

Loving life with little ones

about toddlers

MK & Bedford

Apr - Jun 2026

FREE

BABY SHOW

25th April 2026

The Webber

Independent School

WHAT'S ON
THIS SPRING

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WELCOME



TO THE SPRING 2026 ISSUE!

Our Spring Edition is here!

Welcome to the spring edition of Toddle About Milton Keynes & Bedford. As always, we are delighted to bring you a fresh mix of local news, family-friendly events and expert-led features to support you through the early years.

We are excited to share that our much-loved **Toddle About MK Baby Show** is back on **25th April at The Webber Independent School**. It promises to be a fantastic day out for parents, parents-to-be and little ones, with a wide range of local businesses, activities and advice all under one roof. Be sure to check out our **Baby Show information** guide on **pages 20-21** to plan your visit.

This issue also includes some brilliant expert content. Turn to **page 23** for helpful advice on **managing morning sickness**, and don't miss our feature on **raising a happy eater** on **pages 18-19**, packed with practical tips for encouraging positive food habits from an early age.

On a more personal note, we wanted to share that **Toddle About MK & Bedford is now up for sale**. As a family-run business, this has been a big decision for us, but with changing family priorities, we feel it's the right time to pass it on. It's been an incredibly rewarding journey, and we would love to see it continue to grow with a new owner at the helm, so please enquire if you or someone you know is interested.

Thank you, as always, for your continued support, we hope you enjoy this issue!

Loving life with little ones,
Joanna OWNER & EDITOR

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Joanna - Managing Director

Get in touch!
07783 944131 (mob)
01908 596050 (office)
joanna@toddleabout.co.uk

- toddleaboutmkandbeds
- toddleabout
- toddleabout_mkandbeds

Join us on Whatsapp for important updates!



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

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

Follow us for daily updates!



Milton Keynes Baby Show Returns for a Fun-Filled Family Day

We are thrilled to announce that the next **Toddle About Baby Show** is coming to Milton Keynes in collaboration with **The Webber Independent School**. Join us on

Saturday 25th April for a fun-filled day packed with exhibitors, baby essentials, taster classes, expert advice and plenty of family-friendly activities. It's the perfect chance for parents-to-be and young families to discover amazing local services and meet the people behind them. Save the date - you won't want to miss it. [See P20-21](#)



Book your family tickets NOW!
toddleabout.co.uk/live-events/milton-keynes



Celebrating 15 Years of Hope: Harry's Rainbow Returns as Charity Partner

Harry's Rainbow is proud to once again be selected as the charity partner for this year's Toddle About MK event, marking a special moment as the charity celebrates its 15th anniversary. Over the past 15 years, Harry's Rainbow has supported more than 1,000 bereaved children and young people following the loss of a parent or sibling. With a continued focus on providing hope, support and brighter futures, the team is grateful for the ongoing support from the local community.



Find out more:
www.harrysrainbow.co.uk



Buy & Sell Quality Preloved Baby & Children's Goods

Stalls will be bursting with new and nearly-new baby and children's clothes, toys, equipment and more, suitable from birth to 5 years old. Plus a small selection of local businesses showcasing their products and services. So pop along and grab yourself a bargain. £1.50 entry, kids go free. Or do you need to clean out those cupboards? Then book a stall!

Old Stratford Community Hall: Sunday 19th April, 11am - 12.30pm

Medbourne Pavilion: Saturday 16th May, 3pm - 4.30pm

Broughton Pavilion: Sunday 14th June, 3pm - 4.30pm

For more info, visit www.littlepoppetsprelovedmarket.co.uk.

Celebrating 30 Years on Track at Northampton & Lamport Railway

This summer promises to be a special one at the Northampton & Lamport Railway as it celebrates its 30th anniversary.

Upcoming special events include:

- 3rd & 4th May: Teddy Bear Weekend
- 24th & 25th May: PAW Patrol Weekend
- 26th July: Kids for a Quid

A BIG 30th Anniversary Gala will also be staged over the August Bank Holiday weekend. Trains run most Sundays until 4th Oct.

See www.nlr.org.uk for full information, event details and online tickets or follow them on Facebook, Instagram & X.

[See P.25](#)





Phonics with Robot Reg Launches in Newport Pagnell

Phonics with Robot Reg has announced its expansion into Newport Pagnell, bringing its popular early literacy sessions to local families. Starting this summer term, weekly preschool classes will take place on Tuesday mornings at the Green Park Community Centre. Designed for young children, the sessions use fun, engaging activities to build early phonics skills and confidence with sounds and letters. The team says it is delighted to welcome new families in Newport Pagnell and support children as they begin their reading journey.

See P.28



New Book Makes Bedtime Easy

Bestselling author Smriti Halls and Supertato co-creator Sue Hendra have recently released a new children's book set to make bedtime easier for thousands of parents. *Bedtime For Little Digger* uses rhythmic text and charming, fun-filled illustrations to delight young vehicle fans while gently encouraging winding down and tidying toys away. Even little diggers need rest so they can wake bright and early, ready for a busy day ahead!

Available now at www.waterstones.com



Summer Stage Fun Comes to Quarry Theatre

The upcoming summer programme at The Quarry Theatre in Bedford promises a fun-filled week for families this July. Theatre of Widdershins headlines daily 11am shows from 22–26 July, featuring *The Princess & The Pea*, *Old Nanny Nibblebeard*, *The Musicians of Bremen*, *The Hare & The Hedgehog*, and *Granny Dumpling*. Additional performances include *Slugageddon!* (24 July, 1pm), *Ben & Katie: History Hunters* (22 July, 3pm), and *Tricky Teddy* (26 July, 2pm).

See P.13



Find out more at www.quarrytheatre.org.uk

Play, Explore, Discover: Stay & Play at Webber Independent School


Families are invited to discover The Webber Independent School through its popular Stay & Play sessions this spring. Designed for babies through to pre-schoolers, these welcoming sessions offer a chance to explore the nursery, meet staff and enjoy hands-on activities in a nurturing environment. With upcoming dates including April sessions, it's a great opportunity for parents to see the setting in action while little ones learn through play and discovery. Advance booking is recommended.



More information:
www.webberindependentschool.com



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SHAKE OFF THOSE WINTRY BLUES AND ENJOY THE SPRING SUNSHINE WITH THESE FUN DAYS

CHILDREN'S CRAFTS WORKSHOP

18 APRIL | 10:30AM-12PM

Creative crafts for ages 3-7

Cost: £5 per child

Jordans Mill, Holme Mills, Southill Road,
Broom, Bedfordshire, SG18 9JX

www.jordansmill.com

TODDLE ABOUT BABY SHOW

25 APRIL | 10AM-2PM

Baby show, stalls, classes, fun

Cost: FREE

The Webber Independent School,
Soskin Dr, Stantonbury, MK14 6DP

www.toddleabout.co.uk

TEDDY BEARS' PICNIC

3 MAY | FROM 10:30AM

Steam trains, teddy picnic fun

Cost: From £10

Leighton Buzzard Railway
Pages Park Station, Billington Rd,
Leighton Buzzard, LU7 4TG

www.buzzrail.uk

SEASON PREMIERE AIR SHOW

10 MAY | 9AM-6PM

Aircraft displays, family activities

Cost: From £35 (kids FREE)

Shuttleworth, Alder Drive Biggleswade,
Bedfordshire, SG18 9DT

www.shuttleworth.org

HARRY'S RAINBOW COLOUR RUN & FUN DAY

13 JUN | 12-4PM

Colour run, charity, family fun

Cost: From £10

Milton Keynes RUFC. The Valley, Emerson
Valley, MK4 2DN

www.harrysrainbow.co.uk

HALF TERM OPEN MORNINGS

26-28 MAY | 9:30AM-12:30PM

Nature trails, crafts, outdoor play

Cost: FREE

Howe Park Wood, Howe Park Wood
Education Centre, opposite the Westcroft
Centre, off of the H7 Chaffron Way.

www.theparkstrust.com

HENRY'S HAPPINESS FAMILY FUN DAY

14 JUNE | 12PM-5PM

Stalls, entertainment, community event

Cost: FREE

Campbell Park,
The Events Plateau, Campbell Park,
Milton Keynes

www.thehenryallentrust.org.uk

BEDFORD EID FESTIVAL

6-7 JUNE | 1-8PM

Vibrant Eid festival with rides,
food and family fun

Cost: FREE

Addison Howard Park, Bedford Road,
Kempston, Bedford MK42 8PN.

www.eidinbedford.co.uk/

Details are correct at time of printing but may change.
Please check with the venue for up-to-date prices.

Toddle About MK & Bedford 7



THIS IS SWANBOURNE SPIRIT

Transformative learning and meaningful experiences beyond the classroom sit at the heart of life at Swanbourne House. Pupils are supported and stretched by dedicated subject experts and benefit from extensive grounds and exceptional sporting facilities, including two astroturfs, a golf course and an indoor pool. For our youngest learners joining Nursery or Reception, the Manor House provides an inspiring start, with small class sizes, specialist co-curricular lessons and outdoor spaces set beside open farmland.

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Pre-Reception Nursery places available for September 2026

CHEESE & CARROT STARS



Written by
Annabel
Karmel

The ultimate finger food for babies and toddlers alike, these soft veggie-packed stars from Annabel Karmel are the perfect lunch, dinner or nutritious snack for growing little ones.

Makes: 10-12 stars

Ingredients:

- | | |
|---------------------------------|---------------------------|
| 200g carrots, peeled and grated | 2 eggs, beaten |
| 50g Cheddar cheese, grated | 4 tbsp self-raising flour |
| 25g Parmesan cheese, grated | |

Method:

1. Preheat the oven to 180°C Fan.
2. Put the carrots in a clean tea towel, squeeze out as much liquid as possible.
3. Place in a bowl. Add the cheeses, eggs, flour and seasoning (for babies 12 months +)
4. Line a baking sheet with non-stick baking paper. Put a star cutter onto the sheet. Fill the cutter with the carrot mixture. Press down firmly. Remove the cutter and repeat.
5. Bake in the oven for about 15 minutes until lightly golden and set.

Looking for more recipe inspiration? Annabel's award-winning recipe app is home to 1,300+ simple and delicious ideas for the whole family, PLUS new recipes every week.

Start your **FREE** trial today!



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TODDLE MODELS

Winner



Oakley, 14 months old

Baby and Toddler Photo Competition Winner

Thank you to everyone who entered our New Year Toddle Models competition!

Congratulations to little Oakley who won a **Little Tikes Bundle of toys**, worth £129!

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.



Follow on socials: [@officiallittletikesuk](https://www.instagram.com/officiallittletikesuk)



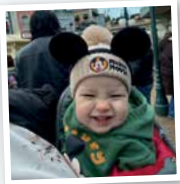
Annabelle, 3 years



Athena, 18 months



Ayansh, 20 months



Bowen, 10 months



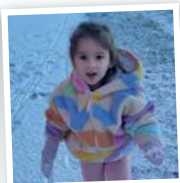
Delilah-Rose, 2 years



Eddie, 18 months



Freddie, 3 years



Freya, 3 years



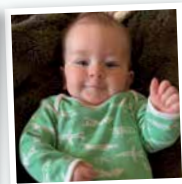
Freya, 3 years



George, 2 years



Hadleigh, 5 months



Hamish, 6 months



Harper & Teddy, 5 years and 2 years



Hayden, 17 Months



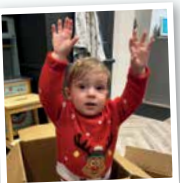
Hazelle, 3 years



Hunter and Travis, 3 years and 4 months



Irena, 3 years



Jack, 1 year 9 months



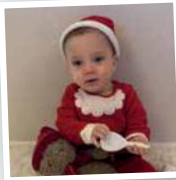
Jevon, 3 years



Kiara, 5 months



Leo, 3 years



Levi, 11 Months



Marley and Brody, 5 years and 3 years



Millie and Maxson, 4 years and 3 years



Naomi, 3 Years



Nova, 4 years



Olive, 2 years



Pihu, 3 weeks



Robyn, 20 months



Ronnie, 19 months



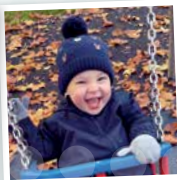
Sia, 3 years



Sofia, 1 year 10 months



Teddy, 6 months



Tommy, 18 months



Vedant, 18 months

COMPETITION

TODDLE MODELS

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HOW TO ENTER:

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

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

Enter by **Sun 7th June 2026**.

ENTER AT:
www.toddle.fun/toddlemodels





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

CAR SEAT NINJA

5.0 ★

Our experience with Natalie at Car Seat Ninja was absolutely second to none. The attention to detail and the wealth of knowledge that this wonderful lady has is immeasurable.



Samantha B

5.0 ★

THORNTON COLLEGE



Fantastic school! I cannot rave enough about the wonderful environment the staff create for the girls here.

Sadie S

5.0 ★

AQUA INCLUDE

I absolutely love our swim classes here! I love how warm the pool and environment is, and how the pool is low chlorine. This really helps with my babies eczema.



Cheyenne S

BRIGHTER BIRTHING

5.0 ★

Leanne really knows what she is talking about, we went in feeling unprepared and nervous and ended up feeling confident and calm with a wealth of knowledge at our disposal.



Emma W



LIZ'S CARDS

5.0 ★

Her customer service is so great, she always bends over backwards to help me get it perfect with personalised dates and colours.



Jess M

5.0 ★

FIT MUMMY MK



My kids love coming with me to bootcamp and I get to have a proper workout without worrying about childcare. The trainers are exceptional and it's really good value for money.

Sabz M

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22ND - 24TH MAY

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www.learningresources.co.uk/campfire-chatmallows



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THE BUSY BOX, £19.99

The Busy Box is a monthly, screen-free craft subscription designed to inspire creativity in young children. Each box includes eco-friendly, age-appropriate activities with clear instructions and a playful story element, helping parents enjoy meaningful, hands-on time with their children, while supporting early learning, fine motor skills and imagination at home.

www.thebusybox.co.uk

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Other T&C apply. Expires: 31/05/26

10%
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FREE TRIALS

These class providers all offer **Free Trials** as standard to new customers.
Please quote '**Toddle About**' when booking.
All trials are subject to availability.

Joey Football

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JoeyFootballFun

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- ✓ Builds reading confidence fast
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Scan to get started

SALT DOUGH HANDPRINT BOWL



Turn little hands into a keepsake! A sweet, simple gift you and your child can make for Dad this Father's Day.

YOU WILL NEED:

- Salt Dough:
- Small ovenproof bowl
- Rolling pin
- Acrylic paint
- Mod Podge glue and sealer
- Sharp knife
- 2 cups plain flour,
- 1 cup salt, 1 cup water

How to Make:

1. Mix flour, salt and water to make a stiff dough. If it's too sticky, add a little more flour.
2. Roll the dough to about 1cm thick. Press your child's hand firmly onto it to create a clear handprint.
3. Use a sharp knife to cut around the handprint. Smooth the edges with a damp finger.
4. Drape the dough over a small ovenproof bowl on a baking tray to form the bowl shape. Bake at 100°C for 2-3 hours until completely hard.
5. Once dry, paint your bowl and add a heart or design. Seal with Mod Podge to make it last forever.



Craft kindly supplied by Louise McMullen of Messy Little Monster, author of Fun Painting Projects for Kids. For more fun ideas visit www.messylittlemonster.com



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HOW TO HELP YOUR CHILD BUILD A HEALTHY RELATIONSHIP WITH FOOD.

by *Alicia Eaton*



If you are parenting a child under five, you probably spend a surprising amount of time thinking about food. What to buy, what to cook, whether your child will eat it – and if they don't, what that might mean. It can feel exhausting.

But beyond nutrients and portion sizes, something far more important is happening during these early years. Your child is forming a relationship with food – one that will likely stay with them for life. Many of us can remember episodes from our own childhood that still shape the way we eat as adults.

Long before children understand ideas like healthy eating, they absorb the atmosphere around meals. They notice your tone of voice, how rushed or relaxed things feel, and whether food becomes a source of tension or enjoyment.

The reassuring part is that raising a happy eater is rarely about getting food exactly right. It is far more about helping children feel comfortable and unpressured, alongside a steady set of routines and habits. That is something most parents can offer, even on busy days.

TODAY'S FOOD WORLD IS DIFFERENT

Parents today are raising children in a very different food environment from the one many of us grew up in. Supermarkets offer endless choice, cafés are everywhere and food delivery apps mean everyone can eat something different at the touch of a button.

Alongside this, there is a constant cultural conversation about sugar, ultra-processed foods, allergies and weight. Even very young children pick up on this emotional backdrop.

They may not understand the language adults use,

but they understand when something feels not quite right. They notice when food becomes a source of worry and can sense when adults feel conflicted about eating.

One of the most helpful things we can do is simplify the emotional atmosphere around food and avoid using labels such as 'good' and 'bad'.

APPETITE IS ALLOWED TO CHANGE

One of the most common concerns I hear from parents is how unpredictable their child's appetite can seem. A toddler who eats enthusiastically one day might barely touch their food the next. They may love a food for weeks and then suddenly refuse it.

This fluctuation is normal. Young children's appetites vary depending on growth, sleep, activity and emotional state. Responding calmly to these phases helps far more than reacting with anxiety.

When children are coaxed or persuaded to eat more than they want, they begin to focus on adult expectations rather than their own internal cues. Over time, it becomes harder for them to recognise hunger and fullness.

Falling out of touch with your body's natural hunger signals is easily done and can lead to a child that pesters you for endless snacks, even when they're not genuinely hungry. This is not out of greediness, but more a response to tiredness, boredom or frustration.

So a happy eater is not a child who clears their plate every time, but one who gradually learns to recognise hunger, satisfaction and even occasional lack of appetite as normal.

AVOID TURNING FOOD INTO A REWARD OR A BATTLEGROUND

Many of us fall into the habit of using phrases that can have unintended consequences:

“Just three more bites.”

“You can have pudding if you finish.”

“Be good and eat your vegetables.”

They come from a place of care - we want our children to be nourished. But over time, these messages can create associations we did not intend. Food becomes something to earn or negotiate over. If dessert is framed as a prize and vegetables as an obstacle, we unintentionally elevate one and downgrade the other.

Keeping language neutral can make a big difference. Some families find it helpful to talk about “everyday foods” and “sometimes foods,” rather than good and bad foods. This keeps the tone practical and removes moral weight from eating.

THE POWER OF ROUTINE

Children feel safer when life is predictable, and eating is no exception. Regular mealtimes and planned snack times create a rhythm that reassures children food is coming again.

This alone should reduce frequent requests for snacks. Children who graze throughout the day often do not experience genuine hunger, which can make them seem fussy at mealtimes. Allowing gentle hunger to build helps them come to the table ready to eat and more open to new foods.

In France, children are taught that feelings of hunger are to be welcomed, for it means that you'll enjoy the next meal even more. So a little bit of patience is no bad thing.

SENSORY PREFERENCES MATTER

Some children may appear fussy, but their senses are still developing and it's not uncommon for them to experience sensory overwhelm. Strong reactions to smells, colours, textures and how food feels in the mouth are not unusual.

One child may prefer crunchy textures, another may dislike foods that are mixed together, while some need to explore food with their fingers before feeling ready to taste it.

Alicia Eaton is a Harley Street-based behaviour change psychotherapist with over 20 years' experience working with parents, children and teenagers. She's the author of [Mind How Your Kids Eat](#), which explores how everyday habits and language shape children's long-term relationship with food.



When we view these reactions as sensory preferences rather than stubbornness, the mood around mealtimes can soften. Instead of asking, “How do I make my child eat this?”, we can ask, “How can I present this in a way that feels manageable?”

Small adjustments – separating foods, changing temperature or offering a familiar dip – can make a surprising difference.

SIMPLE WAYS TO HELP RAISE A HAPPY EATER

Keep the emotional atmosphere calm

Children eat best when they feel safe rather than watched or evaluated. Aim for connection at the table rather than control.

Trust fluctuating appetites

Toddlers rarely eat the same amount each day. Calm responses help them stay connected to hunger and fullness cues.

Avoid turning food into leverage

Using dessert as a reward or vegetables as a hurdle can create associations that last beyond childhood.

Create gentle structure around food

A predictable rhythm reassures children that food is coming and allows appetite to build naturally.

Respect sensory preferences

Texture, temperature and presentation matter more than many adults realise.

Model the desired relationship with food

Children learn more from what they observe than from what they are told.

Focus on the long game

No single meal shapes your child's eating habits. It is the small, repeated experiences over time that build curiosity and trust.

Early childhood is a powerful period for habit formation, but this does not mean parents have to get everything right. What matters most is the emotional pattern children experience repeatedly: calm meals, neutral language, recognition of internal hunger signals and a sense of connection at the table.

A happy eater is not a child who eats perfectly, but one who feels comfortable, curious and safe around food.



MILTON KEYNES BABY SHOW

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FOOD VENDORS

Romanelli Pizza
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toddle ^{about}

BABY SHOW

Sat 25th April 2026

The Webber Independent School,
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The excitement is building as we prepare for the Toddle About Baby Show's third year, this time at **The Webber Independent School** on **Saturday 25th April 2026**. This event will bring together small, local independent businesses and well-known national brands, all celebrating everything from **pregnancy to preschool** under one roof.

You'll have the chance to meet and learn from children's service providers and parenting experts, and try out and purchase a variety of products. Refreshments and snacks will be available at the venue, and there's plenty of free parking.

To make the day extra special, little ones can enjoy **free soft play**, **bouncy castle**, **little mess trays**, and there will be **special guest appearances** from their favourite characters throughout the day, including **Bluey**, **Chase**, **Minnie Mouse** and others.

Visitors can also buy **raffle tickets** for a chance to win fantastic prizes (all listed in the **Baby Show Guide**). We invite the community to nominate local charities that could benefit from the funds raised through the raffle. The chosen charity will also have the opportunity to raise awareness of their work at the event.

There will be a jam-packed program with activities such as car seat safety and pram demonstrations, baby and toddler first aid, weaning/feeding advice, and much more.

Don't miss the opportunity to engage with experts in parenting and child development who will be available for consultations.



The show is **FREE to attend if you book online**, or £2 per family at the door. Receive one of our **exclusive goody bags** filled with great treats! Goody bags are limited to one per family and will only be available to the first 200 visitors.

Calling all Business Owners

Don't miss out on this amazing opportunity to showcase your products and services. This event is a fantastic platform to reach a highly engaged audience of parents with 0-5s. For the ultimate exposure, **grab one of our last remaining spots for a stage demo opportunity**, where you can showcase your expertise with a live demo or talk! Secure your space now via **toddle.fun/babyshowmk**

Join us for a fun-filled, informative, and community-driven event that celebrates the joys of parenting and early childhood.

"Whether you are expecting your first or have a little one in preschool, this event has something for everyone."



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More Than Morning Sickness



HYPEREMESIS GRAVIDARUM EXPLAINED: WHEN NAUSEA AND VOMITING IN PREGNANCY GO FAR BEYOND THE NORM.

Sickness in pregnancy is often a welcome sign in those early days when all the evidence you have is the two lines on a stick. The challenge for many of us is that the term morning sickness doesn't really scratch the surface of our experience and symptoms are rarely limited to mornings.

Pregnancy sickness is a spectrum condition which affects everyone differently. It ranges from periods of mild nausea or the odd vomiting episode right through to constant nausea and regular vomiting. In most cases, a few tweaks to diet and lifestyle can make things easier to manage and symptoms usually ease around 12 weeks.

But what about when those tweaks don't work? What about when the nausea is so intense it feels like it's crushing your soul? When vomiting comes regardless of whether you have eaten anything? When it's so violent you struggle to catch your breath? When the mere thought of food kicks off the awful cycle of vomiting again? What if you can't keep down even a sip of water - or your own saliva?

That's Hyperemesis Gravidarum (HG). It's an extreme form of nausea and vomiting in pregnancy that affects up to 4% of pregnancies and requires medical treatment. Although symptoms start in the early weeks, they often last far beyond the first trimester, with almost a quarter of women needing anti-emetic treatment throughout their entire pregnancy.

For those with a family history of HG, there is an increased risk, and once you've had it in one

pregnancy, there's around an 80% chance you'll experience it again. Which is a pretty tough pill to swallow. Literally. The good news is that a variety of treatments can be safely used in pregnancy.

The key differences between HG and typical pregnancy sickness are the severity of symptoms and the impact they have on women's and birthing people's physical and mental health. It's not uncommon for sufferers to say they feel like they are dying, as though their body is failing in front of their eyes, and yet they are reminded that they are lucky to be pregnant.

Therein lies the contradiction: the gap between expectation and reality. The difference between what is expected of pregnancy and the reality of an HG pregnancy is vast and can lead us to question our experience. If everyone feels this unwell, why aren't we talking about it more often? Or are we just weak because we can't cope when everyone else can? It's easy to see how this leads to isolation.

WHEN SHOULD I GET HELP?

Seek help as soon as you are struggling. If nausea and vomiting are impacting your ability to eat, drink or work, seek medical advice. There are medications that can help manage the symptoms.

The free helpline on **0800 055 4361** is available during office hours for empathy, expertise and support, or visit www.pregnancysicknesssupport.org.uk any time. HG is brutal, but you don't have to face it alone.



Lindsay Salmon is Community & Engagement Manager at Pregnancy Sickness Support. Drawing on her lived experience of HG and a background in teaching, SEN and counselling, she is passionate about raising awareness, improving education, and amplifying the voices of the HG community.



SPRINGTIME SPOTTER

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CHEEKY CHARLIE HUNT!

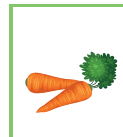
WE'VE HIDDEN CHARLIE, TODDLE ABOUT'S CHEEKY MASCOT, THROUGHOUT THE MAGAZINE!
CAN YOU COUNT HOW MANY TIMES HE APPEARS?

HOW MANY?

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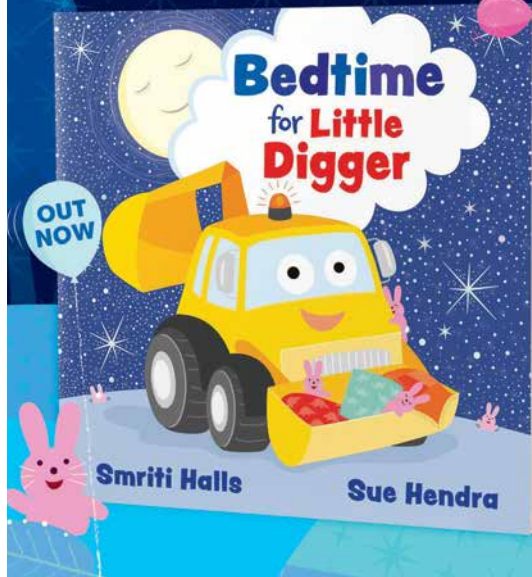
BEASTIE BITES

MATCH THE ANIMAL TO THEIR FAVOURITE FOOD!



ANSWERS ON P.35

Bedtime is about to get easier!



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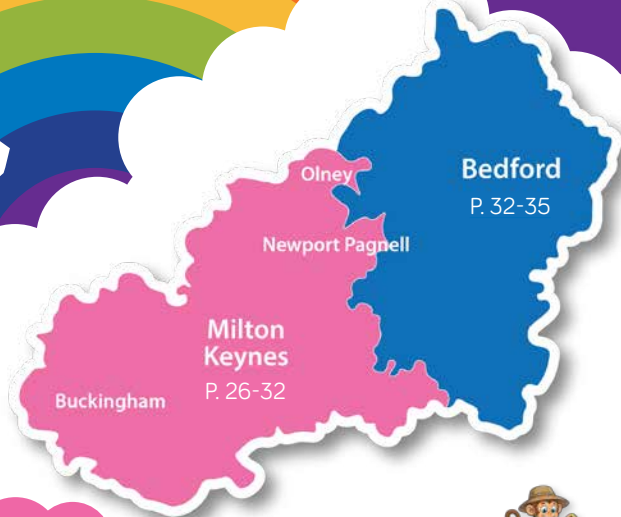
TODDLE ABOUT BABY SHOW MILTON KEYNES
25TH APRIL 2026, WEBBER INDEPENDENT

SCAN ME!



Daily Activity Planner

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



MILTON KEYNES



MONDAY

PARENTS & TOTS

Cornerstone Toddlers

Cornerstone Church, 300 Saxon Gate West, MK9 2ES.
01908 237777 or 07854 762676. www.cornerstonemk.co.uk.
Times: 10:00 - 11:30. **Ages:** 1 mths - 5 years. **Cost:** £1 per session (drop in). **Dates:** 13 Apr - 27 Apr, 11 May - 18 May & 1 Jun - 13 Jul.

MK Multiples

Kents Hill Community Centre, Kents Hill, MK7 6HG.
Times: 10:00 - 12:00. **Ages:** Pregnancy - 5 yrs. **Cost:** £4 per session (drop in). **Dates:** 13 Apr - 13 Jul.

MUSIC & SIGNING

Music Bugs Milton Keynes

Summerlin Centre Station Rd, Woburn Sands, MK17 8SG.
0844 822 1158. www.musicbugs.co.uk.
Times: 10:00 - 10:40 & 11:00 - 11:40.
Ages: 0 - 4 yrs. **Cost:** £7.50 per session (booking essential).
Dates: 13 Apr - 27 Apr, 11 May - 18 May & 1 Jun - 13 Jul.

Ragdolly Annas

Shenley Brook End Village Hall, Church End Road, Shenley Brook End, MK5 7AA. 07989 713745. www.ragdollyannas.co.uk.
• **Ragdolly Annas Shenley Brook End:** 10:00 - 10:45.
High energy, music and rhyme activity for the 0-5's
Ages: 0 - 5 yrs. **Cost:** £7.95 per session (booking essential).
Dates: 13 Apr - 27 Apr, 11 May - 18 May & 1 Jun - 13 Jul.

SENSORY & DEVELOPMENT

Phonics with Robot Reg

The Quaker Centre, 1 Oakley Gardens, Downhead Park, MK15 9BH.
07809 459648. www.robotreg.co.uk.
• **MINIS Phonics:** 12:45 - 13:30.
With songs, role play & dancing. **Ages:** 1 - 3 yrs.
• **Pre-school Phonics:** 13:45 - 14:30.
Fun introduction to Phonics. **Ages:** 2.5 yrs - 5 yrs.
Cost: From £7.50 per session (booking essential).
Dates: 20 Apr - 27 Apr, 11 May - 18 May & 1 Jun - 13 Jul.

DANCE & DRAMA

Tot Bop

Pitstone Village Hall, Vicarage Road, Pitstone, Leighton Buzzard, LU7 9EY. 01525 237474 / 07775 582791. www.totbop.co.uk.

- **Tiny Tots (1-2.5) - Pitstone:** 9:30 - 10:05.
- Ages:** 1 yrs - 2 yrs 6 mths.
- **Baby Boppers (age 2.5 - rising 5) - Pitstone:** 10:20 - 11:05.
- Ages:** 2 yrs 6 mths - 5 yrs.
- Cost:** Free (booking essential).
- Dates:** 13 Apr - 23 May & 1 Jun - 18 Jul.

PHYSICAL FUN

Rugbytots (Milton Keynes & Bedford)

Lace Hill Academy, Catchpin Street, Buckingham, MK18 7RR. 0845 313 6712. www.rugbytots.co.uk.
Times: 9:10 - 9:40 & 10:35 - 11:20. **Ages:** 2 - 7 yrs. **Cost:** £7 per session (booking essential). **Dates:** 13 Apr - 13 Jul.

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SWIMMING

Water Babies Bucks & Beds

Revival Health Club Buckingham, A421 Ring Road South, Buckingham, MK18 1RY. 01295 709221. www.waterbabies.co.uk
Times: 9:30 - 11:00 (30 min sessions).
Ages: 0 - 6 yrs. **Cost:** £19.50 per session (*booking essential*).
Dates: From 13 Apr.

Holiday Inn Hotel, Milton Keynes Central, 500 Saxon Gate West, MK9 2HQ. 01295 709221. www.waterbabies.co.uk
Times: 10:30 - 11:30 (30 min sessions).
Ages: 0 - 6 yrs. **Cost:** £19.50 per session (*booking essential*).
Dates: From 13 Apr.

HEALTH & WELLNESS

Fit Mummy MK

Fit Mummy MK, 24 First Avenue, Bletchley, MK1 1DX. 07723 020994. www.fitmummybootcamp.com.
 • **Fit Mummy Bootcamp:** 11:00 - 11:45.
 Group fitness for mums with babies and small children
Cost: £7.50 per session (*booking essential*).
Dates: 13 Apr - 27 Apr, 11 May - 18 May & 1 Jun - 13 Jul.

PREGNANCY

Vicki Wilkinson Birth & Baby

Oxley Park Community Centre, Redgrave Drive, Oxley Park, MK4 4TA. 07581 559856. www.vickiwillkinsonbirthandbaby.co.uk.
 • **Tinies Baby Massage - Milton Keynes:** 11:00 - 12:00.
Ages: 0 - 6 mths. **Cost:** £60 per session (*booking essential*).
Dates: 13 Apr - 27 Apr, 11 May - 18 May & 1 Jun - 13 Jul.

TUESDAY

PARENTS & TOTS

Milton Keynes Christian Centre Parent and Toddler Group

Milton Keynes Christian Centre, Milton Keynes Christian Centre, Strudwick Drive, Oldbrook, MK6 2TG. 01908 670655. mccc.org.uk
Times: 10:00 - 11:00. **Ages:** 0 - 4 yrs. **Cost:** £1 per session (*drop in*).
Dates: 14 Apr - 19 May & 2 Jun - 14 Jul.

Milton Keynes Libraries

Milton Keynes Central Library, 555 Silbury Boulevard, MK9 3HL.
 • **Song and Rhyme Time:** 10:00 - 10:30.
 Free weekly drop-in Baby Songs and Rhymes for the Under 2s.
Ages: 0 - 2 yrs. **Cost:** Free (*drop in*). **Dates:** 14 Apr - 14 Jul.

Bletchley Library, Westfield Road, Bletchley, MK2 2RA.

• **STAY & PLAY (Bletchley Library):** 10:30 - 11:30.
 Toys and books for the Under 5s
Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 14 Apr - 19 May & 2 Jun - 14 Jul.

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

• **Storytime (MK Central Library):** 10:45 - 11:15.
 Free weekly drop-in Storytimes for the Under 5s.
Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 14 Apr - 14 Jul.

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

• **Storytime (Olney Library):** 11:00 - 11:30.
 Free weekly drop-in Storytimes for the Under 5s.
Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 14 Apr - 14 Jul.

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

• **Storytime (Woburn Sands Library):** 11:15 - 11:45.
 Free weekly drop-in Storytimes for the Under 5s.
Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 14 Apr - 14 Jul.

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

• **Lego & Duplo Club (Wolverton Library):** 15:30 - 16:30.
 Free weekly drop-in Lego & Duplo Club for all ages.
Ages: 0 - 17 yrs. **Cost:** Free (*drop in*). **Dates:** 14 Apr - 14 Jul.

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

• **Lego & Duplo Club (MK Central Library):** 16:00 - 17:00.
 Free weekly drop-in Lego & Duplo Club for all ages.
Ages: 0 - 17 yrs. **Cost:** Free (*drop in*). **Dates:** 14 Apr - 14 Jul.

The Rowans Family Centre

The Rowans Family Centre, 13a Moorfoot, Fullers Slade, MK11 2BD. 01908 565852.

• **Baby Weighing Clinic:** 9:30 - 9:30.

Baby weighing clinic

Ages: 0 - 2 yrs. **Cost:** Free (*drop in*). **Dates:** 14 Apr - 14 Jul.

Winslow Baby and Toddler Group

Winslow Public Hall, Elmfields Gate, Winslow, MK18 3JA. www.facebook.com.

Times: 10:00 - 11:15.

Ages: 0 - 5 yrs. **Cost:** £2.50 per session (*drop in*).

Dates: 14 Apr, 28 Apr - 12 May, 26 May - 9 Jun & 23 Jun - 14 Jul.

MUSIC & SIGNING

Mini Mozart Bedford & Milton Keynes

St Mary & St Giles Church, 1 Church Street, Stony Stratford, MK11 1FD. 0207 193 1983. www.minimozart.com.

• **Mini Mozart: Babies & Toddlers:** 10:00 - 10:40.

Live toddler music classes led by professional musicians

Ages: 0 - 4 yrs. **Cost:** £12 per session (*booking essential*).

Dates: 14 Apr - 19 May & 2 Jun - 14 Jul.

Music Bugs Milton Keynes

360 Play, Roebuck Way, Knowlhill, MK5 8HL. 0844 822 1158. www.musicbugs.co.uk.

• **Music Bugs (360 Play, MK):** 10:00 - 10:40 & 11:00 - 11:40.

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

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

Dates: 14 Apr - 19 May & 2 Jun - 14 Jul.

TinyTalk Milton Keynes

Downhead Park Quaker Centre, 1 Oakley Gardens, Downhead Park, MK15 9BH. 07581 185265. www.tinytalk.co.uk.

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

Toddler Talking Downhead Park

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

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

Baby Signing Downhead Park

Ages: 0 - 1 yrs 11 mths.

Cost: £8.50 per session (*booking essential*).

Dates: 14 Apr - 19 May & 2 Jun - 14 Jul.

SENSORY & DEVELOPMENT

Phonics with Robot Reg

East Street Community Centre, East Street, Olney, MK46 4DH. 07809 459648. www.robotreg.co.uk.

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

With songs, role play & dancing

Ages: 1 - 3 yrs. **Cost:** From £7.50 per session (*booking essential*).

Dates: 21 Apr - 19 May & 2 Jun - 14 Jul.

SWIMMING

Water Babies Bucks & Beds

Revival Health Club Buckingham, A421 Ring Road South, Buckingham, MK18 1RY. 01295 709221. www.waterbabies.co.uk
Times: 9:30 - 10:30 (30 min sessions). **Ages:** 0 - 6 yrs. **Cost:** £19.50 per session (*booking essential*). **Dates:** From 14 Apr.

Wolverton Swimming & Fitness Centre, Addington Avenue, Stratford Park, Wolverton, MK12 5GH. 01295 709221. www.waterbabies.co.uk.

Times: 9:00 - 11:00 (30 min sessions). **Ages:** 0 - 6 yrs. **Cost:** £19.50 per session (*booking essential*). **Dates:** From 14 Apr.

HEALTH & WELLNESS

Fit Mummy MK

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

- **Fit Mummy Bootcamp:** 11:00 - 11:45.
- Group fitness for mums with babies and small children
Cost: £7.50 per session (*booking essential*).
Dates: 14 Apr - 19 May & 2 Jun - 14 Jul.

WEDNESDAY

PARENTS & TOTS

Jumping Beans Under 5s stay and playgroup
 Springfield Community Hall, Springfield, MK6 3JH. 07962891680.
www.instagram.com.

- **Every Wednesday - All Year Round:** 9:30 - 11:30.
- Cost:** £4 per session (*booking essential*).
Dates: 15 Apr - 15 Jul.

Milton Keynes Libraries

Newport Pagnell Library, St John Street, Newport Pagnell, MK16 8HQ.

- **Saturday Lego & Duplo Club (Newport Pagnell Library):** 11:00 - 12:00.

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

- Ages:** 0 - 17 yrs. **Cost:** Free (*drop in*).
- Dates:** 15 Apr - 15 Jul.

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

- **STAY & PLAY (Central Library):** 13:30 - 14:30.

Toys and books for the Under 5s

- Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*).
- Dates:** 15 Apr - 20 May & 3 Jun - 15 Jul.

Newport Pagnell Library, St John Street, Newport Pagnell, MK16 8HQ.

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

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

- Ages:** 0 - 17 yrs. **Cost:** Free (*drop in*).
- Dates:** 15 Apr - 15 Jul.

MUSIC & SIGNING

Music Bugs Milton Keynes

The Methodist Church, Silver Street, Stony Stratford, MK11 1JS.
 0844 822 1158. www.musicbugs.co.uk.

- Times:** 10:00 - 10:40 & 11:00 - 11:40. **Ages:** 0 - 5 yrs.
- Cost:** £7.50 per session (*booking essential*).
Dates: 15 Apr - 20 May & 3 Jun - 15 Jul.

Ragdolly Annas

Summerlin Community Centre, 138 Station Road, Woburn Sands, MK17 8SG. 07989 713745. www.ragdollyannas.co.uk.

- **Ragdolly Annas Woburn Sands:** 10:00 - 10:45.

High energy, music and rhyme activity for the 0-5's
Ages: 0 - 5 yrs.

- **Ragdolly Annas SEND Woburn Sands:** 11:15 - 12:00.

High energy, music and rhyme activity all ages (SEND)

- Ages:** 0 - 30 yrs.
- Cost:** £7.95 per session (*booking essential*).
Dates: 15 Apr - 20 May & 3 Jun - 15 Jul.



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SENSORY & DEVELOPMENT

Phonics with Robot Reg

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

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

With songs, role play & dancing

Ages: 1 - 3 yrs.

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

Fun introduction to Phonics

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

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

Dates: 22 Apr - 20 May & 3 Jun - 15 Jul.

SWIMMING

Water Babies Bucks & Beds

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

Times: 9:30 - 11:00 (30 min sessions).

Ages: 0 - 6 yrs. **Cost:** £19.50 per session (*booking essential*).

Dates: From 15 Apr.

HEALTH & WELLNESS

Fit Mummy MK

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

- **Fit Mummy Bootcamp:** 11:00 - 11:45.
- Group fitness for mums with babies and small children
Cost: £7.50 per session (*booking essential*).
Dates: 15 Apr - 20 May & 3 Jun - 15 Jul.

OTHER

Stowe House
Stowe House, Stowe, Buckingham, MK18 5EH. 01280818006.
www.stowehouse.org.

• **Stowe-Tots:** 10:00 - 10:45.

Ages: 0 - 5 yrs.

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

Dates: 29 Apr.

THURSDAY

PARENTS & TOTS

Church Mice

St Peter's & St Paul's Church, Church Street, Olney, MK46 4AD.
01234 712772. olney.church.

Times: 10:30 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** Free (*booking essential*).

Dates: 16 Apr - 21 May & 4 Jun - 16 Jul.

Milton Keynes Libraries

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

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

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

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

Dates: 16 Apr - 16 Jul.

Bletchley Library, Westfield Road, Bletchley, MK2 2RA.

• **Storytime (Bletchley Library):** 10:00 - 10:30.

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

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

Dates: 16 Apr - 16 Jul.

Kingston Library, Winchester Circle, Kingston, MK9 3HL.

• **Storytime (Kingston Library):** 10:00 - 10:30.

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

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

Dates: 16 Apr - 16 Jul.

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

• **Read & Play:** 14:30 - 16:30.

Books to read and toys to play with!

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

Dates: 16 Apr - 16 Jul.

Bletchley Library, Westfield Road, Bletchley, MK2 2RA.

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

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

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

Dates: 16 Apr - 16 Jul.

Westcroft Library, Wimborne Crescent, Westcroft, MK4 4DE.

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

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

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

Dates: 16 Apr - 16 Jul.

Steeple Claydon Baby & Toddler Group

The Village Hall, 48 Queen Catherine Rd, Steeple Claydon, MK18 2PY.

• **Steeple Claydon Baby and Toddler Group:** 10:00 - 11:30.

Ages: 0 - 5 yrs. **Cost:** £2.50 per session (*drop in*).

Dates: 16 Apr - 21 May & 4 Jun - 16 Jul.

The Rowans Family Centre

The Rowans Family Centre, 13a Moorfoot, Fullers Slade, MK11 2BD.
01908 565852.

• **Baby Group:** 9:45 - 11:15.

Social baby group

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

Dates: 16 Apr - 9 Jul.



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

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michelle@musicbugs.co.uk

Call Michelle on: 0844 822 1158 or visit our website
www.musicbugs.co.uk

MUSIC & SIGNING

Music Bugs Milton Keynes

Portfield Community Centre, 8 Wordsworth Avenue, Newport Pagnell, MK16 8SB. 0844 822 1158. www.musicbugs.co.uk.

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

Ages: 6 mths - 4 yrs.

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

Dates: 16 Apr - 21 May & 4 Jun - 16 Jul.

TinyTalk Milton Keynes

Wolverton The Old School, Old Wolverton, Wolverton, MK12 5NP.
07581 185265. www.tinytalk.co.uk.

• **Baby Signing MK ThuAM:** 10:00 - 11:00.

Baby Signing Wolverton

Ages: 0 - 1 yrs 11 mths.

• **Baby Signing MK ThuLateAM:** 11:15 - 12:15.

Baby Signing Wolverton#2

Ages: 0 - 1 yrs 11 mths.

Cost: £8.50 per session (*booking essential*).

Dates: 16 Apr - 21 May & 4 Jun - 16 Jul.

SENSORY & DEVELOPMENT

Phonics with Robot Reg

East Street Community Centre, East Street, Olney, MK46 4DH.
07809 459648. www.robotreg.co.uk.

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

Fun introduction to Phonics

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

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

Dates: 23 Apr - 21 May & 4 Jun - 16 Jul.

SWIMMING

Water Babies Bucks & Beds

Revival Health Club Buckingham, A421 Ring Road South, Buckingham, MK18 1RY. 01295 709221. www.waterbabies.co.uk.

Times: 13:30 - 14:30 (30 min sessions).

Ages: 0 - 6 yrs. **Cost:** £19.50 per session (*booking essential*).

Dates: From 16 Apr.

HEALTH & WELLNESS

Fit Mummy MK

Fit Mummy MK, 24 First Avenue, Bletchley, MK11 1DX. 07723 020994. www.fitmummybootcamp.com.

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

Group fitness for mums with babies and small children

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

Dates: 16 Apr - 21 May & 4 Jun - 16 Jul.

PREGNANCY

Vicki Wilkinson Birth & Baby

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

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

Ages: 0 - 9 mths. **Cost:** £60 per session (*booking essential*).

Dates: 16 Apr - 21 May & 4 Jun - 16 Jul.

FRIDAY

PARENTS & TOTS

Milton Keynes Libraries

Westcroft Library, Wimborne Crescent, Westcroft, MK4 4DE.

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

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

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 17 Apr - 10 Jul.

Newport Pagnell Library, St John Street, Newport Pagnell, MK16 8HQ.

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

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

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 17 Apr - 10 Jul.

Kingston Library, Winchester Circle, Kingston, MK9 3HL.

- **STAY & PLAY (Kingston Library):** 10:30 - 11:30.

Toys and books for the Under 5s

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 17 Apr - 22 May & 5 Jun - 10 Jul.

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

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

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

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 17 Apr - 10 Jul.

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

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

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

Ages: 0 - 17 yrs. **Cost:** Free (*drop in*). **Dates:** 17 Apr - 10 Jul.

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

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

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

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

Dates: 17 Apr - 10 Jul.

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

- **Friday Lego & Duplo Club (Stony Stratford Library):**

15:30 - 16:30.

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

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

Dates: 17 Apr - 10 Jul.

Kingston Library, Winchester Circle, Kingston, MK9 3HL.

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

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

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

Dates: 17 Apr - 10 Jul.

The Rowans Family Centre

The Rowans Family Centre, 13a Moorfoot, Fullers Slade, MK11 2BD. 01908 565852.

- **Stay and Play:** 9:45 - 11:15.

Ages: 0 - 5 yrs.

- **Young Parent's Group:** 13:30 - 15:00.

Ages: Pregnancy - 5 yrs.

Dates: 17 Apr - 22 May.

- **UDOIT United Grooves Street Dance:** 17:00 - 19:00.

Ages: 8 - 16 yrs. **Dates:** 17 Apr - 10 Jul.

Cost: Free (*drop in*).

Woburn Baby And Toddler Group

Woburn Village Hall, Crawley Road, Woburn, MK17 9QD. 07717883356.

- **Woburn Baby and Toddler Group:** 9:45 - 11:30.

Ages: 0 - 4 yrs. **Cost:** £2.50 per session (*booking essential*). **Dates:**

17 Apr - 22 May & 5 Jun - 10 Jul.

MUSIC & SIGNING

Music Bugs Milton Keynes

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

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

Times: 10:00 - 10:40 & 11:00 - 11:40. **Ages:** 0 - 5 yrs.

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

Dates: 17 Apr - 22 May & 5 Jun - 10 Jul.

Ragdolly Annas

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

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

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

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

Dates: 17 Apr - 22 May & 5 Jun - 10 Jul.

TinyTalk Milton Keynes

Willen Pavilion, 24 Portland Drive, MK15 9JP. 07581 185265.

www.tinytalk.co.uk.

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

Toddler Talking Willen

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

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

Baby Signing Willen

Ages: 0 - 1 yrs 11 mths.

Cost: £8.50 per session (*booking essential*).

Dates: 17 Apr - 22 May & 5 Jun - 10 Jul.



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SENSORY & DEVELOPMENT

Phonics with Robot Reg

360 Play, Roebuck Way, Knowhill, MK5 8HL. 07809 459648.

www.robotreg.co.uk.

- **MINIS Phonics with Robot Reg:** 10:00 - 10:45.

With songs, role play & dancing

Ages: 1 - 3 yrs.

- **Pre-school Phonics with Robot Reg Class:** 11:00 - 11:45.

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

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

Dates: 24 Apr - 22 May & 5 Jun - 10 Jul.

DANCE & DRAMA

Tot Bop

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

• **Tiny Tots - 9:30 - 10:05.**

Ages: 1 yrs - 2.5 yrs.

• **Baby Boppers - 10:20 - 11:05.**

Ages: 2.5 yrs - 5 yrs.

Cost: Free (*booking essential*).

Dates: 13 Apr - 23 May & 1 Jun - 18 Jul.

SWIMMING

Water Babies Bucks & Beds

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

Times: 9:30 - 12:00 (30 min sessions).

Ages: 0 - 6 yrs.

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

Dates: From 17 Apr.

HEALTH & WELLNESS

Fit Mummy MK

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

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

Group fitness for mums with babies and small children

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

Dates: 17 Apr - 22 May & 5 Jun - 10 Jul.

SATURDAY

PARENTS & TOTS

DadTime

Kents Hill Community Centre, Frithwood Crescent, Kents Hill, MK7 6HQ. 07727675171. www.facebook.com.

Times: 10:00 - 11:30.

Ages: 0 - 6 yrs.

Cost: Free (*drop in*).

Dates: 18 Apr, 16 May & 20 Jun.

Milton Keynes Libraries

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

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

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

Ages: 0 - 17 yrs.

Cost: Free (*drop in*).

Dates: 18 Apr - 11 Jul.

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

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

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

Ages: 0 - 17 yrs.

Cost: Free (*drop in*).

Dates: 18 Apr - 11 Jul.

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

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

Ages: 0 - 7 yrs.

Cost: Free (*drop in*).

Dates: 2 May, 6 Jun & 4 Jul.

DANCE & DRAMA

Tot Bop

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

• **Tiny Tots (age 1-2.5): 8:45 - 9:20.**

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

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

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

Cost: Free (*booking essential*).

Dates: 13 Apr - 23 May & 1 Jun - 18 Jul.

PHYSICAL FUN

Rugbytots (Milton Keynes & Bedford)

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

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

Ages: 2 - 7 yrs. **Cost:** £7 per session (*booking essential*).

Dates: 18 Apr - 11 Jul.

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

Times: 8:35 - 9:05, 9:45 - 10:30 & 11:25 - 12:10.

Ages: 2 - 7 yrs. **Cost:** £7 per session (*booking essential*).

Dates: 18 Apr - 11 Jul.

SWIMMING

Water Babies Bucks & Beds

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

Times: 8:00 - 13:00 (30 min sessions).

Ages: 0 - 6 yrs. **Cost:** £19.50 per session (*booking essential*).

Dates: From 18 Apr.

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

Times: 8:00 - 12:00 (30 min sessions).

Ages: 0 - 6 yrs. **Cost:** £19.50 per session (*booking essential*).

Dates: From 18 Apr.

OTHER

Little Poppets Preloved Market - Milton Keynes

Medbourne Pavilion, 31 Pascal Dr, Medbourne, MK5 6LS. 07894 126753. www.littlepoppetsprelovedmarket.co.uk.

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

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

Dates: 16 May & 11 Jul.

Toddle About Milton Keynes & Bedford

The Webber Independent School, Soskin Dr, Stantonbury Fields, Stantonbury, MK14 6DP. 01908 596050.

www.toddleabout.co.uk.

• **Baby Show Milton Keynes:** 10:00 - 14:00.

Ages: All ages welcome. **Cost:** Free (*booking essential*).

Dates: 25 Apr.

SUNDAY

PHYSICAL FUN

Rugbytots (Milton Keynes & Bedford)

Hazeley Academy, Emperor Dr, Hazeley, MK8 OPT. 0845 313 6712. www.rugbytots.co.uk.

• **Rugbytots Milton Keynes (Hazeley Academy): 9:10 - 9:40, 9:45 - 10:30 & 22:35 - 23:20.**

Rugbytots is fun, structured play sessions

Ages: 2 yrs - 3 yrs 5 mths. **Cost:** £7 per session (*booking essential*).

Dates: 19 Apr - 12 Jul.

SWIMMING

Water Babies Bucks & Beds

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

Times: 14:30 - 17:00 (30 min sessions).
Ages: 0 - 6 yrs. **Cost:** £19.50 per session (*booking essential*).
Dates: From 19 Apr.

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

Times: 10:00 - 12:00 (30 min sessions).
Ages: 0 - 6 yrs. **Cost:** £19.50 per session (*booking essential*).
Dates: From 19 Apr.

Wolverton Swimming & Fitness Centre, Addington Avenue, Stratford Park, Wolverton, MK12 5GH. 01295 709221. www.waterbabies.co.uk.

Times: 15:00 - 18:00 (30 min sessions).
Ages: 0 - 6 yrs. **Cost:** £19.50 per session (*booking essential*).
Dates: From 19 Apr.

OTHER

Little Poppets Preloved Market - Milton Keynes
 Old Stratford Community Hall, Deanshanger Road, Old Stratford, MK19 6NL. 07894 126753.
www.littlepoppetsprelovedmarket.co.uk.

• **Baby & childrens nearly new sales:** 11:00 - 12:30.
Ages: Pregnancy - 8 yrs. **Cost:** £1.50 per session (*booking essential*).
Dates: 19 Apr.

Broughton Pavilion, 139 Tanfield Lane, Broughton, MK10 9NJ. 07894 126753. www.littlepoppetsprelovedmarket.co.uk.

• **Baby & childrens nearly new sales:** 15:00 - 16:30.
Ages: Pregnancy - 8 mths. **Cost:** £1.50 per session (*booking essential*). **Dates:** 14 Jun.

BEDFORD

MONDAY

PARENTS & TOTS

Bromham Benefice

St Owen's Church Bromham, Bromham, Bedford, MK43 8HH. www.bromhambenefice.org.

• **Messy Morning:** 11:30 - 13:30.
Ages: 0 - 5 yrs. **Cost:** £2 per session (*booking essential*).
Dates: 13 Apr - 27 Apr, 11 May - 18 May, 8 Jun - 29 Jun & 6 Jul - 13 Jul.

The Parish Church of Transfiguration

Transfiguration Church - Kempston, Bedford Road, Kempston, MK42 8QB. 01234 854726. www.transfiguration.org.uk.

• **Transfig Tots:** 9:15 - 11:00.
Ages: 0 - 5 yrs. **Cost:** Free (*drop in*).
Dates: 13 Apr - 27 Apr, 11 May - 18 May & 1 Jun - 13 Jun.

MUSIC & SIGNING

Ragdolly Annas

Pages Park Pavilion, Pages Park, Billington Road, Leighton Buzzard, LU7 4TG. 07989 713745. www.ragdollyannas.co.uk.

• **Ragdolly Annas Pages Park:** 10:00 - 10:45.
 High energy, music and rhyme activity for the 0-5's
Ages: 0 - 5 yrs. **Cost:** £7.95 per session (*booking essential*).
Dates: 13 Apr - 27 Apr, 11 May - 18 May & 1 Jun - 13 Jun.

DANCE & DRAMA

Tappy Toes Bedford

Lakeview Village Hall, 155 Brooklands Avenue, Wixams, Bedford, MK42 6AB. 077791 59710. www.tappytoes.com.

• **Tappy Toes Mixed - Lakeview Village Hall:** 9:05 - 9:50.
 Dance and movement class
Ages: 1 - 4 yrs. **Cost:** £7.50 per session (*booking essential*).
Dates: 13 Apr - 27 Apr, 11 May - 18 May & 1 Jun - 13 Jun.

TUESDAY

MUSIC & SIGNING

Ragdolly Annas

Parkside Community Hall, Woburn Street, Ampt Hill, MK45 2HX. 07989 713745. www.ragdollyannas.co.uk.

• **Ragdolly Annas Ampt Hill:** 10:00 - 10:45.
 High energy, music and rhyme activity for the 0-5's
Ages: 0 - 5 yrs. **Cost:** £7.95 per session (*booking essential*).
Dates: 14 Apr - 19 May & 2 Jun - 14 Jul.

SWIMMING

Water Babies Bucks & Beds

Clophill Pool, 22 Back Street, Clophill, MK45 4BY. 01295 709221. www.waterbabies.co.uk.

Times: 12:30 - 14:30 (30 min sessions).
Ages: 0 - 6 yrs. **Cost:** £19.50 per session (*booking essential*).
Dates: From 14 Apr.

Cottesloe Physio, Old Park Farm, Woburn, Cumberlinton Road, Wing, Luton, LU7 0LB. 01295 709221. www.waterbabies.co.uk.

Times: 12:30 - 14:00 (30 min sessions).
Ages: 0 - 6 yrs. **Cost:** £19.50 per session (*booking essential*).
Dates: From 14 Apr.

PREGNANCY

Mum and Baby Nurture

Mum & Baby Nurture, St Andrews Church, Ampt Hill, Bedford, MK45 2EL. 07523323389. www.mumbabynurture.com.

• **Baby Massage:** 10:15 - 11:30.
 Baby Massage for a relaxed baby and parent
Ages: 1 - 6 mths. **Cost:** £12 per session (*booking essential*).
Dates: 21 Apr - 19 May.

Parkside Community Hall, Woburn Street, Ampt Hill, MK45 2HX. 07523323389. www.mumbabynurture.com.

• **Baby Massage Ampt Hill AM:** 10:15 - 11:30 & 12:00 - 13:15.
Cost: £12 per session (*booking essential*). **Dates:** 21 Apr - 19 May.

WEDNESDAY

PARENTS & TOTS

All Nations Church Bedford

All Nations Church Bedford, Brickhill Drive, Bedford, MK41 7QF. 01234 273773. www.allnationsbedford.org.

• **New Mums and Babies:** 10:30 - 12:00.
Ages: 0 - 1 yrs. **Cost:** Free (*drop in*).
 • **Stay & Play:** 13:30 - 15:00.
Ages: 0 - 4 yrs. **Cost:** £1 per session (*drop in*).
Dates: 15 Apr - 15 Jul.

Christ Church Bedford

Christ Church Bedford, 140 Dudley Street, Bedford, MK40 3SX. 01234 327150. cbedford.churchinsight.com.

• **Little Fishes:** 13:30 - 14:45.
Ages: 0 - 1 yrs. **Cost:** Free (*drop in*).
Dates: 15 Apr - 20 May & 3 Jun - 15 Jul.

Great Barford Tots & Teenies

Great Barford Village Hall, Fishers Close, Great Barford, Bedford, MK44 3HA. 07970114030.

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

Cost: £3 per session (*booking essential*). **Dates:** 15 Apr - 15 Jul.

Sharnbrook Tiny Tots

Sharnbrook Village Hall, Lodge Road, Sharnbrook, Bedford, MK44 1JP.

• **Sharnbrook Tiny Tots Playgroup:** 9:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** £2.50 per session (*drop in*).

Dates: 15 Apr - 20 May & 3 Jun - 15 Jul.

DANCE & DRAMA

Tappy Toes Bedford

Playhouse Bedford, Twinwoods Business Park, Thurleigh Road, Bedford, MK44 1FD. 07779159710. www.tappytoes.com.

• **Mixed 9.30:** 9:30 - 10:00.

Dance and movement class

Ages: 6 mths - 4 yrs.

• **Mixed 10.30:** 10:30 - 11:00.

Ages: 6 mths - 4 yrs.

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

Dates: 15 Apr - 20 May & 3 Jun - 15 Jul.

PREGNANCY

Mum and Baby Nurture

Mum & Baby Nurture, St Andrews Church, Ampt Hill, Bedford, MK45 2EL. 07523323389. www.mumbabynurture.com.

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

Postnatal Yoga

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

Dates: 15 Apr - 13 May.

St Andrews Church hall, Rectory Lane, Ampt Hill, MK45 2EL. 07523323389. www.mumbabynurture.com.

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

Mum and Baby Yoga Ampt Hill

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

Dates: 15 Apr - 13 May & 3 Jun - 8 Jul.

THURSDAY

PARENTS & TOTS

Bromham Benefice

St Mary's Church, Oakley, Church Lane, Oakley, Bedford, MK43 7RU. www.bromhambenefice.org.

• **Messy Morning:** 10:00 - 11:45.

Ages: 0 - 5 yrs. **Cost:** £2 per session (*booking essential*). **Dates:** 16 Apr - 21 May, 4 Jun - 25 Jun & 9 Jul - 16 Jul.

Dates: 16 Apr - 21 May & 4 Jun - 16 Jul.

Jolly Tots

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

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

Dates: 16 Apr - 21 May & 4 Jun - 16 Jul.

Providence Baptist Chapel Bedford

Providence Baptist Chapel, Rothsay Road, Bedford, MK40 3PT. 07976 846159. providencechapel.org.uk.

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

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 16 Apr - 21 May & 4 Jun - 16 Jul.



DANCE & DRAMA

Tot Bop

Wing Village Hall, 71 Leighton Road, Wing, Leighton Buzzard, LU7 0NN. 01525 237474 / 07775 582791. www.totbop.co.uk.

• **Tiny Tots (age 1-2.5) - Wing:** 9:30 - 10:05.

Ages: 1 yrs - 2 yrs 6 mths.

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

Ages: 2 yrs 6 mths - 5 yrs.

Cost: Free (*booking essential*).

Dates: 13 Apr - 23 May & 1 Jun - 18 Jul.

SWIMMING

Water Babies Bucks & Beds

Clophill Pool, 22 Back Street, Clophill, MK45 4BY. 01295 709221. www.waterbabies.co.uk.

Times: 10:00 - 13:00 (30 min sessions).

Ages: 0 - 6 yrs. **Cost:** £19.50 per session (*booking essential*).

Dates: From 16 Apr.

Everlast, Unit 7, White Lion Retail Park, College Drive, Dunstable, LU5 4WL. 01295 709221. www.waterbabies.co.uk.

Times: 13:30 - 14:30 (30 min sessions).

Ages: 0 - 6 yrs. **Cost:** £19.50 per session (*booking essential*).

Dates: From 16 Apr.

Lady Zia Wernher School, Ashcroft Road, Stopsley, Luton, LU2 9AY. 01295 709221. www.waterbabies.co.uk.

Times: 16:00 - 17:30 (30 min sessions).

Ages: 0 - 6 yrs. **Cost:** £19.50 per session (*booking essential*).

Dates: From 16 Apr.

FRIDAY

PARENTS & TOTS

Christ Church Bedford

Christ Church Bedford, 140 Dudley Street, Bedford, MK40 3SX. 01234 327150. ccbedford.churchinsight.com.

• **Morning Out:** 9:30 - 11:00.

Ages: 0 - 4 yrs.

Cost: £2 per session (*drop in*).

• **Forge - after school club:** 15:30 - 16:45.

Ages: 9 - 11 yrs.

Cost: Free (*booking essential*).

Dates: 17 Apr - 22 May & 5 Jun - 10 Jul.

Clophill Toddler Group

Clophill Village Hall, Kiln Lane, Clophill, Bedford, MK45 4DA.

Times: 10:00 - 11:30.

Ages: 0 - 3 yrs.

Cost: £3 per session (*drop in*).

Dates: 17 Apr - 22 May & 5 Jun - 10 Jul.

FACES Bedford

Kingsbrook Children's Centre, Oak Road, Cavin Way, Bedford, MK42 0HL. 01234270601. www.facesbedford.org.

• **Multi-Tots:** 10:00 - 12:00.

Term-time group for parents with twins/triplets aged 0-5

Ages: Pregnancy - 5 yrs.

Cost: £3 per session (*drop in*).

Dates: 17 Apr - 22 May & 5 Jun - 10 Jul.

St Mary's Church, Marston Moreteyne and Lidlington

St Mary's Church, Marston Moreteyne and Lidlington, Church Walk, Bedford, MK43 0NR. www.stmarysmarston.org.

• **Tea and Tots:** 9:30 - 11:00.

Ages: 0 - 5 yrs.

Cost: Free (*drop in*).

Dates: 8 May, 12 Jun, 10 Jul, 24 Apr, 22 May & 26 Jun.



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Milton Keynes
"Opens February 2024"
Tuesdays @ St Mary and St Giles Stony Stratford
9:30 am Toddlers
10:25am Babies

Bedford
Fridays @ Putnoe Heights Church
9:30 am Toddlers
10:25am Babies

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MUSIC & SINGING

Mini Mozart Bedford & Milton Keynes

Putnoe Heights Church, Putnoe Heights, Bedford, MK41 8EB. 0207 193 1983. www.minimozart.com.

- **Mini Mozart Toddlers:** 9:30 - 10:10.

Live toddler music classes led by professional musicians

Ages: 1 yrs 4 mths - 4 yrs.

- **Mini Mozart Babies:** 10:25 - 11:05.

Live music classes for babies led by professional musicians

Ages: 0 - 1 yrs 4 mths.

Cost: £12 per session (*booking essential*).

Dates: 17 Apr - 22 May & 5 Jun - 10 Jul.

DANCE & DRAMA

Tot Bop

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

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

Ages: 4 - 9 yrs. **Cost:** £6 per session (*booking essential*).

Dates: 13 Apr - 23 May & 1 Jun - 18 Jul.

SWIMMING

Water Babies Bucks & Beds

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

- **Water Babies - Pilgrims Prep School:** 9:00 - 14:00 (30 min sessions).

Ages: 0 - 6 yrs. **Cost:** £19.50 per session (*booking essential*).

Dates: From 17 Apr.

PREGNANCY

Mum and Baby Nurture

Mum & Baby Nurture, St Andrews Church, Ampthill, Bedford, MK45 2EL. 07523323389. www.mumbabynurture.com.

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

Relaxing pregnancy yoga

Ages: Pregnancy. **Cost:** £12.50 per session (*drop in*). **Dates:** 17 Apr - 8 May.

St Andrews Church hall, Rectory Lane, Ampthill, MK45 2EL. 07523323389. www.mumbabynurture.com.

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

Pregnancy Yoga Ampthill

Ages: Pregnancy. **Cost:** £14 per session (*booking essential*). **Dates:** 17 Apr - 22 May & 5 Jun - 10 Jul.

SATURDAY

PARENTS & TOTS

All Nations Church Bedford

All Nations Church Bedford, Brickhill Drive, Bedford, MK41 7QF. 01234 273773. www.allnationsbedford.org.

- **Toddlers For Dads:** 10:30 - 12:00.

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

Dates: 25 Apr.

DANCE & DRAMA

Tappy Toes Bedford

St James Church Barn, Church End, Biddenham, Bedford, MK40 4AS. 07779159710. www.tappytoes.com.

- **Tappy Toes Mixed:** 8:55 - 9:25.

Ages: 6 mths - 5 yrs.

- **Tots Toes - St James Church Barn:** 8:55 - 9:25.

Dance and movement class

Ages: 2 yrs 6 mths - 4 yrs.

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

Dates: 18 Apr - 16 May & 6 Jun - 11 Jul.



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OR VISIT: JOEYFOOTBALLFUN



PHYSICAL FUN

Joey Football

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

Fun indoor football sessions for toddlers

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

Dates: 18 Apr - 11 Jul.

Rugbytots (Milton Keynes & Bedford)

Great Denham Community Hall, Great Denham, Bedford, MK40 4GP. 0845 313 6712. www.rugbytots.co.uk.

• Rugbytots

Rugbytots is a fun, structured play session.

Times: 8:35 - 9:05, 9:10 - 9:40, 9:45 - 10:30 & 10:35 - 11:20.

Ages: 2 - 7 yrs. **Cost:** £7.50 per session (*booking essential*).

Times: 11:25 - 12:10.

Ages: 2 - 7 yrs. **Cost:** £7 per session (*booking essential*).

Dates: 18 Apr - 11 Jul.

Redborne Upper School, Flitwick Road, Amphill, Bedford, MK45 2NU. 0845 313 6712. www.rugbytots.co.uk.

Times: 8:35 - 9:05, 9:10 - 9:55, 9:45 - 10:15 & 10:35 - 11:20.

Ages: 2 - 7 yrs. **Cost:** £7.50 per session (*booking essential*).

Times: 11:25 - 12:10.

Ages: 2 - 7 yrs. **Cost:** £7 per session (*booking essential*).

Dates: 18 Apr - 11 Jul.

SWIMMING

Water Babies Bucks & Beds

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

• Water Babies - Pilgrims Prep School

Times: 12:30 - 17:00 (30 min sessions).

Ages: 0 - 6 yrs. **Dates:** From 18 Apr.

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

SUNDAY

PHYSICAL FUN

Joey Football

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

Fun indoor football sessions for toddlers

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

Dates: 19 Apr - 12 Jul.

SWIMMING

Water Babies Bucks & Beds

Keach Hospice Care, Great Bramingham Lane, Luton, LU3 3NT. 01295 709221. www.waterbabies.co.uk.

Times: 8:30 - 12:30 (30 min sessions).

Ages: 0 - 6 yrs.

Dates: From 19 Apr.

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

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www.mumbabynurture.com

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- **Baby massage**
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