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

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

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

Find out more at www.littlestartsgiftcards.com.



HOW TO ENTER:

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

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

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

WORTH £100

ENTER AT:

www.toddle.fun/toddlemodels



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



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Baby Sensory
Precious Early Learning for Babies



Our multi-award winning research backed classes will introduce you and your baby to a world of sensory delights, where you can relax, spend quality time together and enjoy meeting other parents.

www.babysensory.com

Classes for 0-13 months

With over 50 different lesson plans, no two weeks are the same!

Enter your postcode on the website to find your nearest class!

East Suffolk - Megan: 07821318146
Ipswich & Felixstowe: Chloe: 07916258125
Bury St Edmunds: Gabbie: 07949725465

We've done the research so you can enjoy the fun!

Valentine's Day Craft

MACRAME HEART



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

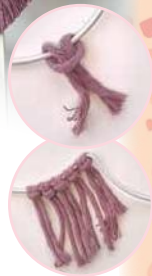
YOU WILL NEED:

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

TUTORIAL:

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

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



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

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

ALLSORTS TOTS

5.0 ★

Such amazing classes for little ones! So entertaining and engaging. My son has the best time at Allsorts Tots and he can't wait to come back every week.



Kirsty C

5.0 ★

PRESLEY & PAISLEY



My little one lives in her romper suit it's great that it is adjustable and grows with her! I also love her jumper and leggings great material and they wash well.

Linda S

BABY SENSORY BURY ST EDMUNDS

5.0 ★

We adore these classes they are the best class we have found the most welcoming most knowledgeable & a must attend with your baby.



Stephanie D

5.0 ★ THE NATURAL BAMBINO CO



If you are looking for high-quality sustainable clothes for your baby, The Natural Bambino Company is the place to go. Five stars!

Joanne P

5.0 ★ PHONICS WITH ROBOT REG



I've been seeing a great improvement in my toddlers' ability to recognise different letters and their sounds. This got her thinking about reading books.

Maya P

5.0 ★ FUTURE STARS COACHING



Absolutely lovely group very inclusive and a great group environment! Educational as well as lots of fun I would highly recommend to anyone.

Tamsin C

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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:

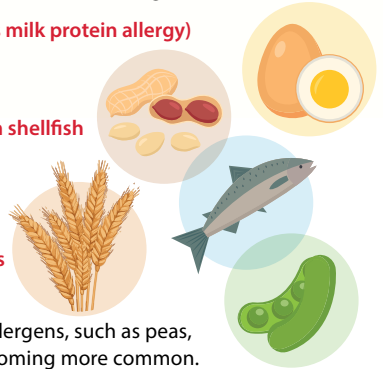
- Food Allergy
- Food Intolerance

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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Ally Richmond - Franchisee for Toddle About West Northamptonshire



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P.24-26
BSE & WEST
SUFFOLK

P.27-34
IPSWICH, BABERGH,
MID & EAST SUFFOLK

BURY ST EDMUNDS & WEST SUFFOLK AREA

MONDAY

PARENTS & TOTS

Bury St Edmund's Library

St Andrews Street North, Bury St Edmunds, IP33 1TZ. 01284 338830. www.suffolklibraries.co.uk.

- **Stay & Play:** 13:00 - 14:00.

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

Dates: 6 Jan - 24 Mar.

Elmswell Baby and Toddler Group

Blackbourne Com. Ctr, 71 Blackbourne Road, Elmswell, IP30 9GY.

Times: 10:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £2 per session (*drop in*).

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

Families Together Suffolk

Anselm Community Centre, Anselm Avenue, Bury St Edmunds, IP32 6JZ. www.familiestogethersuffolk.org.uk.

- **Moving On Group:** 10:00 - 11:00.

Ages: 1 - 2 yrs. **Cost:** Free (*booking essential*).

Dates: 6 Jan - 24 Mar.

Little Deers Baby and Toddler Group - Hartest

Hartest and Boxsted Institute, The Green, Hartest, Bury St Edmunds, IP29 4DH. 01284830860.

Times: 9:30 - 11:30. **Ages:** 1 mths - 5 yrs.

Cost: £3 per session (*drop in*). **Dates:** 6 Jan - 10 Feb & 24 Feb - 24 Mar.

Toddlers at Bridge Kids

Bridge Community Church, 68 Queens Road, Bury St Edmunds, IP33 3EW. www.bridgecommunitychurch.co.uk.

Times: 13:00 - 14:30. **Ages:** 0 - 4 yrs. **Cost:** £2 per session (*drop in*).

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

MUSIC & SIGNING

Moo Music Bury St Edmunds

Red Lodge Millennium Centre Ltd, 1 Lavender Close, Red Lodge, IP28 8TT. 07940986162. www.moo-music.co.uk.

- **Mixed Moo (0-5yrs):** 9:15 - 9:55 & 10:55 - 11:35.
- **Baby/Mini Moo (0-18 months):** 10:10 - 10:40.

Cost: £6 per session (*booking essential*).

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

Moo Music Bury St Edmunds

Cavendish Hall, Church Road, Thurston, Bury St Edmunds, IP31 3RU. 07940986162. www.moo-music.co.uk.

- **Mixed Moo (0-5yrs):** 13:15 - 13:55.
- **Baby/Mini Moo 2.15pm (0-18 months):** 14:15 - 14:45.

Cost: £6 per session (*booking essential*).

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

TUESDAY

PARENTS & TOTS

Bury St Edmund's Library

St Andrews Street North, Bury St Edmunds, IP33 1TZ. 01284 338830. www.suffolklibraries.co.uk.

- **Baby Bounce:** 9:30 - 10:00. **Ages:** 0 - 1½ yrs.
- **Tot Rock:** 10:30 - 11:00. **Ages:** 1½ yrs - 5 yrs.

Cost: Free (*drop in*). **Dates:** 7 Jan - 25 Mar.

Families Together Suffolk

Anselm Community Centre, Anselm Avenue, Bury St Edmunds, IP32 6JZ. www.familiestogethersuffolk.org.uk.

- **First Steps Playgroup:** 10:00 - 11:30.

Ages: 0 - 5 yrs. **Cost:** Free (*booking essential*). **Dates:** 7 Jan - 25 Mar.

Horringer Hedgehogs Baby & Toddler Group

Horringer Community Centre, Horringer, Bury St Edmunds, IP29 5RU.

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

Cost: £4.50 per session (*booking essential*).

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

WEDNESDAY

PARENTS & TOTS

Families Together Suffolk

St Edmunds Station Church, RAF Honington, Honington, IP31 1LU. www.familiestogethersuffolk.org.uk.

- **Little Flyers Playgroup:** 10:00 - 11:30.

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

Dates: 8 Jan - 26 Mar.



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www.trinastinytots.co.uk
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Families Together Suffolk

Bridge Church Community Centre, 68 Queens Rd, Bury St Edmunds, IP33 3EW. www.familiestogethersuffolk.org.uk

- **Chill, Chat & Play:** 10:00 - 11:30.
- **Ages:** 0 - 9 mths. **Cost:** Free (booking essential).
- **Dates:** 8 Jan - 26 Mar.

THURSDAY

PARENTS & TOTS

Bury St Edmund's Library

St Andrews Street North, Bury St Edmunds, IP33 1TZ. 01284 338830. www.suffolklibraries.co.uk

- **Duplo Club:** 11:00 - 11:45.
- **Ages:** 3 - 5 yrs. **Cost:** Free (drop in). **Dates:** 9 Jan - 27 Mar.

Little Treasures Parent & Toddler Group

Lawshall Evangelical Free Church, Hanningfield Green, Lawshall, IP29 4QD. 01284 828694. www.lawshallfreechurch.org.uk

- **Times:** 10:00 - 12:00. **Ages:** 0 - 5 yrs. **Cost:** Free (drop in).
- **Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

Midweek for Mums

The New Bury Community Centre, 1 Charles Place, Bury St Edmunds, IP32 6TD. 07791 708708. www.bse-pc.org

- **Times:** 10:00 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** Free (drop in).
- **Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

Southgate Parent & Toddler Group

Southgate Community Centre, Caie Walk, Bury St Edmunds, IP33 2PJ. 01284 768686.

- **Times:** 13:30 - 15:00. **Ages:** Pregnancy - 4 yrs.
- **Cost:** £2 per session (drop in).
- **Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

Sudbury Library

Market Hill, Sudbury, CO10 2EN. 01787 321595. www.suffolklibraries.co.uk

- **WordPlay:** 10:30 - 11:00. **Ages:** 0 - 4 yrs.
- **Stay and play:** 11:00 - 12:00. **Ages:** 0 - 5 yrs.
- **Cost:** Free (drop in). **Dates:** 9 Jan - 27 Mar.

PHYSICAL FUN

Tumble Tots Ely

Risby Village Hall, Aylmer close, Risby, IP28 6RT. 07979 757202. www.tumbletots.com

- **Walking to two years:** 10:00 - 10:45.
- **3-school age:** 11:00 - 11:45.
- **2 - 3 years:** 12:00 - 12:45.
- **6 months to walking:** 13:00 - 13:45.

- **Cost:** £7.75 per session (booking essential).
- **Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

SEND ACTIVITIES

SEN Superstars

Elmswell Blackbourne Community Center, 71 Blackbourne Road, Elmswell, IP30 9UH. 07551020238.

- **Times:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.
- **Cost:** £2 per session (booking essential).
- **Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

FRIDAY

PARENTS & TOTS

Bury St Edmund's Library

St Andrews Street North, Bury St Edmunds, IP33 1TZ. 01284 338830.
www.suffolklibraries.co.uk.

- **Sing a Story:** 10:15 - 10:45.

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

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

Horringer Hedgehogs Baby & Toddler Group

Horringer Community Centr., Horringer, Bury St Edmunds, IP29 5RU.

- **Baby Only:** 9:30 - 11:00.
- **Newborn to Wobbly Walker:** 13:00 - 14:30.

Cost: £4 per session (*drop in*).

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

St Edmundsbury Cathedral

Angel Hill, Bury St Edmunds, IP33 1LS. 01284 748720.
www.steds cathedral.org.

- **Young Families:** 10:00 - 11:30.

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 10 Jan - 28 Mar.

MUSIC & SIGNING

Moo Music Bury St Edmunds

All Saints Church, Park Road, Bury St Edmunds, IP33 3QW.
07940986162. www.moo-music.co.uk.

- **Mixed Moo (0-5yrs):** 9:20 - 10:00 & 11:05 - 11:45.
- **Baby/Mini Moo (0-18 months):** 10:10 - 10:50.

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

Cost: £6 per session (*booking essential*).

Moo Music Bury St Edmunds

Wesley Hall, 11 School Road, Elmswell, Bury St Edmunds, IP30 9BW.
07940986162. www.moo-music.co.uk.

- **Mixed Moo (0-5yrs):** 13:15 - 13:55.
- **Baby/Mini Moo (0-18 months):** 14:15 - 14:45.

Cost: £6 per session (*booking essential*).

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

SENSORY & DEVELOPMENT

Trina's Tiny Tots

Freedom Church, Mill Road, Great Barton, IP31 2RU.
www.trinastinytots.co.uk.

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

Ages: 2 mths - 1 yrs.

Cost: £12 per session (*booking essential*). **Dates:** 10 Jan - 14 Feb.

HEALTH & WELLNESS

Mini First Aid Suffolk

Joy Connections, Angel Hill, Bury St Edmunds, IP33 9SQ.
07706 068980. www.suffolk.minifirstaid.co.uk.

- **Baby & Child 2 Hour Class:** 18:00 - 20:00.

Cost: £25 per session (*booking essential*). **Dates:** 24 Jan.

SATURDAY

PARENTS & TOTS

Bury St Edmund's Library

St Andrews Street North, Bury St Edmunds, IP33 1TZ. 01284 338830.
www.suffolklibraries.co.uk.

- **Lego Club:** 10:00 - 11:45.

Ages: 2 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 11 Jan - 29 Mar.

Sudbury Library

Market Hill, Sudbury, CO10 2EN. 01787 321595.
www.suffolklibraries.co.uk.

- **Lego club:** 2:30 - 4:00.

Ages: 0 - 12 yrs. **Cost:** £0.50 per session (*drop in*).

- **Saturday stories for little ones:** 10:15 - 10:30.

Ages: 0 - 6 yrs. **Cost:** Free (*drop in*).

Dates: 11 Jan - 29 Mar.

HEALTH & WELLNESS

Mini First Aid Suffolk

The Self Centre, Kempson Way, Bury St Edmunds, IP32 7AR.
07706 068980. www.suffolk.minifirstaid.co.uk.

- **Baby & Child 2 Hour Class:** 14:00 - 16:00.

Cost: £25 per session (*booking essential*). **Dates:** 8 Feb & 22 Mar.

SUNDAY

PARENTS & TOTS

Bury St Edmund's Library

St Andrews Street North, Bury St Edmunds, IP33 1TZ. 01284 338830.
www.suffolklibraries.co.uk.

- **Sunday board games:** 10:00 - 15:00.

Ages: 2 - 5 yrs.

- **Sunday Crafts:** 10:00 - 15:00.

Ages: 3 - 5 yrs.

Cost: Free (*drop in*).

Dates: 12 Jan - 30 Mar.

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MONDAY

PARENTS & TOTS

BME Suffolk Support Group (BSSG)

Unit 5, Coachmans Court, Ipswich, IP4 1DX.
01473 210176/07492691190. www.bmesuffolk.org.

• **Baby & Toddler Group:** 11:00 - 12:30.

Ages: 1½ yrs - 4 yrs. **Cost:** Free (*booking essential*).

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

MUSIC & SIGNING

Jo Jingles Ipswich

River of Life Church, Carr Road, Felixstowe, IP11 2FS. 07732 544548.
www.jojingles.com.

• **3mths-walking:** 9:30 - 10:00.

• **Under 2s:** 10:20 - 11:05.

• **Mixed Ages:** 11:20 - 12:05.

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

Jo Jingles Ipswich

Millennium Jubilee Hall, Millennium Way, Kesgrave, Ipswich, IP5 2EN.
07732 544548. www.jojingles.com.

• **Mixed Ages:** 13:30 - 14:15.

• **Under 2s:** 14:35 - 15:20.

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

Moo Music Stowmarket, Debenham and Needham Market

Stowmarket Community Centre, Hillside, Stowmarket, IP14 2BD.
07944 033723. www.moomusicsdnm.co.uk.

• **Mini Moo (8-18months):** 10:45 - 11:20.

• **Mixed Moo (0-5yrs):** 9:45 - 10:25.

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

Cost: £6 per session (*booking essential*).

• **Mooborn Massage (6weeks-6months):** 12:30 - 13:45.

Cost: £9 per session (*booking essential*).

Dates: 13 Jan - 3 Feb & 24 Feb - 17 Mar.

Toddle Talk

Sewell Wontner Close, Kesgrave, Ipswich, IP5 2GB. 07748 914370.
www.toddletalk.info.

• **Toddle Talk Baby Signing:** 10:00 - 11:00.

Ages: 5 mths - 3 yrs. **Cost:** £6 per session (*booking essential*).

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

SENSORY & DEVELOPMENT

Baby Senses

Sewell Wontner Close, Kesgrave, Ipswich, IP5 2GB. 07748 914370.
www.babysenses.info.

• **Baby Senses Baby Massage:** 11:30 - 13:00.

Ages: 0 - 1 yrs. **Cost:** £10 per session (*booking essential*).

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

Baby Sensory East Suffolk

Beccles Public Hall, Smallgate, Beccles, NR34 9AD. 07521 318146.
www.babysensory.com.

Times: 9:25 - 10:25, 10:45 - 11:45 & 12:05 - 13:05.

Ages: 0 - 1 yrs 1 mths. **Cost:** £9 per session (*booking essential*).

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

DANCE & DRAMA

CDC Street Dance

Great Blakenham Village Hall, Mill Lane, Great Blakenham, Ipswich, IP6 0NJ. 07507 806787. www.cdcstreetdance.co.uk.

• **Kids Class:** 17:00 - 18:00.

Ages: 4 - 8 yrs.

Cost: £3 per session (*booking essential*).

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

PHYSICAL FUN

Little Kickers Ipswich

Inspire, Lindbergh Road, Ipswich, IP3 9QX. 07762 341982.
www.littlekickers.co.uk.

• **Little Kickers:** 9:30 - 10:15. **Ages:** 1½ yrs - 2½ yrs.

• **Junior Kickers:** 10:30 - 11:15. **Ages:** 2½ yrs - 3½ yrs.

Cost: £7.50 per session (*booking essential*).

Dates: 6 Jan - 24 Mar.

TUESDAY

PARENTS & TOTS

Bethesda Baptist Church Parent & Toddler Group

Bethesda Baptist Church, 9 St Margarets Plain, Ipswich, IP4 2BB.
07761 766603. www.bethesdaipswich.com.

Times: 10:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £1 per session (*drop in*).

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

Families Together Suffolk

Redwoods, Red Gables, Ipswich Road, Stowmarket, IP14 1BE.
www.familiestogether.suffolk.org.uk.

• **Moving On Group:** 10:00 - 11:00.

Ages: 1 - 2 yrs. **Cost:** Free (*booking essential*). **Dates:** 7 Jan - 25 Mar.

Families Together Suffolk

Stowmarket Community Centre, Hillside, Stowmarket, IP14 2BD.
www.familiestogether.suffolk.org.uk.

• **Chill, Chat & Play:** 10:30 - 12:00.

Ages: 0 - 9 mths. **Cost:** Free (*booking essential*). **Dates:** 7 Jan - 25 Mar.

Gainsborough Community Library

Clapgate Lane, Ipswich, IP3 ORL. 01473 927270.
www.suffolklibraries.co.uk.

• **Little Story Makers:** 10:30 - 11:30.

Ages: 2 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 7 Jan - 25 Mar.

Halesworth Library

Bridge Street, Halesworth, IP19 8AD. 01986 875095.
www.suffolklibraries.co.uk.

• **Song Time:** 10:00 - 10:30. **Ages:** 0 - 5 yrs.

• **Stay and Play:** 10:30 - 11:00. **Ages:** 0 - 5 yrs.

Cost: Free (*drop in*).

Dates: 7 Jan - 25 Mar.

Kesgrave Baptist Church Toddler Group

Kesgrave Baptist Church, Cambridge Road, Kesgrave, IP5 1EW.
07818 589268. www.kesgravebaptistchurch.org.uk.

• **Tuesday Toddlers:** 9:30 - 11:00.

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

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

Kesgrave Library

Kinsey House, Kays Close, Kesgrave, IP5 2HL. 01473 626103.
www.suffolklibraries.co.uk.

• **Stay & Play:** 10:00 - 11:00.

Ages: 1 - 5 yrs.

Cost: Free (*booking essential*). **Dates:** 7 Jan - 25 Mar.

Mendlesham Baby & Toddler Group

Community Hall at the Primary School, Old Station Road,
Mendlesham, Stowmarket, IP14 5RT. 07925 198581.

Times: 9:30 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £2 per session (*drop in*).

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

St Augustine's Church

St Augustine's Church, Bucklesham Road, Ipswich, IP3 8TH.
01473 723960. www.staugustinesipswich.org.uk.

• **Music & Rhyme Singing and Story Time:** 10:00 - 11:00.

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

Dates: 7 Jan - 11 Feb & 25 Feb - 18 Mar.



Find Loads More Activities Near You!

www.toddleabout.co.uk

Tiddlywinks

Burlington Baptist Church, London Road, Ipswich, IP1 2EZ.
01473 259571. www.burlington.church.

Times: 9:30 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** £1 per session (*drop in*).

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

Tots+ at Christ Church Ipswich

Christ Church, Tacket Street, Ipswich, IP4 1AU. 07505 129389.
www.christchurch-ipswich.org.uk.

Times: 10:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £1.50 per session (*drop in*).

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

SEND ACTIVITIES

Families Together Suffolk

Redwoods, Red Gables, Ipswich Road, Stowmarket, IP14 1BE. www.familiestogethersuffolk.org.uk.

- **SEND Families Unite:** 13:00 - 14:30.

Cost: Free (*booking essential*).

Dates: 21 Jan, 18 Feb & 18 Mar.

Felixstowe Opportunity Group

Felixstowe Academy Grounds, Maidstone Road, Felixstowe, IP11 9EF.
01394 286399.

- **Baby Sessions:** 9:15 - 10:00.

Ages: 0 - 8 mths. **Cost:** Free (*drop in*).

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

MUSIC & SIGNING

Jo Jingles Ipswich

Castle Hill Community Centre, Highfield Road, Ipswich, IP1 6DG.
07732 544548. www.jojingles.com.

- **Under 2s:** 9:25 - 10:10.
- **2yrs+:** 10:30 - 11:15.
- **3mths - walking:** 11:35 - 12:05.
- **3mths-walking PM:** 12:25 - 12:55.
- **Mixed Ages (1 yrs to 5 yrs):** 13:30 - 14:15.

(*booking essential*). **Dates:** 7 Jan - 11 Feb & 25 Feb - 25 Mar.

Moo Music Ipswich

St Augustine's Community Hub, Bucklesham Road, Ipswich, IP3 8TH.
07940986162. www.moo-music.co.uk.

- **Mixed Moo (6months-5yrs):** 9:20 - 10:00.
- **Baby/Mini Moo (0-18 months):** 10:20 - 10:50.

Cost: £6 per session (*booking essential*).

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

Moo Music Ipswich

Fred Reynolds Centre, Churchill Close, Woodbridge, IP12 4UU.
07940986162. www.moo-music.co.uk.

- **Mixed Moo (6months-5yrs):** 13:15 - 13:55.
- **Baby/Mini Moo (0-18 months):** 14:15 - 14:50.

Cost: £6 per session (*booking essential*).

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

Moo Music Stowmarket, Debenham and Needham Market

Stowmarket Community Centre, Hillside, Stowmarket, IP14 2BD.
07944 033723. www.moomusicsdnm.co.uk.

- **Mini Moo (8-18months):** 10:45 - 11:20.
- **Maxi Moo (over 18months):** 9:45 - 10:25.
- **Baby Moo (0-8months):** 11:45 - 12:20.

Cost: £6 per session (*booking essential*).

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

SENSORY & DEVELOPMENT

Baby Sensory East Suffolk

Darsham Village Hall, Cheyney Green, The Street, Darsham, IP173FA.
07521 318146. www.babysensory.com.

- **Baby Sensory:** 9:30 - 10:30 & 11:00 - 12:00.

Ages: 0 - 1 yrs 1 mths. **Cost:** £9 per session (*booking essential*).

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

Bendy Beans

Claydon and Barham Village Hall, 6-8 Norwich Road, Claydon, Ipswich, IP6 0DF. www.bendybeans.co.uk.

- **Baby Yoga 6 Week Course:** 9:30 - 10:30.

Ages: 2 - 11 mths.

Cost: £45 per course (*booking essential*).

- **Baby Massage 4 week Course:** 10:45 - 11:45.

Ages: 1 - 10 mths.

Cost: £36 per course (*booking essential*).

Dates: 7 Jan - 25 Mar.

PHYSICAL FUN

Clip 'n Climb Ipswich

2 Berwick Road, The Havens, Ransomes Europark, Ipswich, IP3 9ST.
01473 794530. www.clipnclimbipswich.com.

- **Toddler Climbing Sessions:** 11:00 - 12:00.

Ages: 2 - 4 yrs. **Cost:** £11.99 per session (*booking essential*).

Dates: 7 Jan - 25 Mar.

Little Kickers Ipswich

The Welcome Hall, 198 High Road, Trimley St Mary, Felixstowe, IP11 0TN. 07762 341982. www.littlekickers.co.uk.

- **Little Kicks:** 9:30 - 10:15. **Ages:** 1½ yrs - 2½ yrs.

Cost: £7.50 per session (*booking essential*).

Dates: 7 Jan - 25 Mar.

OTHER

Our Animal World

Our Animal World Club, Parham Village Hall, Parham, Woodbridge, IP13 9LZ. 07519340788. www.ouranimalworld.com.

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

Stay & play and meet the animals with craft, storytime and free play

Ages: 6 mths - 5 yrs. **Cost:** £8 per session (*booking essential*).

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



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ipswichjingles@gmail.com
www.jojingles.com/ipswich

WEDNESDAY

PARENTS & TOTS

1.2.3 Toddler Group Walton

St Marys Church Hall, High Street, Walton, Felixstowe, IP11 9DS.

01394 283347. www.waltonandtrimley.org.uk.

Times: 13:00 - 15:00. **Ages:** 0 - 4 yrs. **Cost:** Free (booking essential).

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

Eye Library

6 Cross Street, Eye, IP23 7AB. 01379 870515.

www.suffolklibraries.co.uk.

- **Wordplay - Storytime and Rhymes:** 11:00 - 11:30.

Ages: 0 - 3 yrs. **Cost:** Free (drop in). **Dates:** 8 Jan - 26 Mar.

Families Together Suffolk

Community Room Hadleigh Reform Church, Market PL, Hadleigh, Ipswich, IP7 5DL. www.familiestogethersuffolk.org.uk.

- **Chill, Chat & Play:** 10:00 - 11:30.

Ages: 0 - 9 mths. **Cost:** Free (booking essential).

Dates: 8 Jan - 26 Mar.

Families Together Suffolk

High Suffolk Children's Centre, Gracechurch St, Debenham, Stowmarket, IP14 6BL. www.familiestogethersuffolk.org.uk.

- **First Steps Playgroup:** 10:00 - 11:30.

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

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

Families Together Suffolk

Michael Burke Wellbeing Centre Hartismere Hospital, Castleton Way, Eye, IP23 7BL. www.familiestogethersuffolk.org.uk.

- **Chill, Chat & Play:** 13:30 - 15:00.

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

Dates: 8 Jan - 26 Mar.

Families Together Suffolk

Dove Hall, Dove River Church, Dove lane, Eye, IP23 7BD.

www.familiestogethersuffolk.org.uk.

- **Learn & Grow:** 13:30 - 15:00.

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

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

Humpty Dumpty Toddler Group

Alan Road Methodist Church, Alan Road, Ipswich, IP3 8EZ.

01473 713368. www.eangliamethodist.org.uk.

Times: 13:00 - 15:00. **Ages:** 0 - 5 yrs. **Cost:** £1 per session (drop in).

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

Little Legs Baby and Toddler Group

Wattisfield Village Hall, The Street, Wattisfield, Diss, IP22 1NR. 07949 729311.

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

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

Martlesham Heath Baby and Toddler Group

Martlesham Heath Pavilion, The Drift, Martlesham Heath, Ipswich, IP5 3PL.

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

Cost: £1.50 per session (booking essential).

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

Open 4 U

Felixstowe Methodist Church at Trinity, Hamilton Road, Felixstowe, IP11 7AN. www.fpmc.methodistic.org.uk.

Times: 9:15 - 11:15. **Ages:** 0 - 4 yrs. **Cost:** Free (drop in).

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

Rainbow Toddlers

Colchester Road Baptist Church, 75 Colchester Road, Ipswich, IP4 4ST. 01473290115. www.crbc.org.uk.

Times: 9:00 - 11:15. **Ages:** 0 - 5 yrs. **Cost:** £1 per session (drop in).

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

St Augustine's Church

St Augustine's Church, Bucklesham Road, Ipswich, IP3 8TH.

01473 723960. www.staugustinesipswich.org.uk.

- **Hippos Baby and Toddler Group:** 9:30 - 11:15.

Free play, craft, singing and story time

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

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

Thorndon Under Fives

Thorndon Village Hall, High Street, Thorndon, IP23 7LX. 01379 672922.

- **Thorndon Toddler Group:** 10:00 - 12:00.

Lots of toys, craft activities, singing and snack.

Ages: 0 - 4 yrs. **Cost:** £3 per session (booking essential).

Dates: 8 Jan, 22 Jan, 5 Feb, 5 Mar & 19 Mar.

MUSIC & SIGNING

Allsorts Tots

Yaya's House, Birch Farm Children's Centre, Silverhill, Hintlesham, IP8 3NJ. 07445263270. www.allsortstots.co.uk.

- **Tiny Tunes:** 10:00 - 10:45. **Ages:** 9 mths - 2 yrs.

- **Rhythm Rascals:** 11:00 - 11:45. **Ages:** 2 - 5 yrs.

Cost: £8 per session (booking essential).

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

Jo Jingles Ipswich

Rushmere Baptist Church, 110 The Street Rushmere, Rushmere St Andrew, Ipswich, IP5 1DF. 07732 544548. www.jojingles.com.

- **Under 2s:** 9:45 - 10:30.

- **2yrs+:** 10:45 - 11:30.

- **3mths - walking:** 11:45 - 12:15.

(booking essential).

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



Moo Music Stowmarket, Debenham and Needham Market

The Guildhall, Hadleigh, Market Place, Hadleigh, IP7 5DN.
07944 033723. www.moomusicssdnm.co.uk.

- **Mixed Moo (0-5yrs):** 10:15 - 10:55.

Cost: £6 per session (*booking essential*).

- **Baby Moo Signing:** 11:20 - 11:50.

Cost: £5 per session (*booking essential*).

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

Toddle Talk

Sewell Wonthor Close, Kesgrave, Ipswich, IP5 2GB. 07748 914370.
www.toddletalk.info.

- **Toddle Talk Baby Signing:** 10:00 - 11:00.

Ages: 5 mths - 3 yrs. **Cost:** £6 per session (*booking essential*).

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

SENSORY & DEVELOPMENT

Baby Sensory East Suffolk

Woodbridge Community Hall, Station Road, Woodbridge, IP12 4AU.

07521 318146. www.babysensory.com.

Times: 9:30 - 10:30 & 11:00 - 12:00.

Ages: 0 - 1 yrs 1 mths. **Cost:** £9 per session (*booking essential*).

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

Bendy Beans

Venture Centre 2000, Bromley Road, Lawford, Manningtree, CO11 2JE.

www.bendybeans.co.uk.

- **Baby Yoga 6 Week Course:** 9:30 - 10:30 & 12:00 - 13:00.

Ages: 2 - 11 mths.

Cost: £45 per course (*booking essential*).

- **Baby Massage 4 week Course:** 10:45 - 11:45.

Ages: 1 - 11 mths.

Cost: £36 per course (*booking essential*).

Dates: 8 Jan - 26 Mar.

Phonics with Robot Reg Stowmarket

Wetherden Village Hall, Park Road, Stowmarket, IP14 3JS.

07895498662. www.robotreg.co.uk.

- **Minis Phonics with Robot Reg:** 12:30 - 13:15.

Ages: 1 yrs - 2½ yrs.

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

Ages: 2 - 5 yrs.

Cost: £7 per session (*booking essential*).

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

DANCE & DRAMA

CDC Street Dance

Capel St Mary Church of England, Church Hall, Capel St Mary, Ipswich,

IP9 2EL. 07507 806787. www.cdcstreetdance.co.uk.

- **Kids Class:** 16:45 - 17:45.

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

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

PHYSICAL FUN

Clip 'n Climb Ipswich

2 Berwick Road, The Havens, Ransomes Europark, Ipswich, IP3 9ST.

01473 794530. www.clipnclimbipswich.com.

- **Toddler Climbing Sessions:** 11:00 - 12:00.

Ages: 2 - 4 yrs. **Cost:** £11.99 per session (*booking essential*).

Dates: 8 Jan - 26 Mar.



THURSDAY

PARENTS & TOTS

Early Birds

High Street Chapel, High Street, Hopton, IP22 2QX. 07761767121.

www.highstreetchapel.org.

Times: 9:30 - 11:15. **Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*).

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

Kesgrave Library

Kinsey House, Kays Close, Kesgrave, IP5 2HL. 01473 626103.

www.suffolklibraries.co.uk.

- **Word Play Tot Rock:** 9:45 - 10:15. **Ages:** 2 - 5 yrs.

- **Word Play Baby Bounce:** 10:45 - 11:15. **Ages:** 0 - 1½ yrs.

Cost: Free (*drop in*).

Dates: 9 Jan - 27 Mar.

Leiston Library

Old Post Office Square, Main Street, Leiston, IP16 4ER. 01728 831252.

www.suffolklibraries.co.uk.

- **Wordplay:** 9:45 - 10:15.

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

Wetherden Baby & Toddler Group

Wetherden Baptist Church, Elmswell Road, Wetherden, Stowmarket,

IP14 3LN. www.wetherdenbaptist.org.uk.

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

Cost: £1 per session (*drop in*). **Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

SEND ACTIVITIES

Clip 'n Climb Ipswich

2 Berwick Road, The Havens, Ransomes Europark, Ipswich, IP3 9ST.

01473 794530. www.clipnclimbipswich.com.

- **SEND Friendly Climbing:** 17:00 - 18:30.

Ages: 4 yrs. **Cost:** £18.99 per session (*booking essential*).

Dates: 9 Jan - 27 Mar.

Felixstowe Opportunity Group

Felixstowe Academy Grounds, Maidstone Road, Felixstowe, IP11 9EF.

01394 286399.

- **Toddler Group:** 13:00 - 15:00.

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

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

MUSIC & SIGNING

Allsorts Tots

Yaya's House, Birch Farm Children's Centre, Silverhill, Hintlesham,

IP8 3NJ. 07445263270. www.allsortstots.co.uk.

- **Melody Makers:** 13:00 - 13:45.

Ages: 9 mths - 5 yrs. **Cost:** £8 per session (*booking essential*).

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

Jo Jingles Ipswich

All Saints Church Hall, Main Road, Kesgrave, Ipswich, IP5 1BN.

07732 544548. www.jojingles.com.

- **Mixed Ages (1 yrs to 5 yrs):** 9:55 - 10:40.

- **3mths-walking:** 11:00 - 11:30.

(*booking essential*). **Dates:** 9 Jan - 13 Feb & 27 Feb - 27 Mar.

Moo Music Ipswich

The Church of Ascension, Larchcroft Road, Ipswich, IP1 6AL.

07940986162. www.moo-music.co.uk.

- **Mixed Moo (6months-5yrs):** 9:20 - 10:00.

- **Baby/Mini Moo (0-18 months):** 10:20 - 10:50.

Cost: £6 per session (*booking essential*).

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

Moo Music Ipswich

Trimley Welcome Hall, 198 High Road, Trimley St Mary, Felixstowe,

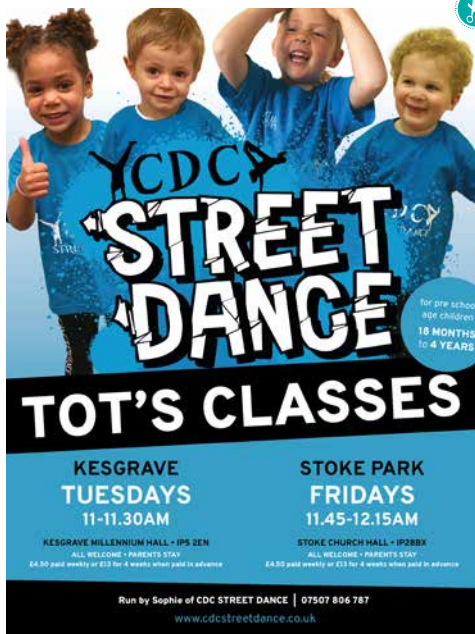
IP11 0TN. 07940986162. www.moo-music.co.uk.

- **Mixed Moo (6months-5yrs):** 13:15 - 13:55.

- **Baby/Mini Moo (0-18 months):** 14:15 - 14:45.

Cost: £6 per session (*booking essential*).

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



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Run by Sophie of CDC STREET DANCE | 07507 806 787
www.cdastreetdance.co.uk

Moo Music Stowmarket, Debenham and Needham Market

Christchurch, Needham Market, High Street, Needham Market, IP6 8AP. 07944 033723. www.moomusicsdnm.co.uk.

- **Mixed Moo (0-5yrs):** 9:30 - 10:05.
- **Baby Moo (0-9/12 months):** 10:40 - 11:10.

Cost: £6 per session (*booking essential*).
Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

Moo Music Stowmarket, Debenham and Needham Market

Great Blakenham Village Hall and Recreation Ground, Mill Lane, Great Blakenham, IP6 0NJ. 07944 033723. www.moomusicsdnm.co.uk.

- **Mixed Moo (0-5yrs):** 9:30 - 10:05.

Cost: £6 per session (*booking essential*).
Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

Moo Music Stowmarket, Debenham and Needham Market

Stonham Aspal Village Hall, The Street, Stonham Aspal, Stowmarket, IP14 6AD. 07944 033723. www.moomusicsdnm.co.uk.

- **Mixed Moo (0-5yrs):** 13:30 - 14:10.

Cost: £6 per session (*booking essential*).
Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.

Moo Music Stowmarket, Debenham and Needham Market

Stowmarket Community Centre, Hillside, Stowmarket, IP14 2BD. 07944 033723. www.moomusicsdnm.co.uk.

- **Mixed Moo (0-5yrs):** 9:45 - 10:25.
- **Baby Moo (0-8months):** 11:45 - 12:20.

Cost: £6 per session (*booking essential*).
Dates: 9 Jan - 13 Feb & 27 Feb - 27 Mar.



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admin.ltuff@littlekickers.co.uk

SENSORY & DEVELOPMENT

Phonics with Robot Reg Stowmarket

Stowmarket Community Hub, Crown Street, Stowmarket, IP14 1HY. 07895498662. www.robotreg.co.uk.

- **Preschool Phonics with Robot Reg:** 10:15 - 11:00.

Ages: 2 - 5 yrs.

- **Minis Phonics with Robot Reg:** 11:15 - 12:00.

Ages: 1 yrs - 2½ yrs.

Cost: £7 per session (*booking essential*).

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

CREATIVE

Kinetic Adventure Centre

Unit 14, Hillview Business Park, Old Ipswich Road, Claydon, Ipswich, IP6 0AJ. 01473832249. www.kineticadventure.co.uk.

- **Toddler Thursday:** 10:00 - 12:00.

Ages: 1½ yrs - 5 yrs. **Cost:** £6 per session (*drop in*).

Dates: 16 Jan - 13 Feb.

DANCE & DRAMA

CDC Street Dance

Whitton Parish Church, Whitton Church Lane, Ipswich, IP1 6LT. 07507 806787. www.cdastreetdance.co.uk.

- **Kids Class:** 16:30 - 17:30.

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

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

PHYSICAL FUN

Clip 'n Climb Ipswich

2 Berwick Road, The Havens, Ramsomes Europark, Ipswich, IP3 9ST. 01473 794530. www.clipnclimbipswich.com.

- **Toddler Climbing Sessions:** 11:00 - 12:00.



Ages: 2 - 4 yrs.

Cost: £11.99 per session (*booking essential*).

Dates: 9 Jan - 27 Mar.

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HEALTH & WELLNESS

Mini First Aid Suffolk

Old Felixstowe Community Centre, Ferry Road, Felixstowe, IP11 9NB.
07706 068980. www.suffolk.minifirstaid.co.uk.

• **Baby & Child 2 Hour Class:** 18:00 - 20:00.

Cost: £25 per session (*booking essential*). **Dates:** 30 Jan.

FRIDAY

PARENTS & TOTS

Earl Soham Community Primary School Toddler Group

Earl Soham Primary School, The Street, Earl Soham, Woodbridge, IP13 7SA. 01728 685359. www.earlsoham.suffolk.sch.uk.

Times: 9:30 - 10:30. **Ages:** 0 - 5 yrs. **Cost:** £2 per session (*drop in*).

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

Families Together Suffolk

Redwoods, Red Gables, Ipswich Road, Stowmarket, IP14 1BE.
www.families-together-suffolk.org.uk.

• **Learn & Grow Stow:** 10:00 - 11:30.

Ages: 0 - 5 yrs. **Cost:** Free (*booking essential*). **Dates:** 10 Jan - 21 Mar.

Gainsborough Community Library

Clapgate Lane, Ipswich, IP3 ORL. 01473 927270.
www.suffolklibraries.co.uk.

• **Tot Rock:** 11:00 - 11:45.

Ages: 0 - 3 yrs. **Cost:** Free (*drop in*). **Dates:** 10 Jan - 28 Mar.

Kesgrave Come & Play

Kesgrave Scout Hall, Twelve Acre Approach, Kesgrave, IP5 1JF.
Times: 9:30 - 11:00. **Ages:** 0 - 3 yrs.

Cost: £5 per session (*booking essential*).

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

Kesgrave Library

Kinsey House, Kays Close, Kesgrave, IP5 2HL. 01473 626103.
www.suffolklibraries.co.uk.

• **Word Play Story Time:** 9:45 - 10:15.

Ages: 2 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 10 Jan - 28 Mar.

Martlesham Heath Baby and Toddler Group

Martlesham Heath Pavilion, The Drift, Martlesham Heath, Ipswich, IP5 3PL.

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

Cost: £1.50 per session (*booking essential*).

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

Mothers & Others

Stowmarket Baptist Church, Bury Street, Stowmarket, IP14 1HF.
07858 947528. www.stowmarketbaptistchurch.org.

Times: 10:15 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*).

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

Old Buckenham Hall School- Pre-Prep & Nursery

Brettenham Park, Brettenham, Ipswich, IP7 7PH. 01449 740252.
www.obh.co.uk.

• **OBH - Baby & Toddler Group:** 10:00 - 10:45.

Ages: 0 - 4 yrs. **Cost:** £3 per session (*booking essential*).

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

Suffolk Wildlife Trust

Holywells Park, Cliff Lane, Ipswich, IP3 0PG. 01473 890089.
www.suffolkwildlifetrust.org.

• **Wild Tots:** 10:00 - 11:30.

Ages: 1½ yrs - 5 yrs. **Cost:** £4 per session (*booking essential*).

Dates: 10 Jan - 28 Mar.

The Ark Baby and Toddler Group

Hadleigh Baptist Church, George Street, Hadleigh, IP7 5BE.
01473 829602.

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

Cost: £1.50 per session (*booking essential*).

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

Whatfield Playgroup

Whatfield Village Hall, Rectory Lane, Whatfield, Ipswich, IP7 6QU.
07817375857.

Times: 9:30 - 11:15. **Ages:** 6 mths - 5 yrs.

Cost: Free (*booking essential*).

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

MUSIC & SIGNING

Allsorts Tots

Yaya's House, Birch Farm Children's Centre, Silverhill, Hintlesham,
IP8 3NJ. 07445263270. www.allsortstots.co.uk.

• **Rhythm Rascals:** 10:00 - 10:45.

Ages: 2 - 5 yrs. **Cost:** £8 per session (*booking essential*).

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

Moo Music Stowmarket, Debenham and Needham Market

Great Blakenham Village Hall and Recreation Ground, Mill Lane, Great
Blakenham, IP6 0NJ. 07944 033723. www.moomusicsdnm.co.uk.

• **Baby Moo (0-9/12months):** 10:40 - 11:10.

Cost: £6 per session (*booking essential*). **Dates:** 10 Jan - 28 Mar.

Moo Music Stowmarket, Debenham and Needham Market

Stowmarket Community Centre, Hillside, Stowmarket, IP14 2BD.
07944 033723. www.moomusicsdnm.co.uk.

• **Baby Moo Signing (0-8months):** 10:45 - 11:30.

Cost: £5 per session (*booking essential*).

• **Mooborn Reflexology (4weeks-6months):** 11:50 - 12:35.

Cost: £4 per session (*booking essential*).

• **Mixed Moo (0-5yrs):** 9:45 - 10:25.

Cost: £6 per session (*booking essential*).

Dates: 10 Jan - 31 Jan & 14 Mar - 28 Mar.

• **Baby Moo Yoga and Sensory:** 11:55 - 12:55.

Ages: 4 mths - 1 yrs. **Cost:** £8.40 per session (*booking essential*).

Dates: 7 Feb - 14 Feb & 28 Feb - 7 Mar.

Toddler Talk

The Church Rooms, Ship Lane, Bramford, IP8 4AL. 07748 914370.
www.toddletalk.info.

• **Toddler Talk Baby Signing:** 10:00 - 11:00. **Ages:** 5 mths - 3 yrs.

• **Toddler Time:** 11:00 - 12:00. **Ages:** 2 - 4 yrs.

Cost: £6 per session (*booking essential*).

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

SENSORY & DEVELOPMENT

Baby Sensory Ipswich

Millennium Jubilee Hall, Millennium Way, Kesgrave, IP5 2EN.
www.babysensory.com.

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

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

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

Toddler Talk with Jayne

Kelsale Village Hall, Bridge Street, Saxmundham, IP17 2NU.
www.toddletalk.info.

• **Baby Signing Class:** 10:00 - 11:00.

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

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

CREATIVE

Kinetic Adventure Centre

Unit 14, Hillview Business Park, Old Ipswich Road, Claydon, Ipswich,
IP6 0AJ. 01473832249. www.kineticadventure.co.uk.

• **Toddler Friday:** 10:00 - 12:00.

Ages: 1½ yrs - 5 yrs.

Cost: £6 per session (*drop in*).

Dates: 17 Jan - 14 Feb.

DANCE & DRAMA

DanceEast

Jerwood DanceHouse, 1-3 Foundry Lane, Ipswich, IP4 1DW.
01473 295230. www.danceeast.co.uk.

• **Let's Dance! Holiday Club:** 9:00 - 15:15.

Ages: 4 - 11 yrs. **Cost:** £60 per session (*booking essential*).

Dates: 3 Jan & 4 Jan.

PHYSICAL FUN

AirHop & Rush Group UK

Jump In Trampoline Park & Soft Play Ipswich, Anglia Retail Park, Bury
Road, Ipswich, IP1 5QP. 0330 223 3333. www.airhop.co.uk.

• **Toddler Takeover:** 10:00 - 12:00.

Ages: 1 - 6 yrs. **Cost:** £11 per session (*booking essential*).

Dates: 10 Jan - 28 Mar.

Clip'n Climb Ipswich

2 Berwick Road, The Havens, Ransomes Europark, Ipswich, IP3 9ST.
01473 794530. www.clipnclimbipswich.com.

• **Toddler Climbing Sessions:** 11:00 - 12:00.

Ages: 2 - 4 yrs. **Cost:** £11.99 per session (*booking essential*).

Dates: 10 Jan - 28 Mar.

SATURDAY

PARENTS & TOTS

Families Together Suffolk

Redwoods, Red Gables, Ipswich Road, Stowmarket, IP14 1BE.
www.families-together-suffolk.org.uk.

• **Dads & Kids Group:** 10:00 - 11:30.

Ages: 1 - 10 yrs. **Cost:** Free (*booking essential*).

Dates: 11 Jan, 8 Feb & 8 Mar.

Framlingham College Prep School

Early Years Building, Woodbridge, IP13 7AH. 01728 685331.
www.framlinghamcollege.co.uk.

• **Stay and Play Session:** 9:30 - 11:00.

Ages: 2 - 7 yrs. **Cost:** Free (*booking essential*). **Dates:** 15 Feb.

DANCE & DRAMA

CDC Street Dance

Rushmere Village Hall, Humber Doucy Lane, Kesgrave, IP4 3PD.
07507 806787. www.cdcstreetdance.co.uk.

• **Kids Class:** 9:00 - 10:00.

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

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

CDC Street Dance

Ipswich Sports Centre, Henley Road, Ipswich, IP1 4NJ. 07507 806787.
Kids Class: 14:00 - 15:00.

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

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

DanceEast

Jerwood DanceHouse, 1-3 Foundry Lane, Ipswich, IP4 1DW.
01473 295230. www.danceeast.co.uk.

• **Creative Dance:** 11:45 - 12:45.

Ages: 8 - 11 yrs.

Cost: £7.50 per session (*booking essential*).

Dates: 18 Jan - 15 Feb & 1 Mar - 29 Mar.

PHYSICAL FUN

Little Kickers Ipswich

St Joseph's College, Belstead Road, Ipswich, IP2 9DR. 07762 341982.
www.littlekickers.co.uk.

- **Little Kicks:** 9:00 - 9:45. **Ages:** 1½ yrs - 2½ yrs.
- **Junior Kickers:** 10:00 - 10:45. **Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers:** 11:00 - 11:45. **Ages:** 3½ yrs - 5 yrs.
- **Mega Kickers:** 12:00 - 12:45. **Ages:** 5 - 7 yrs.

Cost: £7.50 per session (*booking essential*).

Dates: 11 Jan - 29 Mar.

Little Kickers Ipswich

Suffolk New College - Goals, Suffolk New College Drive, Grimwade Street, Ipswich, IP4 1LT. 07762 341982. www.littlekickers.co.uk.

- **Junior Kickers:** 9:45 - 10:30. **Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers:** 10:45 - 11:30. **Ages:** 3½ yrs - 5 yrs.
- **Little Kicks:** 11:40 - 12:25. **Ages:** 1½ yrs - 2½ yrs.
- **Mega Kickers:** 11:45 - 12:30. **Ages:** 5 - 7 yrs.

Cost: £7.50 per session (*booking essential*).

Dates: 11 Jan - 29 Mar.

Little Kickers Ipswich

Goals (outdoors), Grimwade Street, Ipswich, IP4 1LT. 07762 341982.
www.littlekickers.co.uk.

- **Mighty Kickers:** 10:00 - 10:45. **Ages:** 3½ yrs - 5 yrs.
- **Junior Kickers:** 11:00 - 11:45. **Ages:** 2½ yrs - 3½ yrs.
- **Mega Kickers:** 12:00 - 12:45. **Ages:** 5 - 7 yrs.

Cost: £7.50 per session (*booking essential*).

Dates: 11 Jan - 29 Mar.

HEALTH & WELLNESS

Mini First Aid Suffolk

Stowupland Sixth Form Centre, Stowupland High School, Church Road, Stowmarket, IP14 4BQ. 07706 068980.
www.suffolk.minifirstaid.co.uk.

- **Baby & Child 2 Hour Class:** 9:30 - 11:30.

Cost: £25 per session (*booking essential*). **Dates:** 11 Jan & 3 Mar.

SUNDAY

PARENTS & TOTS

Southwold Library

Old Hospital Hub, Field Stile Road, Old Hospital, Field Stile Road, Southwold, IP18 6LD. 01502 722519. www.suffolklibraries.co.uk.

- **Lego Club:** 12:15 - 13:00.

Ages: 2yrs+. **Cost:** Free (*booking essential*).

Dates: 5 Jan - 30 Mar.

- **Baby Bounce & Tot Rock:** 10:30 - 11:00.

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

Dates: 12 Jan - 30 Mar.

PHYSICAL FUN

Little Kickers Ipswich

The Welcome Hall, 198 High Road, Trimley St Mary, Felixstowe, IP11 0TN. 07762 341982. www.littlekickers.co.uk.

- **Little Kicks:** 9:00 - 9:45. **Ages:** 1½ yrs - 2½ yrs.
- **Junior Kickers:** 10:00 - 10:45. **Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers:** 11:00 - 11:45. **Ages:** 3½ yrs - 5 yrs.

Cost: £7.50 per session (*booking essential*).

Dates: 12 Jan - 30 Mar.

Little Kickers Ipswich

St Joseph's College, Belstead Road, Ipswich, IP2 9DR. 07762 341982.
www.littlekickers.co.uk.

- **Little Kicks:** 9:00 - 9:45. **Ages:** 1½ yrs - 2½ yrs.
- **Junior Kickers:** 10:00 - 10:45. **Ages:** 2½ yrs - 3½ yrs.

Cost: £7.50 per session (*booking essential*).

Dates: 12 Jan - 30 Mar.

Little Kickers Ipswich

Kesgrave Community Sports Centre, Twelve Arch Approach, Kesgrave, IP5 9JF. 07762 341982. www.littlekickers.co.uk.

- **Little Kicks:** 9:00 - 9:45. **Ages:** 1½ yrs - 2½ yrs.
- **Junior Kickers:** 10:00-10:45 & 14:00-14:45. **Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers:** 11:00-11:45 & 12:00-12:45. **Ages:** 3½ yrs - 5 yrs.
- **Mega Kickers:** 13:00 - 13:45. **Ages:** 5 - 7 yrs.

Cost: £7.50 per session (*booking essential*).

Dates: 12 Jan - 30 Mar.

HEALTH & WELLNESS

Mini First Aid Suffolk

John Lewis, Futura Park, Crane Boulevard, Ipswich, IP3 9SQ. 07706 068980. www.suffolk.minifirstaid.co.uk.

- **Baby & Child 2 Hour Class:** 10:30 - 12:30.

Cost: £25 per session (*booking essential*). **Dates:** 26 Jan & 22 Feb.

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DIRECTORY OF ADVERTISERS

Days Out

Hirsty's Family Farm Park.....	11
Ickworth Estate - National Trust.....	2
Jump In by AirHop Ipswich.....	6
Our Animal World.....	6
Play World Mid Suffolk Leisure Centre.....	8

Photographers

Life is Beautiful Photography.....	15
------------------------------------	----

Health & Pregnancy

Mini First Aid.....	12
The Mama Coach.....	32
Tots 2 Teens Allergies.....	12

Groups & Classes

Allsorts Tots.....	28
Baby Senses.....	29
Baby Sensory.....	15
Bendy Beans.....	32
CDC Street Dance.....	31
DanceEast.....	32
Jo Jingles Ipswich.....	29
Little Kickers Ipswich.....	31
Moo Music.....	25
Trina's Tiny Tots.....	25
Tumble Tots.....	25

Nurseries & Schools

Framlingham College.....	19
Old Buckenham Hall School.....	16
Orwell Park School.....	11
St Joseph's College.....	36

Parties

The Little Dining Club.....	12
-----------------------------	----

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