

Loving life with little ones

toddle^{about}

FREE

South Bucks

Oct - Dec 2025

Encouraging
your Toddler's
First Words

The Power of
Communication in
Sleep Training

AUTUMN
CRAFTS & FUN

WIN
DAILY PRIZES
THIS DECEMBER
THE 12 DAYS
OF CHRISTMAS
IS BACK!

Everything Bump, Baby & Toddler Near You

Covering Aylesbury, High Wycombe, Amersham, Beaconsfield,
Marlow, Chesham and surrounding villages

COVER PHOTO BY





St Mary's School
Gerrards Cross

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aged 3-18

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E: registrar@stmarysgx.co.uk
W: stmarysschool.co.uk

*from Reception

WELCOME

AUTUMN EDITION!



What a summer it's been – sunshine, adventures, and plenty of family fun to look back on. But now the leaves are falling, pumpkins are out, and we can finally say it...

IT'S CHRISSSSSSTTTTTTMAAAAAAAS!

Autumn and winter are such magical seasons for families. From spooky **Halloween fun** and dazzling fireworks to the sparkle and warmth of **Christmas**, there's so much to enjoy together. It's the perfect time to wrap up warm, hold little hands, and make memories that will last a lifetime.

This year has been truly special for us. Meeting so many parents and small businesses, hearing your stories, and feeling the support of our community has been wonderful. Toddle About isn't just a magazine – it's a place where families connect, and that's thanks to you.

One highlight was our very first **Toddle About Live** in Hampshire – what a fantastic day! And the exciting news? We'll be back with another event in **Bucks this March**. We'd love to see you there for the Ultimate Family Fun Day and the chance to see all the bits you love about Toddle About come to life.

In this issue you'll find **Halloween recipes**, local **events and days out**, and our festive **Christmas Gift Guide** packed with thoughtful ideas to support small businesses.

So, grab a cuppa and enjoy – here's to a magical season ahead!

Subscribe **FOR FREE** today at
www.toddleabout.co.uk/subscribe

Bill & Emily

Loving life with little ones!

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

MEET THE TEAM



Bill & Emily - Owner/Editors



Tim & Ruth - Franchisors

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

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[i](https://www.instagram.com/toddleaboutSouthBucks) toddleaboutSouthBucks

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Thank you to Bucks based photographer **Joanne Tolner Photography** for this gorgeous cover photo. Find out more at: www.joannetolner.com



9,000 copies of Toddle About are distributed every quarter around South Buckinghamshire, Aylesbury, High Wycombe, Princes Risborough, Amersham, Marlow and surrounding area.

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Toddle About South Bucks, 19 Herriard Way, Tadley Hampshire RG26 3UG. Call us on 07359 162 124.



Community, Fun & Family All in One

Get ready, South Bucks! Toddle About Live is on its way, bringing families, parents, and little ones together for a fun-filled day of discovery, activities, and community. With inspiring talks, interactive demos, and a showcase of brilliant local businesses, Toddle About Live promises to be an unforgettable celebration of early years parenting. Hosted by Davenies School in Beaconsfield, be sure to mark 7th March in your calendars.

toddle.fun/LIVEBUCKS See P.24



A Moment To Treasure Forever

Halcyon Casts is a true family venture, let by Elle and Maksim, their passion began when their sons were born early and incredibly tiny, inspiring them to capture those precious first moments in solid bronze. From newborn to school age and beyond, childhood passes in a flash. Through their beautifully detailed casts, Elle and Maksim help families pause time and treasure those fleeting moments forever. With Halcyon Casts, every hand, every foot, and every memory becomes a timeless piece of art to cherish for generations.

www.halcyoncasts.co.uk See P.15



First Aid, Your Way

Want to feel calm and confident in a medical emergency? Been meaning to learn first aid for a while? Happy Hearts First Aid has you sorted. Join Sammy — mum of three, former nurse, and expert first aid trainer — for relaxed, fear-free training, either online or in person. From bite-sized modules to friendly 2-hour Baby & Child sessions, you'll learn what matters most, in a way that fits your life.

www.happyheartsfirstaid.com See P.23

New Year, New Career

Monkey Music Aylesbury & High Wycombe is recruiting a teacher! Do you love singing, working with young families, making music, and bringing joy to yourself and all the families you meet? We're looking for someone who wants a role fitting in around family life who would like to work 3 mornings a week, in and around Aylesbury and surrounding villages and towns. You must have your own transport, have a good singing voice and storage for kit! Please get in touch with Sally if you'd like to hear more!

www.monkeymusic.co.uk See P.32



Pick the Right Kids' Bike This Christmas

Looking for the perfect Christmas gift that brings year-round fun? A well-made kids' bike is a present they'll never forget – encouraging confidence, independence and healthy outdoor adventures. But with so many cheap "toy" bikes around, it's vital to choose one that's safe, durable and great to ride. Cycle Sprog is the UK's go-to resource for family cycling advice, with trusted reviews, expert tips and buying guides to help you pick the right bike for your child this festive season and beyond.

www.cyclesprog.co.uk See P.25





Baby College: Play, Learn, Grow

Not sure how to interact with your baby? Baby College can help! Running structured teacher-led sessions, Baby College shows you how to play and engage with your baby - while giving them a full developmental workout. Learn about topics such as balance, reflexes, language development and much more. Each week you will cover a new topic and learn practical ways to develop your baby's skills. Contact Vicky to book at vicky@babycollege.co.uk

www.babycollege.co.uk See P.35

Spreading Kindness This Christmas

Christmas is a season of giving — and Kindness in Bucks is making sure no one in the community feels left out. Now in its third year, the Christmas Shoe Box Appeal has grown

bigger each season, with 101 boxes donated in its first year, 205 in its second, and hopes for even more in 2025. This year's appeal will support local children who need it most. To take part, simply wrap and fill a shoe box with around six thoughtful items, then donate it to Kindness in Bucks for delivery in time for Christmas.

www.kindnessinbucks.com



Get The Party Started With Ride On Time

Ride On Time has grown bigger and is now offering delivery across the whole of Oxfordshire & the Cotswolds! Their party packages offer an amazing fleet of ride on toys that will be fantastic entertainment at a birthday party or event! It really offers a WOW factor and can fit various themes such as construction, tractors, cars and emergency vehicles! Get your party booked for 2025/2026!

www.rideontimehire.com See P.38



From Soggy Socks to Splash-Proof Style

Fed up with soggy socks and bags of drenched clothes, two mums set out to design kids' waterproofs that really work. With six little explorers between them, they knew outdoor play needed gear that could keep up, rain or shine. After countless prototypes and muddy test runs, Puddle Proofs was born. Their thoughtfully designed kids' waterproof waders are durable, comfortable, and built for adventure. Stylish yet practical, they keep children dry and happy through every splash, jump, and climb — and with the seal of approval from mums themselves, they're outerwear you can truly rely on.

www.puddleproofs.com See P.15



Capturing Magical Moments With Your Little Ones

Local photographer Joanne Tolner has been capturing families' most precious moments since 2008. From tiny newborns to weddings, christenings, and family days out, every shoot is approached with warmth and creativity. With a wealth of experience and an eye for storytelling, Joanne offers a range of photography services, plus inspiring ideas for local location shoots. This festive season, don't miss out on the popular Christmas Grotto Mini Sessions — the perfect way to capture memories that last a lifetime.

www.joannetolner.com



TODDLE MODELS

Baby and Toddler Photo Competition Winner

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

Congratulations to little Jude who won a **Banwood Eco Scooter and Helmet**, worth £118!

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.



Jude, 18 months old

BANWOOD

Find out more at www.banwood.co.uk



Autumn, 22 months



Rosamund, 3 years



Oliver, 9 months



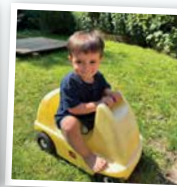
Daisy, 2 years 3 months



Kuba, 3 years 7 months



Madison, 3 years



Ben, 22 months



Paige, 3 years 6 months



Zachary, 3 years 6 months



Max and Ash, 5 and 2 years



Isabella and Pyper, 2 years and 10 weeks



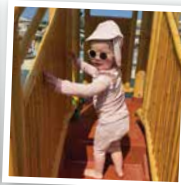
Wren, 3 years



Riley, 4 years



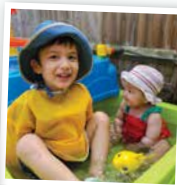
Phoebe, 3 years 6 months



Felicity, 1 year 11 months



Evie, 3 years 6 months



Lucas and Eloise, 4 years and 8 months



Mila, 4 years



Sienna and Toby, 4 and 2 years



Loretta, 3 years

TODDLE MODELS

WIN A FAMILY TICKET TO DISNEY ON ICE, WORTH £220

THE PRIZE: Win one of TWO family tickets to the London show (26th Dec – 4th Jan).

Disney On Ice returns with a brand-new magical adventure for the whole family!

In *Disney On Ice presents Find Your Hero*, audiences will discover what it truly means to be a hero as Mickey Mouse, Minnie Mouse and friends from the Disney Kingdom come together to bring timeless tales to life. Gliding into the UK from the 29th October 2025 – 4th January 2026.

Find out more at www.disneyonice.com.

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



WORTH
£220

HOW TO ENTER:

Send us a photo of your little one enjoying some Autumn/Winter fun!

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

Enter by **Sun 7th Dec 2025**.



ENTER AT:

www.toddle.fun/toddlemodels

HOGSHAW
FARM
& WILDLIFE PARK

SUMMER ON THE FARM

Experience the best of the
Bucks countryside this summer!

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- Loads of close-up animal encounters

INFO & TICKETS ONLINE
WWW.HOGSHAWFARM.CO.UK

Dishing Out the Veggie Vibes

ONE FAMILY'S JOURNEY TO PLANT HOOD, AND WHY WE HAVEN'T LOOKED BACK!

By Natasha Ashton



Buckle up, because this plant mama of two (plus one lovely step-munchkin) is about to spill the chickpeas on why our family swapped the cow milk for the greens. Was it ethical enlightenment, eco-epiphany, or a quest for kale-fuelled vitality? A bit of everything, really.

Why We Went Plant-Based

For me, it's almost like coming full circle, I was on and off vegetarian as a teenager right up until I was 20, so plant forward eating was never completely unfamiliar. But as an adult, our family had a full on ethical awakening. One evening, my husband and I found ourselves asking: Do we want to be friends with cows or have them on our dinner plates?

Spoiler alert: the mooing won our hearts. So tofu took centre stage, and bacon quietly bowed out.

I also found myself deep in the world of food documentaries. Watching titles like *What the Health*, *Cowspiracy*, *Seaspiracy*, and *You Are What You Eat* helped solidify our decision. Seeing the environmental and ethical impact of animal agriculture was eye-opening – and something I couldn't unsee.

The Health Boost

Within just 10 days of cutting out animal products, my energy levels soared. I felt lighter, more awake, and less sluggish after meals. It turns out, plant protein is easier to digest than meat – which might explain that sudden spring in my step.

Studies suggest that a plant-based diet can lower the risk of heart disease, support blood sugar control, and help with weight management. And yes, you really can get all the nutrients and vitamins you need from plants (with a bit of planning).

Natasha Ashton is a wife, mama, bonus mama and full-tie content creator. If you want more plant-based info (plus a peek into Natasha's real-life family chaos), she's a content creator specialising in UGC content – you can follow along on Instagram. www.instagram.com/natashauk

The Challenges – and the Comebacks

Of course, going plant-based as a family hasn't been without its awkward moments. We've dodged more than a few side-eyes at family barbecues and navigated restaurant menus with military precision. My advice? Stay informed. Share facts gently. And when in doubt, ask: What's more important – taste or life?

Raising Plant-Based Kids

Bringing up plant-based kiddos is a balance of principles and flexibility. Here's what's worked for us:

Start Small: Introduce plant-based swaps gradually – like lentil Bolognese or sweet 'n' sour tofu.

Get Them Involved: Kids are more likely to try meals they've helped prepare.

Stock Up on Alternatives: Oat milk is our go-to! We absolutely love the plant-based Babybels and plant-based Dairylea Jumbo Tubes.

Keep Communication Open: Let schools and nurseries know your child's dietary needs – ours have been really supportive.

Be Flexible: While we stick to a plant lifestyle day-to-day, we take a vegetarian approach at parties & events, so our kids can fully join in celebrations without feeling excluded.

Final Thought

Transitioning to a plant-based lifestyle doesn't have to be overwhelming. Take it one step – or one lentil – at a time.



SWEETS, SPOOKS & SAFETY: A PARENT'S GUIDE TO A CALM HALLOWEEN

by Sammy Davies



For some little ones, **Halloween is the highlight of the year** - costumes, spooky fun, and a bucket-load of sweets. But with excited kids running around in the dark (often full of sugar!), there are a few **safety hiccups** that can creep up if we're not prepared.

Costume Safety: What to Check

- Look for a **CE tag on costumes**. It doesn't mean it's fireproof, but it does mean the fabric has been safety tested.
- **Layer up** with natural fabrics (like cotton) under the costume. It offers extra protection in case of flames and keeps little ones warmer.
- **Avoid bulky costumes in the car** - just like with winter coats, pop the costume on when you arrive at your destination.
- **Ditch the Flames**. Keep the Glow. Skip open flame tea lights... excited kids + real fire = a risky combo. **Use LED tealights instead**, but keep them out of reach. Most contain button batteries, which can be very dangerous if swallowed.
- Help kids **be seen in the dark**. Sew in reflective tape, or just give them a torch.



Sammy Davies is a mum of three, former nurse, and the heart behind **Happy Hearts First Aid**. Visit happyheartsfirstaid.com to find out more about first aid that feels friendly, not frightening.

Choking Hazards: A Spooky Truth

Sweets can be hard (hello, boiled sweets), sticky (chewy toffees), and squishy (we're looking at you, marshmallows).

Here are some reminders to **reduce choking risk**:

- **Supervise your child** while they eat
- Encourage them to **sit down while eating**
- Sort through the loot and quietly **remove anything risky** (Enjoy those ones with a cuppa later!)

Allergy-Safe Trick-or-Treating

Allergy parents, you've probably already got this covered - but a **few safe treats** in the bag or handed out to neighbours never hurts. You're doing an amazing job.

And lastly, have you considered inviting the Switch Witch?

She's the sneaky sidekick who swaps out some of the trickier treats for something a bit more fun - like a **small toy or book**. Less sugar, fewer risks, and still all the Halloween magic.

Hope that takes a bit of the fright out of your night... **have a cracker of a Halloween!**

happy Halloween

Friday
31st October

It's time to put on your witch's hat and get your little one dressed up! Enjoy the spooky season at these Halloween events near you

PUMPKIN FEST

WEST WYCOMBE WALLED GARDEN

October 18 - 31

Step into a pumpkin patch paradise at The Walled Garden! From hay bales to hot drinks, Pumpkin-Fest is packed with pumpkins, scenic photo spots, tasty treats and wholesome fun for the whole family.

Cost: Adult: £5; Child: £4

West Wycombe, Bucks HP14 3AP
www.westwycombewalledgarden.com/ticketed-events

TRICK OR TREAT

DISCOVER BUCKS MUSEUM
October 31

Trick or Treat in the oldest building in Aylesbury! Decorate your own goody bag and then follow the trail through the museum to meet the friendly Halloween creatures and complete the spooky challenge for a sweet reward.

Cost: Child: 8.50, accompanying adults free

Church Street, Aylesbury HP20 2QP
www.discoverbucksmuseum.org/whats-on/october-half-term-25/

WIZARDS OF ODDS

ODDS FARM PARK
October 25 - November 2

Grab your broomsticks for a truly *wicked* half term. You and your little munchkins are invited for a day out *Popular* with all the family! With spellbinding musical performances and bubbleology shows that are *thrillifying*!

Cost: Adult and Child: £16.95;
1 year olds: £4.95; Under 1s: Free

Wooburn Common, HP10 0LX
www.oddsfarm.co.uk/pumpkin-festival

MONSTER MAZE

THESE CHILDREN WANT TO
EXPLORE THE CREEPY, OLD HOUSE.
CAN YOU HELP THEM GET THERE?
WATCH OUT FOR MONSTERS!



CHEEKY CHARLIE HUNT!

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



SANTA'S SWITCH UP

SPOT THE
DIFFERENCE.
THERE ARE
10 TO FIND!

ANSWERS ON P.38



VEGETABLE & LENTIL PUFF PASTRY LEAVES

The perfect mix of comfort and creativity - a delicious and fun way to incorporate extra veggies into meals.

INGREDIENTS:

- 1-2 Rolls of puff pastry
- 200-250g Butternut Squash
- 1 tbsp oil or butter
- 1 small onion, finely chopped
- ½ large courgette, finely diced
- 2 garlic cloves (minced)
- 1 tsp dried sage or thyme
- ½ tsp smoked paprika
- ½ can of green or brown lentils
- 75g grated cheddar cheese
- Egg or milk (for pastry wash)

MAKES: 6 LARGE 'LEAVES'

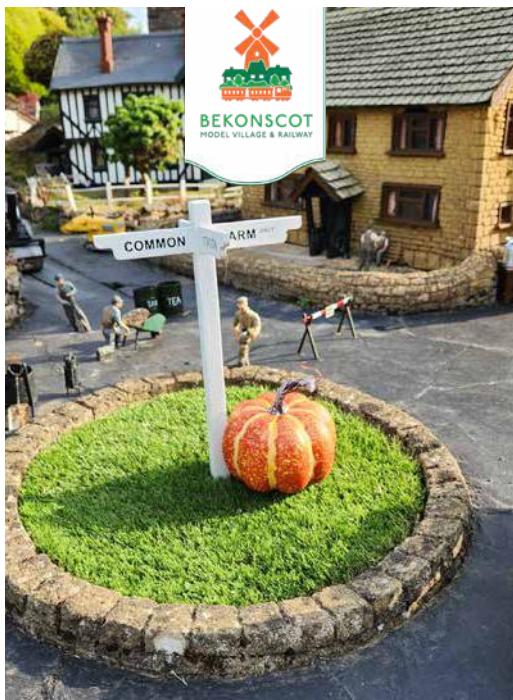
SUITABLE FROM 6 MONTHS

METHOD:

- 1 Preheat oven to 180°C and line a flat baking sheet.
- 2 Cook your butternut squash: either microwave it for 5-6 minutes or steam it until soft. Then, lightly mash with a fork until broken down.
- 3 In a dry pan, heat oil and add the onion. Sauté for 4-5 minutes. Add the diced courgette and cook for 4-5 minutes, until tender.
- 4 Stir in garlic, herbs, and spices. Cook for 1 min.
- 5 Mix the mashed squash, lentils, and vegetables in a bowl. When slightly cooler, stir in the cheese.
- 6 Roll out the pastry and cut out 2 identical leaf shapes. Repeat for as many leaves as you're making.
- 7 Fill a leaf with 1 heaped tbsp of the veg mix, leaving a margin for sealing. Place another pastry leaf on top, and press the edges together with a fork. Score leaf 'veins' on top. Use a whisked egg or milk to brush pastry.
- 8 Bake for 20-25 minutes until puffed and golden!



Recipe by Lucy Upton, The Children's Dietitian, and author of 'The Ultimate Guide to Children's Nutrition'. Lucy is a specialist paediatric dietitian who supports children's nutrition & eating habits. www.thechildrensdietitian.co.uk.



Enjoy 10% off* your next adventure this autumn!

There is lots going on at Bekonscot this October half term and festive season, even the British weather can't spoil.

Set in 1.5 acres of tranquil gardens Bekonscot captures a snapshot of 1930s rural England.

During your next visit:

- 🏠 Explore our seven model villages.
- 🚂 Discover 10 scale miles of our gauge 1 model railway.
- 🚂 Ride on our 7 ¼ inch light railway.
- 🍁 Enjoy our indoor autumnal crafts.
- 🍁 Go on a pumpkin treasure hunt.

To plan your next trip, visit:
www.bekonscot.co.uk

***Book online at least 48hrs in advance to get 10% off the standard entry price.**





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THIS ISSUE YOU COULD WIN:

**BABY & TODDLER RANGE
BUNDLE FROM ORCHARD TOYS,
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WWW.ORCHARDTOYS.COM



**KIKIDEX MAGNETIC
DRAWING BOARD,
WORTH £24.99**
WWW.AMAZON.CO.UK



**SLUMBERCALM 2-IN-1
SOUND MACHINE & NIGHT
LIGHT, WORTH £54.99**
WWW.SLUMBERPOD.CO.UK



**LITTLE LIFE STORIES
MEMBERSHIP, WORTH £89**
WWW.LITTLELIFESTORIES.CO



CHESS FUN FOR LITTLE ONES, WORTH £22.99
WWW.CHESSFUNFORLITTLEONES.COM



**JAMIE'S LITTLE FOOD
LIBRARY, WORTH £7.99 EACH**
WWW.WATERSTONES.COM

**PRETEND TO BEE LUXURY SNOW WHITE
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WWW.PRETENDTOBEE.CO.UK

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VIP CLUB READER REVIEW:

RAINBOCORN BABYCORN BABY DOLL



Written by Beth Weston, Toddle About Subscriber

Rainbocorns Babycorns Baby Doll is a magical surprise for ages 3+, with a capsule revealing a colourful Babycorn. Quick to open and perfect for cuddly play. £17.99 from www.thetoyshop.com

We were absolutely thrilled to be chosen to review the Rainbocorns Babycorns Magical Rainbocorn Babies Mystery Capsule! I knew it would be a hit with my daughter, who adores dolls - and I was right. The moment she saw the capsule, she squealed with excitement, eager to discover which adorable Rainbocorn baby was inside.

The packaging added to the suspense, with layers to unwrap before revealing a magical crib and Echo, a beautiful doll with sparkling silver eyes. My 4-year-old was over the moon, and the gold slime included was a big bonus she absolutely adored.

Best of all, the packaging doubles as a crib, giving Echo a cosy little home. Even my 1-year-old joined in, popping the dummy into Echo's mouth and rocking her gently. I appreciated the thoughtful design, especially the safe storage space for small parts - handy with a toddler around.

Although the doll is recommended for ages 3+, my youngest still enjoyed cuddling and playing with Echo, even if she couldn't use the accessories. The surprise element is a big part of the fun, and my 4-year-old already wants to collect them all! A delightful gift for children who love dolls and surprises.

Review has been edited.



Beth and her daughter were given this product as a **freebie** for writing this review. Subscribe to Toddle About and you can do the same!

Discover the products up for grabs right now at www.toddle.fun/vip-reviews

THE POWER OF COMMUNICATION IN SLEEP TRAINING

by Melanie Hastings



When we think about sleep training, many parents imagine routines, timings, or strategies but one of the most important (and often overlooked) tools is communication. Babies and toddlers may not understand every word we say, but they pick up so much from our tone, consistency, and the way we guide them through transitions.

Why communication matters

Imagine being put down in your cot or bed without any idea what's happening next. It would feel unsettling, wouldn't it? Our little ones feel the same. By communicating with them, we're helping them to understand what's coming and reassuring them that they're safe, even if things are changing.

Simple phrases such as "It's bedtime now, I'm here, it's time to lie down and go to sleep" give children clarity. They learn what is expected and feel reassured that they're not alone - even if you're no longer rocking, feeding, or holding them to sleep.

Communication builds trust

Sleep training is never about leaving a child to fend for themselves. It's about shifting how we support them, and that shift is so much smoother when communication is at the heart of it. When you tell your little one what's happening, you're showing them that you see them, you're listening, and you'll still be there to comfort them just in a different way now.

A family I recently worked with

I was supporting a family whose baby struggled to settle at bedtime. He would cry and resist lying down in his cot, and bedtime had become stressful for everyone. Together, we focused on communication. His mum began to calmly explain: "It's bedtime now, I'd like you to lie down and go to sleep. I'm here with you."

Within just a few nights, everything began to change. The baby started to relax, because he understood what was happening. Instead of confusion and resistance, he felt reassured by his mum's calm words and tone. Bedtime became peaceful, and the whole family felt the difference.

Putting it into practice at home

- Use the same phrases each night to create consistency.
- Speak gently and with reassurance your tone matters as much as your words.
- Tell your little one what's coming next, so they don't feel taken by surprise.
- Remind them you're still there, even if you're supporting them in a new way.

When communication becomes part of your sleep approach, you're not just teaching your child to sleep you're building a foundation of trust, connection, and understanding that makes the whole process gentler for everyone.

CHRISTMAS GIFT GUIDE



PERSONALISED SENSORY BOXES: FROM £20

Hand-finished and bursting with colour, these sensory boxes from Mini Mind Creations are filled with scarves, ribbon rings, shakers, bubbles, and more. Every item is carefully chosen to support developmental milestones while creating magical moments of connection - transforming everyday play into opportunities for discovery, growth, imagination and joy.

www.instagram.com/MiniMindCreations
or MiniMindCreations@outlook.com to order.



ARIA PERSONALISED INITIAL NECKLACE: £35.95

A little love letter in jewellery form – the Aria Personalised Initial Necklace is a delicate and meaningful personalised necklace designed to keep someone special close to your heart. A thoughtful handmade touch that becomes a daily reminder of love, connection and the moments that matter most.

www.katiemariecreations.co.uk



BAMBOO SOFT HOODED TOWEL: FROM £31.99

Make bath time magical with this adorable CuddlePenguin Hooded Toddler Towel from Cuddledry. Perfect for cuddling dry, it's made from sustainable bamboo and cotton, so it's gentle on delicate skin AND the planet - and great for imaginative play too - practical, and cute! Available in Dinosaur, Bunny and Xmas Elf designs for 1-6 years, with a personalised option.

www.cuddledry.com



HANDS & FEET CASTING GIFTS: FROM £20

Capture hands & feet forever with Halcyon Casts. Beautifully detailed baby, sibling & family casting gifts & vouchers. The perfect keepsake for new parents, thoughtful gift for grandparents & a session experience for the family to remember. A timeless treasure to celebrate a moment in time. Give the gift of memories.

www.halcyoncasts.co.uk



NOSY CROW FOLD-OUT + PLAY DOLL'S HOUSE: £20

Nosy Crow's Fold-Out + Play Doll's House is part stylish board book, part imaginative play set – and utterly ingenious. It unfolds into a gorgeous 3D doll's house with four rooms to decorate using stand-up characters, press-out furniture, and colourful stickers. There's even a sturdy built-in storage drawer

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Available to buy from www.puddleproofs.com



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www.tropicskincare.com/alexnicholls



MATCH 2 LEARN CARDS: £10

Be the first to turn, recognise and articulate to win your opponent's card! This brilliantly fun game helps children learn letters, numbers, phonics and colours while keeping the whole family entertained. A perfect mix of play and learning.

www.match2learn.co.uk



HAND KNIT CHRISTMAS ELF SET: FROM £26

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www.knitting-mouse21.co.uk



OUCH POUCH FIRST AID KIT: £28

The Ouch Pouch is the perfect children's first aid kit for the parent on the go. It has everything you might need in case of an accident, all contained in a water resistant pouch! Handmade in England by Mums, for Mums the Ouch Pouch is designed to take the stress out of small medical emergencies allowing you to make magical memories with peace of mind. They're also ideal gifts for caregivers that may be looking after your children such as a trusted childminder, or grandparents.

Available to buy from www.ouch-pouch.co.uk



ENCOURAGING YOUR TODDLER'S FIRST WORDS

By Wendy Austin



We all love hearing our toddler's first words, but some toddlers can take a little longer than others to start speaking. Is there anything you can do to encourage those first words? Most definitely!

For children to communicate effectively, they need the **means, reasons** and **opportunities** to communicate. (D. Money, 1997)

The 'means' include pointing, facial expression, signing, pictures and speech. A 'reason' may include requesting food or a toy, or protesting about something. The 'opportunity' includes having the time and place to try out some lovely new words!

As a mum and a Speech and Language Therapist, I know how easily we learn exactly what our toddlers want, without them having to ask.... and there's the crux. Too often we anticipate our child's needs – we know when they're likely to want a drink or snack and provide it, which is very kind, but in doing so we take away their reasons to communicate!

If toddlers don't need to speak to meet their needs, they may not bother trying to speak!

Create reasons for your child to communicate with you, such as putting their favourite toy just out of reach so they need to 'ask' for help. Try putting desired objects in a clear plastic box your child can't open, so again they need to ask for your help. Offer choices at snack or play time, hold up the items as you offer them, or show pictures –

your child can point if they can't tell you verbally. Model the language as you show the items, for example, 'Banana or bread stick?'

Your child also needs opportunities to speak. Sometimes we get enthusiastic about talking to children when playing – often though, what we're actually doing is asking questions they may not yet have the words to answer!

Instead of asking, 'What have you got?' or, 'What's that?', reduce the pressure and **narrate their play**: 'A car, a red car!'; 'Wow, a scary dinosaur!'; 'You're pushing the train!' This provides a good model of language, but remember to pause occasionally so they have a chance to speak!

Pauses are very powerful – play 'ready, steady.... GO!' games; pausing after 'ready, steady....' gives your child the chance to provide the 'go!' themselves.

Finally, don't deny your child something if they can't ask with spoken words; communication can be verbal or non-verbal. If they use non-verbal communication, that's fine – just model the word as you give them what they are requesting.

If you're worried your child's speech may be delayed, contact a Speech and Language Therapist for advice.



Wendy Austin is an independent Speech and Language Therapist based in Capel St Mary, Suffolk, supporting children and adults with speech, language and social communication needs. She provides person-centred, evidence-based therapy to help clients communicate effectively. www.wendyaustinsalt.co.uk

win!

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WHAT'S GOING ON IN THERE?

Using Curiosity to Understand and Support Your Toddler

By Bryana Kappadakunnel, LMFT

As a therapist who specialises in early childhood mental health - and as a mother myself - I've seen firsthand how powerful it is when parents shift from reacting to their toddler's behaviour to getting curious about it.

Curiosity is one of the six Seeds of Connection in what I call the Connection Garden - a concept I developed to help parents build emotionally safe, responsive relationships with their children. When seeds like attunement, playfulness, and repair are planted and nurtured consistently, the parent-child relationship grows stronger and more joyful.

But when connection is missing, or only offered conditionally, we end up in what I call the Connection Desert. It's a place where children feel misunderstood and emotionally thirsty - and parents feel isolated, burned out, and unsure how to move forward. Fortunately, we can always begin to plant new seeds - and Curiosity is one of the most transformative.

What Curiosity Really Means

Many of us were raised to believe that discipline means control. That a toddler's tantrum needs to be "fixed," or that whining should be ignored until it stops. But when we get curious instead and ask, "What's going on in there?," we begin to understand that behaviour is communication.

Toddlers don't have the language or brain development to say, "I'm overtired, overstimulated,

and I miss you." So they cry, hit, throw, or resist. When we respond with curiosity instead of control, we teach them that it's safe to have big feelings - and we start to build lifelong skills for emotional health and relational trust.

The Power of Observation

One of the simplest, yet most profound, ways to cultivate curiosity in your relationship with your toddler is through observing them do what they do best: play. When you're just getting started with child observation, I recommend you make an effort to practice this intentionally for about 5-10 minutes a day. Eventually, this will become a natural part of your relationship with your toddler.

Here's how it works:

Set up the play environment so that it is totally safe for your toddler. Creating a "Yes" space where everything is safe (including toys, things to climb, etc) encourages your toddler to discover their own interests and get lost in the magic of play. At the same time, it will help you to resist the urge to hover, intervene, or take charge of their play process.

Pull up a chair nearby, settle into your body, and simply notice your breath and any sensations that arise. See if you can observe yourself with the same curiosity you offer your child.

Once you feel settled, start to notice what your child is doing with their hands and where their eyes are looking.

Following their hands and eyes allows you to become more connected to what their brain is curious about. Resist the urge to fix anything. If you see your toddler frustrated with stacking some blocks, you may feel it would be useful to offer your help. By doing so, you're undermining your child's intense drive toward mastery and competence. Instead, be curious with your toddler: "I wonder if that feels tough...I see you're not giving up." By resisting the urge to fix, control, change, or provide educational directives (e.g., "What colour is this?") while they play, you send the vital messages: I trust that you are competent. I'm curious about how you see things. I'm invested in knowing more about you.

Beware the "Monkey Mind." It's normal for your mind to wander - it might even feel boring to watch your toddler play. You don't have to love it. Just notice, and gently return your focus to what your child is doing. That's curiosity in action. The more you wonder about what they're doing and why it feels important to them, the more lush and vibrant your Connection Garden becomes.

In my experience with leading parents in observation exercises, many parents notice that they judge their children unintentionally: "Why doesn't my child behave like other kids?" Try to shift from judgement into wondering at what They are experiencing. That curiosity may help you see their behaviour not as a problem to correct, but as a strength to nurture

Why Observation Supports Independent Play

One of the beautiful benefits of using child observation consistently is that it nurtures your toddler's ability to engage in independent, imaginative play.

Your willingness to be more curious about their inner world, while resisting the urge to control, fix, or change it, will support your toddler with:

- Playing without constant adult involvement
- Developing longer attention span
- Resolving sibling conflicts with less need for intervention

Additionally, you'll be less likely to seek screens as a

virtual babysitter for your child, because your toddler will become a master at directing their own interests and commanding their physical space with confidence and courage.

Observation isn't passive - it's deeply relational. By watching and narrating without controlling, we say, "I'm interested in you. I delight in who you are." This kind of non-intrusive attention is both grounding and expansive for the developing toddler's mind.

How Curiosity Looks in the Hardest Moments

Here are some phrases you can try next time your toddler is having a moment that feels hard to manage:

- **When your child is hitting:** "You wanted that toy, and it was really hard to wait. I'm here to help."
- **In the middle of a transition:** "You weren't ready to leave. I get it - it's hard to stop playing when you're having fun."
- **When siblings are fighting:** "You both wanted the same thing. Let's take a breath and figure this out together"

What Gets in the Way of Curiosity?

Many parents tell me: "I know I shouldn't yell, but in the moment, I just lose it."

It makes perfect sense. If you were raised in a Connection Desert - where your own feelings were shamed, ignored, or punished - then of course it's hard to stay present with your child's big feelings. Your nervous system might interpret their distress as a threat.

That's why we must extend the same curiosity to ourselves that we do to our children. When we get dysregulated, instead of judging ourselves, we can ask, "What is this moment trying to teach me about what I need?"

This is the deep, healing work that I talk about in my book, *Parent Yourself First*.

Curiosity Is Connection

Your curiosity helps your toddler feel safe, seen, and supported. You tell them that they are not a problem to be fixed - but a person to be understood.

I know how easy it is to default to frustration, especially when you're exhausted or touched out. But if there's one thing I hope you take away from this, it's that curiosity is always available to you -



Bryana Kappadakunnel

Founder of Conscious Mommy and author of Parent Yourself First, Bryana empowers parents to parent with heart and intention. Through her courses, coaching, and expert resources, she helps parents heal past wounds, fostering compassion, clarity, and confidence in raising their children.



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www.rugbytots.co.uk/class/find

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Christmas

ACTIVITIES & EVENTS



NOV 22-
JAN 4

CHRISTMAS AT WADDESDON

Waddesdon Manor. 10am - 5pm.

Celebrate Christmas at Waddesdon with a magical festive tour! Join Baron Ferdinand and his dog Poupon as they explore winter traditions from across Europe, then step outside to enjoy dazzling light shows, glowing gardens, and a festive fair full of gifts and seasonal treats.

Aylesbury, Buckinghamshire HP18 0JH

Tel: 01296 820 414

www.waddesdon.org.uk/whats-on/christmas/

Cost: from £8 per Child, £15.50 per Adult, Under 5s free

NOV 29-
DEC 24

CHRISTMAS AT THE FARM

Hogshaw Farm. 10am - 5:30pm.

Father Christmas and his team of elves will be gathering Christmas wishes, checking on our team of reserve reindeer and sprinkling some festive cheer. Join them for a magical event that the whole family can enjoy, with full farm entry included!

Claydon Road, Buckingham MK19 3LA

Tel: 01296 670444

www.hogshawfarm.co.uk/events/father-christmas-hogshaw-farm

Cost: Children £29.95, Adults £17.50.

DEC
7

SANTA RUN

Marlow. from 9:30am

Join the 'Sea of Red' for a 5km Christmas Fun Run. Run, walk and push your way around the streets of Marlow dressed as Father Christmas with 3,000 other people raising money for charity and the local community. Open for all ages to join in the fun!

High Street, Marlow SL7

[facebook.com/marlowsanta/](https://www.facebook.com/marlowsanta/)

www.santafunrun.org

Cost: Children from £10, Adults from £20, under 5s free

NOV 23-
DEC 24

SANTA'S GROTTO

Dobbies Garden Centre. Various Times.

Step into a snowy North Pole adventure with the elves! Children can ice fish with penguins, play snowball games, and make magical reindeer food before meeting Santa himself. Each child enjoys individual time with Santa, a wrapped gift, and the chance to capture the moment with a festive photo.

London Road, Beaconsfield HP9 1SH

www.events.dobbies.com/

[event-detail/?e=4376&v=70&r=v](http://www.events.dobbies.com/event-detail/?e=4376&v=70&r=v)

Cost: from £14

NOV 29-
DEC 22

PANTO EXPRESS

Bucks Railway Centre. Various Times.

All aboard for a magical festive adventure! Enjoy a family pantomime of Aladdin, then hop on a steam train where Father Christmas visits each child with a golden ticket. Afterwards, meet Mrs Claus and the elves in Santa's workshop and exchange tickets for a special Christmas gift.

Station Road, Quainton, Aylesbury HP22 4BY

Tel: 01296 655720

www.bucksrailcentre.org/events/panto-express/

Cost: from £24.50, under 1s £8.50

DEC
6-7

FESTIVE WEEKEND

Chiltern Open Air Museum. 10am - 4pm.

Step back in time for a traditional Christmas at the museum! Explore historic buildings dressed in festive greenery, meet Father Christmas, and enjoy carols, crafts, and storytelling. With re-enactors, artisan stalls, candle-making, and a festive photo studio, it's a magical day out for families.

Chalfont St Giles HP8 4AB

Tel: 01494 871117

www.coam.org.uk/events/festive-weekend-2025

Cost: Children £11, Adults £14.54, Under 4s free



Details correct at the time of going to print

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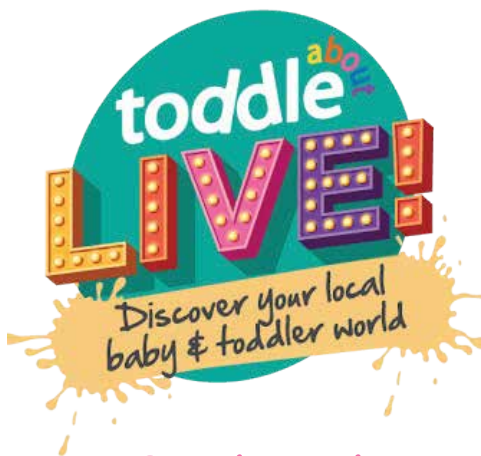
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MONDAY

PARENTS & TOTS

Discover Bucks Museum

Church Street, Aylesbury, HP20 2QP. 01296 331441.
www.discoverbucksmuseum.org.

- Spooky Science - Oct Half Term: 10:30 - 11:30. **Ages:** 5 - 11 yrs.

Cost: £7 per session (booking essential). **Dates:** 27 Oct.

Hazlemere Library

312 Amersham Road, Hazlemere, HP15 7PY. 01296 382 415.

- Hazlemere Duplo Club: 10:00 - 11:00. **Ages:** 0 - 4 yrs.

Cost: Free (booking essential). **Dates:** 1 Sep - 15 Dec.

MUSIC & SIGNING

Monkey Music Aylesbury & High Wycombe

St Martha's Church, Park Road, Tring, HP23 6BP. 01494 819138.
www.monkeymusic.co.uk.

- Heigh Ho: 10:10 - 10:40. **Ages:** 1 - 2 yrs.
- Rock n Roll: 10:50 - 11:20. **Ages:** 3 mths - 1 yrs.

Cost: £9.75 per session (booking essential).

Dates: 1 Sep - 20 Oct & 3 Nov - 15 Dec.

Monkey Music Aylesbury & High Wycombe

Nora Grace Hall, Faversham Close, Tring, HP23 5BA. 01494 819138.
www.monkeymusic.co.uk.

- Rock'n'Roll - Nora Grace Hall: 10:50 - 11:20. **Ages:** 3 mths - 1 yrs.
- Ding-Dong: 11:30 - 12:00. **Ages:** 3 - 5 yrs.

Cost: £9.75 per session (booking essential).

Dates: 22 Sep - 20 Oct & 3 Nov - 15 Dec.

P.27-30
AYLESBURY VALE

P.30 - 38
SOUTH BUCKS

CREATIVE

Buckingham Family Centre

Elmhurst Family Centre, Dunsham Lane, Aylesbury, HP20 2DB.
01296383293. familyinfo.buckinghamshire.gov.uk.

- My First Playtime Elmhurst: 10:00 - 11:30.

Ages: 0 - 1 yrs. **Cost:** Free (drop in). **Dates:** 29 Sep - 15 Dec.

TUESDAY

PARENTS & TOTS

Fishes Toddler Group

Church of the Holy Spirit, Church Hall, 71a Camborne Avenue, Aylesbury, HP21 7UE. 01296 394759. www.holyspiritbedgrove.org.

- Little Fishes Baby Group: 13:00 - 14:30. **Ages:** 0 - 1 yrs.

Cost: Free (drop in). **Dates:** 2 Sep - 21 Oct & 4 Nov - 16 Dec.

Haddenham Community Library

Banks Park, Bank Road, Haddenham, HP17 8EE. 01296 382415.
haddenhamcommunitylibrary.org.uk.

- StoryTime: 10:30 - 11:00. **Ages:** 3 - 4 yrs.

Cost: Free (drop in). **Dates:** 2 Sep - 16 Dec.

CREATIVE

Buckingham Family Centre

Berryfields Family Centre, John Fitzjohn Avenue, Aylesbury, HP18 0FG.
01296383293. familyinfo.buckinghamshire.gov.uk.

- Play and Explore Berryfields: 13:30 - 15:00.

Ages: 0 - 5 yrs 11 mths.

Cost: Free (drop in). **Dates:** 30 Sep - 16 Dec.



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16:00 - 17:00. **Ages:** 4 - 12 yrs.

Dates: 2 Sep - 21 Oct & 4 Nov - 16 Dec.

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Fairford Leys Church Hall, Hampden Square, Aylesbury, HP19 7HT.
01525 237474 / 07775 582791. www.totbop.co.uk

- Tiny Tots (age 1-2.5): 9:30 - 10:05.
- Baby Boppers (age 2.5 - rising 5): 10:20 - 11:05.

Cost: £8 (booking essential). **Dates:** 9 Sep - 13 Dec.

WEDNESDAY

PARENTS & TOTS

Discover Bucks Museum

Church Street, Aylesbury, HP20 2QP. 01296 331441.
www.discoverbucksmuseum.org

- Stay & Play Cafe: 10:00 - 12:00.

Weekly sessions with free refreshments **Ages:** 0 - 5 yrs.

Cost: £2 per session (booking essential). **Dates:** 10 Sep - 22 Oct.

Southcourt Baptist Church

Southcourt Baptist Church, 40 Penn Road, Aylesbury, HP21 8HW.
01296 480080. www.southcourtbaptist.org.uk

- The Ark Parent and Toddler Group: 10:00 - 11:30.

Free play, singing, stories and refreshments **Ages:** 0 - 5 yrs.

Cost: Free (drop in). **Dates:** 3 Sep - 22 Oct & 12 Nov - 17 Dec.

MUSIC & SIGNING

Monkey Music Aylesbury & High Wycombe

St Marys Centre, Church End, Haddenham, HP17 8AJ. 01494 819138.
www.monkeymusic.co.uk

- Heigh Ho: 9:30 - 10:00. **Ages:** 1 - 2 yrs.
- Ding-Dong: 10:10 - 10:40. **Ages:** 3 - 5 yrs.
- Jiggety Jig: 10:50 - 11:20. **Ages:** 2 - 4 yrs.
- Rock n Roll: 11:30 - 12:00. 12:15 - 12:45. **Ages:** 3 mths - 1 yrs.

Cost: £9.75 per session (booking essential).

Dates: 24 Sep - 22 Oct & 5 Nov - 17 Dec.

Monkey Music Aylesbury & High Wycombe

The Village Midwife HQ, 2 Holly Court, Tring Road, Wendover,
HP22 6PE. 01494 819138. www.monkeymusic.co.uk

- Monkey Music Sessions

Times: 14:30 - 15:00. **Ages:** 3 mths - 1 yrs.

Times: 15:10 - 15:40. **Ages:** 1 - 2 yrs.

Times: 15:25 - 15:55. **Ages:** 2 - 3 yrs.

Cost: £9.75 per session (booking essential).

Dates: 24 Sep - 22 Oct & 5 Nov - 17 Dec.



DANCE & DRAMA

Tot Bop

Northchurch Social Centre, Bell Lane, Northchurch, Berkhamsted,
HP4 3RD. 01525 237474 / 07775 582791. www.totbop.co.uk

- Tiny Tots (age 1-2.5): 9:30 - 10:05.
- Baby Boppers (age 2.5 - rising 5): 10:20 - 11:05.

Cost: £8 (booking essential). **Dates:** 10 Sep & 24 Sep - 13 Dec.

THURSDAY

PARENTS & TOTS

Discover Bucks Museum

Church Street, Aylesbury, HP20 2QP. 01296 331441.
www.discoverbucksmuseum.org.

• **Discover Ducks: 10:00 - 12:00. Ages:** 0 - 5 yrs.

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

Dates: 9 Oct, 23 Oct, 13 Nov & 27 Nov - 11 Dec.

Fishes Toddler Group

Church of the Holy Spirit, Church Hall, 71a Camborne Avenue, Aylesbury, HP21 7UE. 01296 394759. www.holyspiritbedgrove.org.

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

Dates: 4 Sep - 23 Oct & 6 Nov - 18 Dec.

Lighthouse Toddler Group

Walton Hall, Walton Street, Aylesbury, HP21 7QX. 01296 398110. www.htaylesbury.org.

Times: 10:30 - 11:45. **Ages:** 0 - 4 yrs. **Cost:** Free (*drop in*).

Dates: 4 Sep - 20 Nov & 4 Dec - 18 Dec.

Toybox and Babybox

Long Crenodon Baptist Church, High Street, Long Crenodon, HP18 9AF. 01844 201335. www.lcbc.org.uk.

Times: 10:45 - 12:00. **Ages:** Pregnancy - 3 yrs.

Cost: Free (*booking essential*).

Dates: 4 Sep - 18 Sep, 2 Oct - 23 Oct & 6 Nov - 18 Dec.

Wendover Community Library

High St, Wendover, HP22 6DU. 01296 382415.

• **Duplo Club: 14:00 - 14:01.**

Ages: 0 - 5 years. **Cost:** Free (*drop in*). **Dates:** 25 Sep - 30 Oct.

MUSIC & SIGNING

Monkey Music Aylesbury & High Wycombe

St Martha's Church, Park Road, Tring, HP23 6BP. 01494 819138. www.monkeymusic.co.uk.

• **Jiggety Jig: 9:30 - 10:00. Ages:** 2 - 4 yrs.

Cost: £10.25 per session (*booking essential*).

Dates: 4 Sep - 23 Oct & 6 Nov - 18 Dec.

CREATIVE

Southcourt Family Centre Plus

Aylesbury College Campus, Oxford Road, Aylesbury, HP21 8PD. 01296 383293.

www.familyinfo.buckinghamshire.gov.uk.

• **My First Playtime Southcourt: 10:00 - 11:30.**

Ages: 0 - 1 yrs. **Cost:** Free (*drop in*). **Dates:** 2 Oct - 18 Dec.

Elmhurst Family Centre

Dunsham Lane, Aylesbury, HP20 2DB. 01296383293.

www.familyinfo.buckinghamshire.gov.uk.

• **Play and Explore Elmhurst: 13:30 - 15:00.**

Ages: 0 - 5 yrs 11 mths. **Cost:** Free (*drop in*). **Dates:** 2 Oct - 18 Dec.

Sparkles - Speech Therapy for Children with Down's Syndrome

Email for Location, Aylesbury, HP20. sparkles.org.uk.

• **Sparkles Speech Therapy: 9:30 - 14:00. Ages:** 0 - 5 yrs.

Cost: Free (*booking essential*). **Dates:** 4 Sep - 23 Oct & 6 Nov - 18 Dec.

DANCE & DRAMA

Tot Pop

Nora Grace Hall, Faversham Close, Tring, HP23 5BA. 01525 237474 / 07775 582791. www.totpop.co.uk.

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

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

Cost: £8 (*booking essential*). **Dates:** 11 Sep - 13 Dec.



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www.totpop.co.uk



HEALTH & WELLNESS

Happy Hearts First Aid

Village Midwife HQ, 2 Holly Court, Tring Road, Wendover, HP22 6PE. 07522312795. www.happyheartsfirstaid.com.

• **Baby & Child First Aid: 10:00 - 12:00.**

Cost: £28 per session (*booking essential*). **Dates:** 18 Sep.

FRIDAY

PARENTS & TOTS

Haddenham Community Library

Banks Park, Bank Road, Haddenham, HP17 8EE. 01296 382415.

haddenhamcommunitylibrary.org.uk.

• **Bounce and Rhyme: 10:30 - 11:00. Ages:** 0 - 5 yrs.

Cost: Free (*drop in*).

Dates: 5 Sep, 19 Sep, 3 Oct, 17 Oct, 31 Oct, 14 Nov, 28 Nov & 12 Dec.

Wendover Community Library

High St, Wendover, HP22 6DU. 01296 382415.

• **Bounce & Rhyme: 13:30 - 14:00. Ages:** 0 - 5 yrs.

Cost: Free (*drop in*). **Dates:** 5 Sep - 19 Sep, 30 Sep & 10 Oct - 19 Dec.

HEALTH & WELLNESS

Happy Hearts First Aid

St Mary's Haddenham, Church End, Haddenham, HP17 8AJ.

07522312795. www.happyheartsfirstaid.com.

• **Baby & Child First Aid: 10:00 - 12:00.**

Cost: £28 per session (*booking essential*). **Dates:** 26 Sep.

CREATIVE

Berryfields Family Centre

John Fitzjohn Avenue, Aylesbury, HP18 0FG. 01296383293. familyinfo.buckinghamshire.gov.uk.

- **My First Playtime Berryfields:** 10:00 - 11:30. **Ages:** 0 - 1 yrs. **Cost:** Free (*drop in*). **Dates:** 26 Sep - 19 Dec.

Southcourt Family Centre Plus

Aylesbury College Campus, Oxford Road, Aylesbury, HP21 8PD. 01296383293. familyinfo.buckinghamshire.gov.uk.

- **Play and Explore Southcourt:** 10:00 - 11:30. **Ages:** 0 - 5 yrs 11 mths. **Cost:** Free (*drop in*). **Dates:** 26 Sep - 19 Dec.

SATURDAY

PARENTS & TOTS

Discover Bucks Museum

Church Street, Aylesbury, HP20 2QP. 01296 331441. www.discoverbucksmuseum.org.

- **The Diary of Wiska Wildflower with Harriet Muncaster:** 10:30 - 11:30 & 13:30 - 14:30. **Ages:** 5 - 11 yrs.

Cost: £8 per session (*booking essential*). **Dates:** 8 Nov.

Haddenham Community Library

Banks Park, Bank Road, Haddenham, HP17 8EE. 01296 382415. haddenhamcommunitylibrary.org.uk.

- **Lego & Craft Club:** 10:30 - 11:30. **Ages:** 2 - 5 yrs.

Cost: Free (*drop in*). **Dates:** 6 Sep - 13 Dec.

Who Let The Dads Out?

Granville Street Church, Granville Street, Aylesbury, HP20 2JR. 01296 334154. www.granvillestreetchurch.org.uk.

Times: 9:30 - 11:00. **Ages:** 0 - 5 yrs. **Cost:** £1 per session (*drop in*). **Dates:** 6 Sep - 13 Dec.

DANCE & DRAMA

Tot Bot

The Anthony Hall, 33 London Road, Aston Clinton, Aylesbury, HP22 5HG. 01525 237474 / 07775 582791. www.totbot.co.uk.

- **Tiny Tots (age 1-2.5):** 9:00 - 9:30.
- **Baby Boppers (2.5-3.5):** 9:45 - 10:30.
- **Funky Monkeys (age 3.5-5; preschool & year R):** 10:45 - 11:30.
- **Groovy Movers (age 5-9; school years 1-4):** 11:45 - 12:30.

Cost: £8 (*booking essential*). **Dates:** 13 Sep - 25 Oct.

OTHER

Buckinghamshire Railway Centre

Station Road, Quainton, Nr Aylesbury, HP22 4BY. 01296 655720. www.bucksrailcentre.org.

- **Day Out With Thomas:** 10:30 - 17:30. **Ages:** 1 - 12 yrs.
- Cost:** £15 per session (*booking essential*). **Dates:** 11 Oct - 12 Oct.
- **Panto Express with Father Christmas:** 10:00 - 13:00.

Cost: £19 per session (*booking essential*). **Dates:** 29 Nov - 22 Dec.

SOUTH BUCKS AREA

MONDAY

PARENTS & TOTS

Amersham Library

Amersham Library, Chilterns Lifestyle Centre, Chiltern Avenue, Amersham, HP6 5AH. 0845 230 3232.

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

Ages: 0 - 5 yrs. **Cost:** Free (*booking essential*). **Dates:** 1 Sep - 15 Dec.

Holmer Green Tiddlywinks

Christ Church Centre, Holmer Green, High Wycombe, HP15 6XQ. 01494-715195. www.pshg.org.

- **Tiddlywinks:** 13:30 - 15:00.

Stay & Play group

Ages: 0 - 4 yrs. **Cost:** £2 per session (*drop in*). **Dates:** 1 Sep - 20 Oct & 3 Nov - 15 Dec.

Little Fish High Wycombe

Wycombe Marsh Baptist Church, London Road Wycombe Marsh, High Wycombe, HP11 1ET. 07940 953 909.

Times: 14:00 - 14:30. **Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 1 Sep - 20 Oct & 3 Nov - 15 Dec.

Tiddlywinks

Marlow Methodist Church, Spittal Street, Marlow, SL7 3HJ. 07799 854 535.

Times: 8:45 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £1 per session (*drop in*). **Dates:** 1 Sep - 20 Oct & 3 Nov - 15 Dec.

MUSIC & SIGNING

Monkey Music Amersham, Beaconsfield & The Chalfonts

Amersham, Community Centre, Chilterns Lifestyle Centre, Chiltern Avenue, Amersham, HP6 5AH. 07765257465. www.monkeymusic.co.uk.

- **Ding-Dong:** 9:15 - 9:45 & 13:30 - 14:00. **Ages:** 3 - 5 yrs.
- **Jiggety-Jig:** 10:00 - 10:30. **Ages:** 2 - 3 yrs.
- **Heigh-Ho:** 10:45 - 11:15. **Ages:** 1 - 2 yrs.
- **Rock'n'Roll:** 11:30 - 12:00. **Ages:** 3 mths - 1 yrs.

Cost: £10.95 per session (*booking essential*).

Dates: 8 Sep - 20 Oct & 3 Nov - 8 Dec.

Are you running classes or events?

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Monkey Music Maidenhead and Windsor

Old Windsor Guide HQ, Straight Road, Old Windsor, SL4 2RN.
01494 819138. www.monkeymusic.co.uk

- Monkey Music Jiggety-Jig: 9:30 - 10:00. **Ages:** 2-3 yrs.
- Monkey Music Heigh-Ho: 10:10 - 10:40. **Ages:** 1 - 2 yrs.
- Monkey Music Rock'n'Roll: 10:50 - 11:20. **Ages:** 3 - 11 mths.

Cost: £10 per session (booking essential).

Dates: 1 Sep - 20 Oct & 3 Nov - 15 Dec.

Monkey Music Maidenhead and Windsor

Dawkes Music Shop, Reform Road, Maidenhead, SL6 8BT. 01494 819138. www.monkeymusic.co.uk

- Monkey Music Jiggety-Jig: 9:30 - 10:00. **Ages:** 2 - 3 yrs.
- Monkey Music Heigh-Ho: 10:10 - 10:40. **Ages:** 1 - 2 yrs.
- Monkey Music Rock'n'Roll: 10:50 - 11:20. **Ages:** 3 - 11 mths.

Cost: £10 per session (booking essential).

Dates: 1 Sep - 20 Oct & 3 Nov - 15 Dec.



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www.clarascorner.co
Clara's Corner, Chorley Rd,
West Wycombe, HP14 3AP

Monkey Music Aylesbury & High Wycombe

Wrights Meadow Centre, Wrights Meadow Road, High Wycombe, HP11 1SQ. 01494 819138. www.monkeymusic.co.uk

- Heigh Ho: 10:05 - 10:35. **Ages:** 1 - 2 yrs.
- Ding-Dong: 10:45 - 11:15. **Ages:** 3 - 5 yrs.
- Jiggety Jig: 9:25 - 9:55. **Ages:** 2 - 4 yrs.

Cost: £10.50 per session (booking essential).

Dates: 1 Sep - 20 Oct & 3 Nov - 15 Dec.

Moo Music - High Wycombe, Marlow, Beaconsfield & Bourne End

Lantern Community Church, 141 Marlow Bottom, Marlow, SL7 3PJ. 07360 745264. www.moo-music.co.uk

- Mixed Moo in Marlow Bottom: 10:20 - 11:00.

Ages: 6 mths - 4 yrs. **Cost:** £8.50 per session (booking essential). **Dates:** 8 Sep - 20 Oct & 3 Nov - 15 Dec.

Princes Risborough Library

Bell Street, Princes Risborough, HP27 0AA. 0845 230 3232. www.buckinghamshire.gov.uk

- Bounce and Rhyme: 10:15 - 10:35 & 10:45 - 11:15.

Ages: 0 - 4 yrs. **Cost:** Free (booking essential). **Dates:** 1 Sep - 15 Dec.

SENSORY & DEVELOPMENT

Baby College South Buckinghamshire

Terriers Church High Wycombe, St Francis of Assisi Church Hall, Amersham Road, High Wycombe, HP13 5AB. 07720441672. www.babycollege.co.uk

- High Wycombe Juniors 18m - 3+: 9:30 - 10:15.
- High Wycombe Toddlers 9-18m: 10:30 - 11:15.
- High Wycombe Infants 0 - 9m: 11:30 - 12:15.

Cost: £9.25 per session (booking essential).

Dates: 8 Sep - 13 Oct & 3 Nov - 8 Dec.



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Jiggety-Jig (2&3 years)
Ding Dong (3&4 years)
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Phonics with Robot Reg Wycombe

West Wycombe Village Hall, High Street, West Wycombe, High Wycombe, HP14 3AB. 07952 258 095. robotreg.co.uk.

- MINIS Phonics: 9:30 - 10:15. **Ages:** 1 yrs - 2.5 yrs.
- Pre-school Phonics: 10:30 - 11:15. **Ages:** 2.5 yrs - 5 yrs.

Cost: £8 per session (drop in).

Dates: 1 Sep - 20 Oct & 3 Nov - 15 Dec.

Flackwell Heath Community Centre, Swains Lane, Flackwell Heath, HP10 9BN. 07952 258 095. robotreg.co.uk.

- Pre-school Phonics: 13:30 - 14:15. **Ages:** 2.5 yrs - 5 yrs.
- Cost: £8 per session (drop in). **Dates:** 1 Sep - 20 Oct & 3 Nov - 15 Dec.

SWIMMING

Ducks2Water

Cedar Park School, Cedar Avenue, Hazlemere, HP15 7EF.
07455023603. www.ducks2water.com.

- Duckling 2 (10-18m): 12:30-13:00, 14:00-14:30. **Ages:** 10-18mths.
- Duckling 5 (36-60 m): 12:30 - 13:00 & 14:00 - 14:30. **Ages:** 3-5 yrs.
- Duckling 1 (3-10 m): 13:00 - 13:30. **Ages:** 3 - 10 mths.
- Duckling 4 (30-42 m): 13:00 - 13:30. **Ages:** 2.5 - 3.5 yrs.
- Duckling 3 (18-30 m): 13:30 - 14:00. **Ages:** 1.5 - 2.5 yrs.
- Duckling 6 (36-60 m): 13:30 - 14:00. **Ages:** 3 - 5 yrs.

Cost: £12 per session (booking essential). **Dates:** 15 Sep - 15 Dec.

TUESDAY

PARENTS & TOTS

Bourne End Community Library

Wakeman Road, Bourne End, SL8 5SX. 01296 382 415.
www.buckinghamshire.gov.uk.

- Tuesday Storytime: 10:30 - 11:00. **Ages:** 0 - 5 yrs.
- **Cost:** Free (drop in). **Dates:** 2 Sep - 16 Dec.

Chesham Library

Elgiva Lane, Chesham, HP5 2JD. 01296 382 415.
www.buckinghamshire.gov.uk.

- Bounce and Rhyme: 10:00 - 10:30. **Ages:** 0 - 4 yrs.
- **Cost:** Free (booking essential). **Dates:** 2 Sep - 16 Dec.

Farnham Common Community Library

Victoria Road, Farnham Common, SL2 3NL. 01296 382415.

- Story Time: 10:30 - 11:00. **Ages:** 0 - 5 yrs.
- **Cost:** Free (drop in). **Dates:** 2 Sep - 21 Oct & 4 Nov - 16 Dec.

The Lantern Babies and Toddlers

St Mary's Church, 141 Marlow Bottom, Marlow, SL7 3PJ.
Times: 10:00 - 11:30. **Cost:** £1 per session (drop in).

Dates: 2 Sep - 21 Oct & 4 Nov - 16 Dec.

MUSIC & SIGNING

Monkey Music Maidenhead and Windsor

Cox Green Community Centre, 51 Highfield Lane, Maidenhead, SL6 3AX. 01494 819138. www.monkeymusic.co.uk.

- Monkey Music Heigh-Ho: 9:45 - 10:15. **Ages:** 1 - 2 yrs.
- Monkey Music Jiggety-Jig: 10:25 - 10:55. **Ages:** 2 yrs - 3 yrs.
- Monkey Music Rock'n'Roll: 11:05 - 11:35. **Ages:** 3 - 11 mths.
- Monkey Music Ding-Dong: 11:45 - 12:15. **Ages:** 3 yrs - 4 yrs.

Cost: £10 per session (booking essential).

Dates: 2 Sep - 21 Oct & 4 Nov - 16 Dec.

Moo Music - High Wycombe, Marlow, Beaconsfield & Bourne End

St Mary's Church Hall, Glory Mill Lane, Woodburn Green, HP10 0LU.
07360 745264. www.moo-music.co.uk.

- Moo Music (Maxi): 9:50 - 10:30. **Ages:** 1 yrs 6 mths - 4 yrs.
- Moo Music (Baby Moo): 11:00 - 11:40. **Ages:** 1 mth - 1 yrs 3 mths.

Cost: £8.50 per session (booking essential).

Dates: 9 Sep - 21 Oct & 4 Nov - 16 Dec.

Monkey Music Amersham, Beaconsfield & The Chalfonts

Gerrards Cross Guide Hall, 29 Station Road, Gerrards Cross, SL9 8ES.
07765257465. www.monkeymusic.co.uk.

- Heigh-Ho: 9:15 - 9:45. **Ages:** 1 - 2 yrs.
- Jiggety-Jig: 10:00 - 10:30. **Ages:** 2 - 3 yrs.
- Rock'n'Roll: 10:45 - 11:15 & 11:30 - 12:00. **Ages:** 3 mths - 1 yrs.

Cost: £10.95 per session (booking essential).

Dates: 9 Sep - 21 Oct & 4 Nov - 9 Dec.

Monkey Music Amersham, Beaconsfield & The Chalfonts

Marlow, Christ Church URC, 18 Oxford Road, Marlow, SL7 2NL.
07765257465. www.monkeymusic.co.uk.

- Jiggety-Jig: 10:00 - 10:30. **Ages:** 2 - 3 yrs.
- Heigh-Ho: 10:40 - 11:10. **Ages:** 1 - 2 yrs.
- Rock'n'Roll: 11:20 - 11:50. **Ages:** 3 mths - 1 yrs.
- Ding-Dong: 12:00 - 12:30. **Ages:** 3 - 5 yrs.

Cost: £10.95 per session (booking essential).

Dates: 9 Sep - 21 Oct & 4 Nov - 9 Dec.

SENSORY & DEVELOPMENT

Baby College South Buckinghamshire

Amersham Community Centre, Chiltern Lifestyle Centre, Amersham, HP6 5AH. 07720441672. www.babycollege.co.uk.

- Amersham Juniors 18m - 3+ : 9:30 - 10:15.
- Amersham Toddlers 9-18m : 10:30 - 11:15.
- Amersham Infants 0 - 9m : 11:30 - 12:15.

Dates: 9 Sep - 14 Oct & 4 Nov - 9 Dec.

Cost: £9.25 per session (booking essential).



WEDNESDAY

PARENTS & TOTS

Radnage Mother and Toddler Group

Radnage Common Road, Radnage, High Wycombe, HP14 4DF.
07789902336.

Times: 9:30 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £1.50 per session (*booking essential*). **Dates:** 3 Sep - 22 Oct & 5 Nov - 17 Dec.

St. Anne's Parent & Toddler Group

St. Anne's Church, London Road, High Wycombe, HP11 1ET.
07443596304.

Times: 9:30 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £1.50 per session (*drop in*). **Dates:** 3 Sep - 22 Oct & 5 Nov - 17 Dec.

Tiny Tots

St James Gerrards Cross & Fulmer, Oxford Road, Gerrards Cross, SL9 7DJ. www.saintjames.org.uk.

• **Tiny Tots:** 9:30 - 11:00.

Ages: 0 - 3 yrs. **Cost:** Free (*booking essential*).

Dates: 3 Sep - 22 Oct & 5 Nov - 17 Dec.

MUSIC & SIGNING

Long Crendon Community Library

High Street, Long Crendon, HP18 9AF. 01296 382415.

• **Bounce and Rhyme:** 10:15 - 10:45. **Ages:** 0 - 4 yrs.

Cost: Free (*drop in*). **Dates:** 3 Sep - 22 Oct & 5 Nov - 17 Dec.

Monkey Music Amersham, Beaconsfield & The Chalfonts

Community Centre, Chilterns Lifestyle Centre, Chiltern Avenue, Amersham, HP6 5AH. 07765257465. www.monkeymusic.co.uk.

- **Ding-Dong:** 11:45 - 12:15. **Ages:** 3 - 5 yrs.
- **Jiggety-Jig:** 10:15 - 10:45. **Ages:** 2 - 3 yrs.
- **Heigh-Ho:** 9:30 - 10:00. **Ages:** 1 - 2 yrs.
- **Rock'n'Roll:** 11:00 - 11:30. **Ages:** 3 mths - 1 yrs.

Cost: £10.95 per session (*booking essential*).

Dates: 10 Sep - 22 Oct & 5 Nov - 10 Dec.

Monkey Music Aylesbury & High Wycombe

The Walled Garden, Chorley Road, West Wycombe, HP14 3AP.

01494 819138. www.monkeymusic.co.uk.

• **Monkey Music Sessions**

Times: 9:45 - 10:15. **Ages:** 2 - 3 yrs.

Times: 10:25 - 10:55. **Ages:** 1 - 2 yrs.

Times: 11:05 - 11:35 & 12:30 - 13:00. **Ages:** 3 mths - 1 yrs.

Times: 11:50 - 12:20. **Ages:** 3 - 4 yrs.

Cost: £9.75 per session (*booking essential*).

Dates: 3 Sep - 22 Oct & 5 Nov - 17 Dec.

Monkey Music Maidenhead and Windsor

Farnham Common Village Hall, Victoria Road, Farnham Common, SL2 3NL. 01494 819138. www.monkeymusic.co.uk.

- **Monkey Music Heigh-Ho:** 9:45 - 10:15. **Ages:** 1 - 2 yrs.
- **Monkey Music Jiggety-Jig:** 10:25 - 10:55. **Ages:** 2 yrs - 3 yrs.
- **Monkey Music Rock'n'Roll:** 11:05 - 11:35. **Ages:** 3 - 11 mths.

Cost: £10 per session (*booking essential*).

Dates: 3 Sep - 22 Oct & 5 Nov - 17 Dec.

Moo Music - High Wycombe, Marlow, Beaconsfield & Bourne End

Booker Memorial Hall, Limmer Lane, High Wycombe, HP12 4QR.
07360 745264. www.moo-music.co.uk.

• **Mixed Moo (suitable for babies and toddlers):** 9:50 - 10:30.

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

Dates: 10 Sep - 22 Oct & 5 Nov - 17 Dec.

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2018

SENSORY & DEVELOPMENT

Baby College South Buckinghamshire

St Thomas' Church Hall, Mayflower Way, Beaconsfield, HP9 1UF.
07720441672. www.babycollege.co.uk.

- **Beaconsfield Juniors 18m - 3+:** 9:30 - 10:15.
- **Beaconsfield Toddlers 9-18m:** 10:50 - 11:15.
- **Beaconsfield Infants 0 - 9m:** 11:30 - 12:15.

Dates: 10 Sep - 15 Oct & 5 Nov - 10 Dec.

Cost: £9.25 per session (*booking essential*).

THURSDAY

PARENTS & TOTS

Amersham Library

Chilterns Lifestyle Centre, Chiltern Avenue, Amersham, HP6 5AH.
0845 230 3232.

• **Bounce & Rhyme:** 10:30 - 11:00. **Ages:** 0 - 5 yrs.

Cost: Free (*booking essential*). **Dates:** 4 Sep - 18 Dec.

Beaconsfield Library

Reynolds Road, Beaconsfield, HP9 2NJ. 01296 382415.

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

Cost: Free (*booking essential*). **Dates:** 4 Sep - 18 Dec.

Bourne End Community Library

Wakeman Road, Bourne End, SL8 5SX. 01296 382 415.
www.buckinghamshire.gov.uk.

• **Bounce and Rhyme:** 10:00 - 11:00. **Ages:** 0 - 5 yrs.

Cost: Free (*drop in*). **Dates:** 4 Sep - 11 Sep.

Farnham Common Community Library

Victoria Road, Farnham Common, SL2 3NL. 01296 382415.

• **Lego Club:** 15:30 - 16:30. **Ages:** 6 - 15 yrs.

Cost: Free (*drop in*). **Dates:** 4 Sep - 23 Oct & 6 Nov - 18 Dec.

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High Wycombe Library

5 Eden Place, High Wycombe, HP11 2DH. 01296 382415.
www.bucksc.gov.uk.

- **Bounce & Rhyme:** 10:00 - 10:30. **Ages:** 0 - 1 yrs 6 mths.

Cost: Free (booking essential). **Dates:** 4 Sep - 18 Dec.

Penn & Tylers Green Toddler Group

Tylers Green Village Hall, Tylers Green, High Wycombe, HP10 8LN.
01494 819990.

Times: 9:15 - 11:00. **Ages:** Pregnancy - 4 yrs. **Cost:** £3 per session (drop in). **Dates:** 4 Sep - 23 Oct & 6 Nov - 18 Dec.

Playhouse Toddlers - High Wycombe

The Hub, Union Baptist Church Easton Street, High Wycombe, HP11 1NJ. 01494 473889.

- **Playhouse Toddlers:** 9:30 - 11:30.
- Ages:** 0 - 4 yrs. **Cost:** £1 per session (booking essential).
Dates: 4 Sep - 23 Oct & 6 Nov - 18 Dec.

St Peter's Church, Burnham

St Peter's Church, Cornerstone, Church Street, Burnham, SL1 7HX.
01628 664338. www.stpetersburnham.org.

- **Little Angels-Baby and Toddler Group:** 9:30 - 11:30. **Ages:** 0-5yrs.
- Cost:** £2 per session (drop in). **Dates:** 4 Sep - 23 Oct & 6 Nov - 11 Dec.

The Lantern Babies and Toddlers

Lantern Community Corner, St Mary's Church, 141 Marlow Bottom, Marlow, SL7 3PJ.

- **Community Corner:** 13:30 - 15:00.
- Cost:** Free (drop in). **Dates:** 4 Sep, 2 Oct, 6 Nov & 4 Dec.

MUSIC & SIGNING

Monkey Music Amersham, Beaconsfield & The Chalfonts

Gerrards Cross Guide Hall, 29 Station Road, Gerrards Cross, SL9 8ES.
07765257465. www.monkeymusic.co.uk.

- **Heigh Ho:** 9:30 - 10:00 & 10:50 - 11:20. **Ages:** 1 - 2 yrs.
- **Jiggety-Jig:** 11:30 - 12:00. **Ages:** 2 - 3 yrs.
- **Rock'n'Roll:** 10:10 - 10:40. **Ages:** 3 mths - 1 yrs.
- **Ding-Dong:** 12:15 - 12:45. **Ages:** 3 - 4 yrs.

Cost: £10.95 per session (booking essential).
Dates: 11 Sep - 23 Oct & 6 Nov - 11 Dec.

Monkey Music Aylesbury & High Wycombe

Wrights Meadow Centre, Wrights Meadow Road, High Wycombe, HP11 1SQ. 01494 819138. www.monkeymusic.co.uk.

- **Heigh Ho:** 9:25 - 9:55. **Ages:** 1 - 2 yrs.
- Cost:** £10.50 per session (booking essential).
• **Ding-Dong:** 10:45 - 11:15. **Ages:** 3 - 5 yrs.
- Cost:** £9.75 per session (booking essential).
• **Jiggety Jig:** 10:05 - 10:35. **Ages:** 2 - 4 yrs.
- Cost:** £10.50 per session (booking essential).
• **Rock n Roll:** 11:25 - 11:55. **Ages:** 3 mths - 1 yrs.
- Cost:** £9.75 per session (booking essential).
Dates: 25 Sep - 23 Oct & 6 Nov - 18 Dec.

Are you running classes or events?

Advertise them on the Toddle About website for FREE at toddle.fun/free-listing

Monkey Music Maidenhead and Windsor

Maidenhead Community Centre, 4 Marlow Road, Maidenhead, SL6 7HY. 01494 819138. www.monkeymusic.co.uk.

- Monkey Music Jiggety-Jig: 9:30 - 10:00. **Ages:** 2 yrs - 3 yrs.
- Monkey Music Heigh-Ho: 10:10 - 10:40. **Ages:** 1 - 2 yrs.
- Monkey Music Rock'n'Roll: 10:50 - 11:20. **Ages:** 3 - 11 mths.
- Monkey Music Ding-Dong: 11:35 - 12:05. **Ages:** 3 yrs - 4 yrs.

Cost: £10 per session (booking essential).

Dates: 4 Sep - 23 Oct & 6 Nov - 18 Dec.

DANCE & DRAMA

Perform Workshops LTD

Perform Amersham, Chestnut Lane Primary School, 105 Chestnut Lane, Amersham, HP6 6EF. 020 7255 9120. www.perform.org.uk.

- Perform Amersham: Drama, dance & singing classes for 4-12s: 16:00 - 17:00.

Dates: 4 Sep - 23 Oct & 6 Nov - 18 Dec.

SWIMMING

Ducks2Water

Millbrook Combined and Nursery, Mill End Road, High Wycombe, HP12 4BA. 07455023603. www.ducks2water.com.

- Duckling 5 (36-60 m): 9:30 - 10:00 & 11:00 - 11:30. **Ages:** 3 - 5 yrs.
- Duckling 2 (10-18 m): 9:30-10:00, 11:00-11:30. **Ages:** 10-18mths.
- Duckling 4 (30-42 m): 10:00 - 10:30. **Ages:** 2.5 yrs - 3.5 yrs.
- Duckling 1 (3-10 m): 10:00 - 10:30. **Ages:** 3 - 10 mths.
- Duckling 6 (36-60 m): 10:30 - 11:00. **Ages:** 3 - 5 yrs.
- Duckling 3 (18-30 m): 10:30 - 11:00. **Ages:** 1.5 yrs - 2.5 yrs.

Cost: £12 per session (booking essential). **Dates:** 11 Sep - 18 Dec.

FRIDAY

PARENTS & TOTS

Beaconsfield Library

Reynolds Road, Beaconsfield, HP9 2NJ. 01296 382415.

- Bounce & Rhyme: 10:00 - 10:30. **Ages:** 0 - 4 yrs.

Cost: Free (booking essential). **Dates:** 5 Sep - 19 Dec.

Bourne End Community Library

Wakeman Road, Bourne End, SL8 5SX. 01296 382 415. www.buckinghamshire.gov.uk.

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

Cost: Free (drop in). **Dates:** 5 Sep - 19 Dec.

Chalfont St Giles Community Library

High Street, Chalfont St Giles, HP8 4QA. 01494 874 732. www.chalfontstgiles.org.uk.

- Bounce & Rhyme: 10:30 - 11:00. **Ages:** 0 - 5 yrs.

Cost: Free (drop in). **Dates:** 5 Sep - 24 Oct & 7 Nov - 19 Dec.



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Chalfont St Peter Community Library

High Street, Chalfont St Peter, SL9 9QA. 01296 382 415. www.csp-communitylibrary.co.uk.

- Bounce & Rhyme: 14:00 - 14:30. **Ages:** 0 - 5 yrs.

Cost: Free (drop in). **Dates:** 5 Sep - 19 Dec.

Flackwell Heath Methodist Church Parent and Toddler Group

Flackwell Heath, High Wycombe, HP10 9DT. 07979 541874.

- Play & Praise: 9:15 - 11:15. **Ages:** 0 - 5 yrs.

Cost: £1 per session (drop in). **Dates:** 5 Sep - 24 Oct & 7 Nov - 19 Dec.

Fun at One

Amersham Free Church, Woodside Road, Amersham, HP6 6AJ. 01494726816. amershamfreechurch.org.uk.

Times: 13:00 - 14:40. **Ages:** 0 - 5 yrs. **Cost:** £2 per session (drop in).

Dates: 5 Sep - 24 Oct & 7 Nov - 19 Dec.

Magpie Club Baby & Toddler Group

Coleshill Village Hall, Barracks Hill, Amersham, HP7 0LN.

Times: 9:00 - 11:00. **Ages:** 0 - 5 yrs. **Cost:** £3 per session (drop in).

Dates: 5 Sep - 24 Oct & 7 Nov - 19 Dec.

Marlow Library

Institute Road, Marlow, SL7 1BL. www.buckscc.gov.uk.

- Marlow Library Bounce & Rhyme: 11:00 - 11:30.

Ages: 0 - 2 yrs. **Cost:** Free (drop in). **Dates:** 5 Sep - 19 Dec.

Family Nature Days

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Micklefield Community Library

Micklefield Road, High Wycombe, HP13 7HU. 01296 382 415.
www.buckinghamshire.gov.uk

- Bounce and Rhyme, for under 5's with adult: 10:00 - 10:30.

Cost: Free (booking essential). Dates: 5 Sep - 19 Dec.

Small Saints

All Saints Church, Castle Street, High Wycombe, HP13 6RF.
07791 389598. www.allsaintshighwycombe.org

Times: 10:00 - 12:00. Ages: 0 - 5 yrs. Cost: £0.50 per session (drop in).
Dates: 5 Sep - 24 Oct & 7 Nov - 19 Dec.

The Beacon School

The Beacon, 15 Amersham Road, Chesham Bois, Amersham, HP6 5PF.
01494 433654. www.beaconschool.co.uk

- The Beacon - Early Years' Stay and Play: 9:15 - 10:15.

Ages: 2 - 4 yrs. Cost: Free (booking essential). Dates: 19 Sep.

MUSIC & SIGNING

Monkey Music Amersham, Beaconsfield & The Chalfonts

St Teresa's, Beaconsfield, St Teresa's Catholic Church, 40a Warwick Road, Beaconsfield, HP9 2PL. 07765257465.
www.monkeymusic.co.uk

- Heigh-Ho: 9:30 - 10:00. Ages: 1 - 2 yrs.
- Jiggety-Jig: 10:15 - 10:45. Ages: 2 - 3 yrs.
- Rock'n'Roll: 11:00 - 11:30 & 11:45 - 12:15. Ages: 3 mths - 1 yrs.

Cost: £10.95 per session (booking essential).
Dates: 12 Sep - 24 Oct & 7 Nov - 12 Dec.

Moo Music - High Wycombe, Marlow, Beaconsfield & Bourne End

Downley Community Centre, School Close, High Wycombe, HP13 5TR.
07360 745264. www.moo-music.co.uk

- Moo Music (Maxi) in Downley: 10:20 - 11:00. Ages: 1 - 4 yrs.
- Baby Moo in Downley: 11:30 - 12:10. Ages: 2 mths - 1 yrs 6 mths.

Cost: £8.50 per session (booking essential).

Dates: 12 Sep - 24 Oct & 7 Nov - 19 Dec.

Monkey Music Aylesbury & High Wycombe

Risborough Community Centre, Stratton St, Princes Risborough, HP27 9AX. 01494 819138. www.monkeymusic.co.uk

- Ding-Dong: 9:20 - 9:50. Ages: 3 - 5 yrs.
- Heigh Ho: 10:00 - 10:30. Ages: 1 - 2 yrs.
- Jiggety Jig: 10:40 - 11:10. Ages: 2 - 4 yrs.
- Rock n Roll: 11:20 - 11:50. Ages: 3 mths - 1 yrs.

Cost: £9.75 per session (booking essential).

Dates: 26 Sep - 24 Oct & 7 Nov - 19 Dec.

Monkey Music Maidenhead and Windsor

All Saints Church Dedworth, Dedworth Road, Dedworth, Windsor, SL4 4JW. 01494 819138. www.monkeymusic.co.uk

- Monkey Music Heigh-Ho: 9:30 - 10:00. Ages: 1 - 2 yrs.
- Monkey Music Ding-Dong: 10:10 - 10:40. Ages: 3 yrs - 4 yrs.
- Monkey Music Jiggety-Jig: 10:50 - 11:20. Ages: 2 yrs - 3 yrs.
- Monkey Music Rock'n'Roll: 11:35 - 12:05. Ages: 3 - 11 mths.

Cost: £10 per session (booking essential).

Dates: 5 Sep - 24 Oct & 7 Nov - 19 Dec.

Sing and Sign Banbury, Bicester, Brackley & Buckingham

Lace Hill Sports & Community Centre, Catchpin Street, Buckingham, MK18 7RR. 07771 550335. www.singandsign.co.uk

- Sing and Sign Stage 2: 9:45 - 10:30.

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

- Sing and Sign Stage 1: 10:45 - 11:30.

Ages: 6 mths - 1 yrs 2 mths.

- Sing and Sign Babes: 11:45 - 12:30.

Ages: 0 - 6 mths.

Cost: £8.50 per session (booking essential).

Dates: 26 Sep - 24 Oct & 7 Nov - 5 Dec.

CREATIVE

Mucky Ducks Bucks and Hemel

Hemel Hempstead, Great Gaddesden Parish Hall, Dagnall Rd, Great Gaddesden, Hemel Hempstead, HP1 3BW.
www.muckyducksplay.co.uk

- Mucky Ducks Hemel (6-18 months): 10:30 - 11:30.

Cost: £11 per session (booking essential). Dates: 10 Oct.

Sparkles - Speech Therapy for Children with Down's Syndrome

Email for location, High Wycombe, HP10. sparkles.org.uk

- Sparkles Speech Therapy: 9:30 - 14:30. Ages: 0 - 5 yrs.

Cost: Free (booking essential). Dates: 5 Sep - 24 Oct & 7 Nov - 19 Dec.

SWIMMING

Ducks2Water

Cedar Park School, Cedar Avenue, Hazlemere, HP15 7EF.
07455023603. www.ducks2water.com

- Duckling 2 (10-18 m): 12:30 - 13:00 & 14:00 - 14:30.

Ages: 10 mths - 1 yrs 6 mths.

- Duckling 5 (36-60 m): 12:30 - 13:00 & 14:00 - 14:30.

Ages: 3 - 5 yrs.

- Duckling 1 (3-10 m): 13:00 - 13:30.

Ages: 3 - 10 mths.

- Duckling 4 (30-42 m): 13:00 - 13:30.

Ages: 2 yrs 6 mths - 3 yrs 6 mths.

- Duckling 3 (18-30 m): 13:30 - 14:00.

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

- Duckling 6 (36-60 m): 13:30 - 14:00.

Ages: 3 - 5 yrs.

Cost: £12 per session (booking essential). Dates: 12 Sep - 19 Dec.



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Saturdays 16:30 - 18:30pm (Marlow)
Saturdays 9:30 - 11:30am (High Wycombe)

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- Listening skills
- Speaking confidently
- Empathy
- Make friends

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DANCE & DRAMA

Online Academy of Dance

All Saints Church Hall, Oval Way, Chalfont St Peter, Gerrards Cross, SL9 0DE. 07775881829. www.onlineacademy.co.uk.

- Pre-Primary Ballet and Tap Class: 16:45 - 17:30.
- Ages: 4.5 yrs - 5.5 yrs. **Cost:** £9 per session (booking essential).
- Baby Ballet with Melody Bear: 18:17 - 18:47.

Ages: 2.5 yrs - 3.5 yrs. **Cost:** £6 per session (booking essential).

Dates: 12 Sep - 21 Nov.

SATURDAY

PARENTS & TOTS

High Wycombe Library

5 Eden Place, High Wycombe, HP11 2DH. 01296 382415. www.bucksc.gov.uk.

- Storytime: 11:30 - 12:00. **Ages:** 0 - 10 yrs.
- **Cost:** Free (drop in). **Dates:** 6 Sep - 13 Dec.

DANCE & DRAMA

Online Academy of Dance

All Saints Church Hall, Oval Way, Chalfont St Peter, Gerrards Cross, SL9 0DE. 07775881829. www.onlineacademy.co.uk.

- Pre-Primary Ballet and Tap Class: 11:00 - 11:45.

Ages: 4.5 yrs - 5.5 yrs.

Cost: £9 per session (booking essential). **Dates:** 13 Sep - 22 Nov.

PHYSICAL FUN

South Bucks Rugbytots LLP

Thorpe House Lower School, Oval Way, Gerrards Cross, SL9 8QB. 07515754391. www.rugbytots.co.uk.

- Rugbytots 2-3.5 year olds: 8:45 - 9:15 & 10:10 - 10:40.
- **Cost:** £8.50 per session (booking essential).
- Rugbytots 3.5-5 year olds: 9:20 - 10:05 & 10:45 - 11:30.

Cost: £9.25 per session (booking essential).

Dates: 6 Sep - 18 Oct & 1 Nov - 29 Nov.

South Bucks Rugbytots LLP

Ruislip Gardens Primary School, Stafford Road, Ruislip, HA4 6PD. 07515754391. www.rugbytots.co.uk.

- Rugbytots 2-3.5 year olds: 8:45 - 9:15.
- **Cost:** £8.50 per session (booking essential).
- Rugbytots 3.5-5 year olds: 9:20 - 10:05.
- Rugbytots 5-7 year olds: 10:10 - 10:55.

Cost: £9.25 per session (booking essential).

Dates: 6 Sep - 18 Oct & 1 Nov - 29 Nov.

South Bucks Rugbytots LLP

Vaughan Primary School, The Gardens, Harrow, HA1 4EL. 07515754391. www.rugbytots.co.uk.

- Rugbytots 2-3.5 year olds: 8:45 - 9:15.
- **Cost:** £8.50 per session (booking essential).
- Rugbytots 3.5-5 year olds: 9:20 - 10:05 & 10:10 - 10:55.

Cost: £9.25 per session (booking essential).

Dates: 6 Sep - 18 Oct & 1 Nov - 29 Nov.

South Bucks Rugbytots LLP

Castlefield School, The Middleway, High Wycombe, HP12 3LE. 07515754391. www.rugbytots.co.uk.

- Rugbytots 2-3.5 year olds: 9:00 - 9:30.
- **Cost:** £8.50 per session (booking essential).
- Rugbytots 3.5-5 year olds: 9:35 - 10:20 & 10:25 - 11:10.

Cost: £9.25 per session (booking essential).

Dates: 6 Sep - 18 Oct & 1 Nov - 29 Nov.



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CREATIVE

St. Michael's Church

70 Sycamore Rd, Amersham, HP6 5DR. 01494 726680. www.stmichaelsamersham.org.uk

- Messy Church: 11:30 - 13:00.

Ages: 3 - 10 yrs. **Cost:** Free (drop in). **Dates:** 20 Sep, 18 Oct & 15 Nov.

SUNDAY

HEALTH & WELLNESS

Happy Hearts First Aid

St Michael's All Angels Church, Grenfell Road, Beaconsfield, HP9 2BP.
 07522312795. www.happyheartsfirstaid.com.

- Baby & Child First Aid: 10:00 - 12:00.

Cost: £28 per session (booking essential). **Dates:** 5 Oct.

PHYSICAL FUN

South Bucks Rugbytots LLP

Davenies School, Station Road, Beaconsfield, HP9 1AA. 07515754391.
www.rugbytots.co.uk.

- Rugbytots 2-3.5 year olds: 8:45 - 9:15, 10:10 - 10:40.

Cost: £8.50 per session (booking essential).

- Rugbytots 3.5-5 year olds: 9:20 - 10:05, 10:45 - 11:30.

Cost: £9.25 per session (booking essential).

Dates: 7 Sep - 19 Oct & 2 Nov - 30 Nov.

South Bucks Rugbytots LLP

Harvey Road Primary School, Harvey Road, Croxley Green, WD3 3BN.
 07515754391. www.rugbytots.co.uk.

- Rugbytots 2-3.5 year olds: 8:45 - 9:15, 10:10 - 10:40.

Cost: £8.50 per session (booking essential).

- Rugbytots 3.5-5 year olds: 9:20 - 10:05, 10:45 - 11:30.

Cost: £9.50 per session (booking essential).

Dates: 7 Sep - 19 Oct & 2 Nov - 30 Nov.

South Bucks Rugbytots LLP

Amersham School, Stanley Hill, Amersham, HP7 9HH. 07515754391.
www.rugbytots.co.uk.

- Rugbytots 2-3.5 year olds: 9:00 - 9:30.

Cost: £8.50 per session (booking essential).

- Rugbytots 3.5-5 year olds: 9:35 - 10:20 & 10:25 - 11:10.

Cost: £9.25 per session (booking essential).

Dates: 7 Sep - 19 Oct & 2 Nov - 30 Nov.

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Answers

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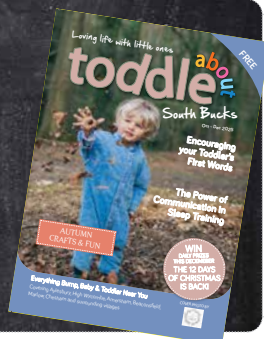


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