

Loving life with little ones

about toddler

MK & Bedford

Jul - Sep 2026

FREE

The Reality of
Work-Life Balance

WHAT'S ON
THIS SUMMER

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KIDS BIKE
worth
£269!

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Newport Pagnell, Olney and the surrounding area



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 **01908 642111**  **WWW.MKPS.CO.UK**

WELCOME



TO THE SUMMER 2026 ISSUE!

Our Summer Edition is here!

Welcome to the summer edition of **Toddle About Milton Keynes & Bedford**. As always, we're delighted to bring you a fresh mix of local news, family-friendly events and expert-led features to help you make the most of family life.

As we head into the summer months, this issue is packed with ideas to keep little ones entertained, from **local events and days out** to activities the whole family can enjoy during the school holidays. We hope our **summer guide** inspires plenty of adventures and special memories.

On a personal note, we wanted to share that we've had a fantastic response since announcing the sale of Toddle About MK & Bedford. There has been lots of interest, and we're hopeful that we'll soon be able to reveal the new owner. It's both an exciting and emotional time for us. While it will be sad to hand over something that has been such a big part of our family life, we're thrilled to see the magazine continue to grow and support local families for years to come.

This issue also features two insightful articles. On pages 18-19, discover **"A Growth Mindset in Action – 10 Ways to Help Your Young Child Foster & Apply a Growth Mindset"**, packed with practical ideas for building confidence and resilience. You can also turn to page 23 for an honest look at the **reality of work-life balance** and the challenges many parents face.

Wishing you all a wonderful summer, and thank you, as always, for your continued support.

Loving life with little ones,
Joanna OWNER & EDITOR

IN THIS ISSUE

Bite Sized News.....	4-5
WIN a Classic Bike!.....	6
Summer Fun Events.....	7
Seasonal Recipe.....	9
Toddle Models.....	10-11
WIN a Summer Bundle!.....	11
Top of the Tots.....	12
WIN a Travel Cot!.....	14
Fab & Funky Products.....	15
Special Vouchers.....	16
Summer Garden Crafts.....	17
Foster a Growth Mindset.....	18-19
VIP Club Reviews.....	20
VIP Subscriber Treats.....	22
Finding a Work-Life balance.....	23
Activity Page: Play & Discover.....	24
WIN a MAZE family ticket!.....	25
Daily Activity Planner.....	26-35
Directory.....	35

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Join us on Whatsapp for important updates!



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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!



Play, Explore & Thrive at John Bunyan Sports and Fitness

John Bunyan Sports and Fitness continues to support early years development through its welcoming activities for babies and



toddlers. Based in Bedford, the centre offers a fun and safe environment featuring a popular soft play area and dedicated sensory room designed to encourage play, exploration and learning. With sessions aimed at supporting movement, social interaction and confidence building, the centre provides families with an inclusive space where little ones can play, discover and thrive together.

For more information, contact John Bunyan Sports and Fitness directly. [See P.9](#)

Scouting Continues to Grow Across Buckinghamshire

Buckinghamshire Scouts has seen strong growth, with Squirrels (ages 4–6) increasing by over 110% and Explorers (ages 14–17) rising by more than 15% in the past two years. Volunteers provide a wide range of activities, helping young people gain skills, confidence and adventure. However, the waiting list has grown by 27%, with nearly 3,400 young people hoping to join. The organisation is seeking volunteers for leadership and support roles, offering opportunities to make a positive impact on local young people.



For more info about becoming a volunteer, please visit www.bucks-scouts.org.uk/join



Kick-Start Their Football Journey with Little Kickers

Inspired by the excitement of the World Cup? Give your child the perfect start to their football journey with Little Kickers. Our fun, non-competitive classes help children aged 18 months to 8 years develop confidence, coordination and social skills through imaginative football-based activities. Every child works towards earning badges and certificates, celebrating key milestones and achievements along the way. It's a fantastic way to keep young football fans active, engaged and learning new skills while having plenty of fun. Book a free trial and discover why families love Little Kickers.

For more info, visit www.littlekickers.co.uk. [See P.6](#)

30 Years of Railway Heritage Celebrated This August

Northampton & Lamport Railway is staging a big three-day gala event over the August Bank Holiday Weekend (29th–31st Aug) to celebrate its 30th Anniversary. The event will include live music, food and drink outlets, craft and gift stalls, children's activities, as well as a special visiting steam engine and lots more. Trains also run every Sunday and other upcoming special events include 'Kids for a Quid' (26th July).

See www.nlr.org.uk for full information, event details and online tickets or follow them on Facebook, Instagram & X. [See P.25](#)





Early Literacy Fun for Babies from 3 Months

Phonics with Robot Reg now runs baby classes from just 3 months old, introducing gentle sensory sessions designed to spark early communication and listening skills. Parents and carers join their little ones in sessions that use nursery rhymes, music, and playful exploration to support early development, helping children discover sounds, rhythm, and language in a calm and nurturing environment while building foundations for literacy skills through sensory play and shared interaction that encourages confidence and curiosity for early literacy skills development.

Call Claire on 07809459658 for more information.

See P.28

Tiny Thrivers Brings Wellness and Emotional Learning to MK

Tiny Thrivers wellness classes for children aged 2–5 are bringing fun and emotional learning to Milton Keynes. Through yoga adventures, active games and take-home recipe cards, little ones build confidence, wellbeing and emotional regulation skills. Founded by Freya, a mother of four, Tiny Thrivers uses research-backed activities to support children's development. Each week explores a different emotion, from "Animal Jump – Happiness" to "Ninja – Frustration", helping children develop the skills they need for a happy, resilient future. Use code **FIRSTBLOCK** to get a gifted class when you sign up to your first term enrolment.

Find out more at www.tinythrivers.com. See P.26-35



Discover the Secret of the Mushroom Men

On sale now! Men Under Shade Book 1: The Secret of the Mushroom Men is a magical children's adventure set in Chuckle Wood Forest. When Rose and Ethan discover a glowing acorn, they uncover fairies, brave Mushroom Men and a secret mission to protect the woods. Full of wonder, friendship and nature-loving fun, it is perfect for young readers who enjoy enchanting stories and imaginative adventures.



Buy now at www.rhymingmoments.co.uk or available on Amazon.

A Play Café Where Parents Get a Break

A play café where you get a real break? Yes, please! Swap the stressful soft play and try something calmer at this brand-new role play room + café. Barista coffee, local bakes, clean and safe play space, takeaway drinks, play sessions and party hire.

Milton Keynes MK8 0AJ. Open 6 days a week. Use code **TODDLE1** for 25% off your first booking.

Book at www.playlane.co.uk and follow @playlanemk on social media. See P.25



win!

BANWOOD CLASSIC BIKE COMPETITION

WIN A BANWOOD 14" CLASSIC BICYCLE WORTH £269

B

BANWOOD

Banwood is the original children's active lifestyle brand, built to last for generations.

The brand is instantly recognisable with its iconic wicker baskets and timeless, luxury design. The luxury bikes, trikes, scooters and skateboards come in a range of parent-friendly colours and the Classic Bicycle range now comes in 14" and 20" to extend the age span of the popular 16". All sizes make a perfect first pedal bike.

The Banwood 14" Classic Bicycle is suitable for children aged 3-6 years.

VISIT WWW.BANWOOD.CO.UK



Enter now at toddle.fun/banwood

Competition closes at midnight on Sun 30th August 2026. T&Cs apply, see website for details.



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Whats App : +447723 475712



Summer Fun

SUMMER FAMILY EVENTS IN MK & BEDS FOR LITTLE ONES

JUL 17 -
AUG 31

THE BEACH

centre:mk. 10am – 6pm daily

No matter the weather, The Beach is the perfect summer day out for little ones. Children can enjoy a giant indoor beach, funfair rides, beach games, face painting and Punch & Judy shows.

With over 100 tonnes of sand, deckchairs and seaside treats, it's a fantastic way to keep the family entertained throughout the school holidays.

Middleton Hall, centre:mk, 24 Silbury Arcade,
Milton Keynes, MK9 3ES

Tel: 01908 398115 [f](#) centremkofficial

www.centremk.com

AUG
25

SUMMER AIR SHOW

Shuttleworth. 9am – 9pm

Experience an unforgettable day of aviation displays, vintage aircraft and family entertainment.

Children can get up close to historic planes, enjoy the attractions and watch spectacular flying displays throughout the day.

Shuttleworth, Alder Drive, Biggleswade, SG18 9DT

Tel: 01767 627927 [f](#) ShuttleworthCollection

www.shuttleworth.org

AUG
16

RAVER TOTS OUTDOOR FESTIVAL

Campbell Park. 1pm – 5pm

A family-friendly festival featuring music, performers, entertainers and activities designed for children and their grown-ups.

Expect dancing, inflatables, games and plenty of opportunities to create lasting family memories.

Campbell Park, Avebury Boulevard, Milton Keynes,
MK9 4AJ

Tel: 01536 512475 [f](#) Raver Tots

www.ravertots.co.uk

JUL
25

COMMUNITY & CULTURE CELEBRATION

MK Museum. 10.30am – 4.30pm

Celebrate the rich and vibrant cultures of Milton Keynes with a free family day packed with live performances, workshops, crafts and interactive activities.

Visitors can enjoy food, music, storytelling and hands-on experiences while exploring the museum's fascinating exhibits.

McConnell Drive, Wolverton, MK12 5EL

Tel: 01908 316222 [f](#) mkmuseum

www.miltonkeynesmuseum.org.uk

AUG
1-2

KITES CONNECT FESTIVAL

Dunstable Downs. 10am – 5pm

Watch colourful kites soar above the Downs and enjoy a fun-filled family day outdoors. Bring a picnic and take in spectacular views across Bedfordshire.

Children can run, play and explore one of the region's most beautiful open spaces.

Whipsnade Road, Dunstable, LU6 2GY

Tel: 01582 500920 [f](#) DunstableDownsNT

www.nationaltrust.org.uk

SEP
4

PUGGLE CLUB

The Higgins Bedford. 10.30am – 2.30pm

A free drop-in session for under-5s featuring crafts, stories and hands-on activities inspired by museum collections.

Perfect for preschool children who enjoy making, exploring and learning through play.

The Higgins Bedford, Castle Lane, Bedford,
MK40 3XD

Tel: 01234 718618 [f](#) TheHigginsBedford

www.thehigginsbedford.org.uk

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journey - discover the
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SUMMER RECIPE:

CHICKEN AND CHEESE MUFFINS

These savoury muffins are a brilliant way of using up left-over chicken from your Sunday roast. They are so easy to make and are perfect for snacks, lunchboxes or picnics for growing little ones.

Ingredients:

2 medium eggs
150ml milk
75g melted butter
170g grated cheddar cheese
100g cooked chicken
1 carrot, finely grated
½ tsp oregano
250g self-raising flour

Bakes: 12 Muffins

Written by
Ciara
Attwell

Method:

1. Preheat the oven to 180°C Fan and line a 12-hole muffin tin with silicone muffin cases.
2. Add the eggs, milk and butter to a large bowl and whisk.
3. Add the grated cheese, cooked chicken and grated carrot and mix with a spoon.
4. Finally, add the oregano and flour and mix just enough so that the ingredients are well combined.
5. Divide the mixture between the 12 muffin cases and bake in the oven for 25 minutes.
6. Allow the muffins to cool for a few minutes in the cases before removing.

These muffins will keep in the fridge for up to 2 days and they can also be frozen, just defrost at room temperature for a couple of hours.

Recipe courtesy of **Ciara Attwell**, founder of **My Fussy Eater**. You can find over 500 family-friendly recipes like this in the My Fussy Eater app - packed with meal plans, shopping lists and inspiration to make feeding your family easier than ever. Find out more at www.myfussyeater.com.



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STRONGER TOGETHER

Fun, friendly and effective fitness classes designed for mums. Bring your little ones along and feel supported every step of the way.

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STRONG MUMS HAPPY BABIES

FIND OUT MORE
www.MajorFitness.co.uk/fitmummy

1 Fit Mummy MK
2 fitmummybootcamp

PARTY PLANS MADE EASY

At John Bunyan Sports and Fitness, planning your next celebration has never been easier. Whether it's **soft play**, or **football**, you'll find a fun activity for their next birthday or special occasion.

Find out more

Scan the QR code to discover more or visit better.org.uk/john-bunyan-sports-and-fitness

BETTER

Follow us for daily updates!

Jul - Sep 2026 Toddle About MK & Bedford 9

TODDLE MODELS

Baby and Toddler Photo Competition Winner

Thank you to everyone who entered our Spring Toddler Models competition!

Congratulations to little Adaline who has won a **Compact Folding 'Be Fun' Balance Bike**, worth £99!

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.



Adaline, 7 months old



Find out more: www.befunwheels.com



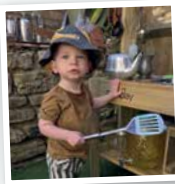
Adaleah, 13 months and Novari, 2 years



Archie, 11 months



Aria, 11 months



Arthur, 17 months



Azlan, 2 years



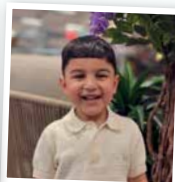
Clara, 2 years and Ryan, 2 days



Dominik, 19 months



Edward, 2 years



Eesa, 3 years



Esmé, 14 months



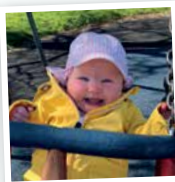
Ethan, 3.5 years



Freddie, 4 years



Freya, 3 years



Hadleigh, 8 months



Harry, 2 years



Helen, 2 years



Imogen, 3 years



Irena, 3 years



Josephine, 2



Kavi, 1 year 7 months



Khadija 7 years, and Zainab, 20 months



Levi, 1 Year 4 Months



Louie, 5 years, Ollie, 20 months



Lucas, 3 years



Millee, 4 years



Naomi, 3 Years



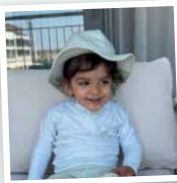
Nathan, 9 months



Olive, 2 years



Otto, 3 years



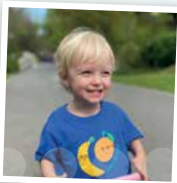
Ranvir, 2 years



Reuben, 4 years



Serenity, 2 years



Travis, 3 years



JJ, 2 years



Pihu, 3 months

COMPETITION

TODDLE MODELS

WIN A PERSONALISED SUMMER BUNDLE FROM MY 1ST YEARS

Get ready for sunshine, smiles, and unforgettable 1sts with this cute summer giveaway.

TWO lucky little explorers (one boy and one girl) will win a personalised summer bundle of goodies, made for every magical adventure - from their 1st family holiday to seaside paddles, park picnics, ice cream dates, and their very 1st day out in the sunshine.

The lucky winner will receive a **personalised backpack**, **summer gift set**, **passport holder set**, **super soft robe**, **hooded towel**, and **bunny companion**. Whether they're travelling abroad or enjoying adventures closer to home, this bundle is perfect for every little explorer.

Browse amazing products at www.my1styears.com



MY
1st years

WORTH
£181

HOW TO ENTER:

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

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

Enter by Sun 6th Sept 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:

PHONICS WITH ROBOT REG 5.0 ★

I wish we could go more often so I can get more time to relax! Claire puts so much effort into every single session and each week is different, so you don't get bored doing the same activities.



Kallie S

5.0 ★ FIT MUMMY MK



If you're looking to get back into feeling a bit more like yourself after having a baby, then look no further than Fit Mummy MK.

Leanne P

5.0 ★ THORNTON COLLEGE



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

Cheyenne S

DAISY FIRST AID 5.0 ★



Learnt a lot and feel confident in how to use first aid with my little one! Jemma is super friendly and lovely! Highly recommend!

Katie-Louise B

SU MURLEY 5.0 ★



Su is a wonderfully engaging and inspiring visiting author. The children loved listening to her sharing her books and discussing the inspiration and ideas behind them.

Liz P

5.0 ★ BORNE TO CREATE



Very impressed with the beautiful baby dress and booties for our granddaughter. You can see that a great deal of work and love has gone into making it.

Sharon F

GET INVOLVED!

LEAVE YOUR OWN REVIEW FOR YOUR FAVOURITE PROVIDERS. FIND THEM HERE:



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★★★★★

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Get ready for Summer getaways with the FoldLite LX™ travel cot by Graco.

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Whether you're home or away, the FoldLite LX is the perfect fit for busy families this summer.

Explore the world of Graco at www.gracobaby.eu/uk



Enter now at toddle.fun/graco

Competition closes midnight Sunday 13th Sept 2026. T&C's apply, see website for details.

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LITTLE ONES



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www.mibandou.com



BABIATORS CHILD SUNGLASSES, FROM £25

These unbreakable kids' sunglasses are perfect for getaways and days out. Delivering 100% UV protection in a flexible, durable frame designed to withstand bending and twisting. Stylish, tough, and toddler-friendly, they are ideal for keeping little ones comfortable and protected on the move.

www.babiators-uk.com



CHILD ID BRACELET, FROM £4.99

Keep little adventurers safe on summer holidays with LittleLife Child ID Bracelets. Designed with a secure closure and space for important contact and medical information, they're ideal for busy days out, holidays and school trips. Comfortable to wear and available in fun colourful designs, they help give parents extra peace of mind wherever adventure takes you.

www.littlelife.com



WE'RE GOING ON A TEDDY HUNT BOOK, £7.99

This soothing lift-the-flap adventure is the ideal gift for babies and toddlers, full of bedtime calm and sleepy magic. Perfect for Julia Donaldson fans, this is the latest book in the Bunnies of Hoppity Hill series, which has sold over 3 million copies.

www.bloomsbury.com



DRESSING SKILLS BEAN BAGS, £29.95

Help little hands master real-world dressing skills with these Dressing Skills Bean Bags from Learning Resources. The bean bags feature illustrations of 8 commonly used items of clothing or shoes on one side, with their matching fastenings on the other. As they use the zip, toggle, buttons, shoelace and more, children become more confident at getting undressed and dressed on their own. All stored in a drawstring bag.

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more and enter:



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BABY & TODDLER CLASSES

FREE CLASS

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GET 10% OFF WHEN BOOKING A TERM FOR ANY MINIS, PRE-SCHOOL OR HOME-ED CLASSES.

clairred@robotreg.co.uk www.robotreg.co.uk

Use code TODDLE10. One code per family.

New customers only. Message Claire 07809 459648.

Other T&C apply. Expires: 31/10/26

10% OFF

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www.better.org.uk

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Expires: 30/09/26

EDUCATION

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www.kumon.co.uk/bedford-north

Expires: 30/09/26

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

07757 548324 | joeyfootballfun@gmail.com

JoeyFootballFun

Rugbytots (MK and Bedford)

0345 3136712 | shauna@rugbytots.co.uk

www.rugbytots.co.uk

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www.bookwhen.com/playlane

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Find Loads More Activities Near You!
www.toddleabout.co.uk



BEADED DIY WIND CHIME

Brighten up your garden with this easy beaded wind chime craft that's perfect for little hands and big imaginations.

WHAT YOU WILL NEED:

- Lollipop Sticks
- String
- Craft Beads and jingle bells
- Gems/stickers to decorate (optional)
- Glue & Scissors



INSTRUCTIONS:

1. Gather your supplies: craft beads, string, lollipop sticks (or sticks), jingle bells, glue, scissors (grown-up use only), and stickers/gems.
2. Tie two sticks together in a cross shape using the colourful string - this is your base.
3. Cut four pieces of string, then thread beads and jingle bells onto each string - as long as you like.
4. Tie these beaded strings onto the sticks, hanging them at different lengths for a fun, varied look.
5. Decorate your wind chime with stickers - flowers, sparkles - whatever you like, let your imagination run wild!
6. Hang your finished wind chime in the garden and enjoy the sounds when they catch the breeze!

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A GROWTH MINDSET IN ACTION

10 Ways To Help Your Young Child Foster & Apply a Growth Mindset

by Louise Treherne



You might have heard many times of the term 'Growth Mindset', coined by the psychologist Dr. Carol Dweck. We know it can have a huge impact on how we see ourselves, the world around us and our capability to be successful. But how on earth do we instil this mindset in our toddlers? And what does a growth mindset in action actually look like?

Let's start by looking at the opposite. A child with a fixed mindset, is a child who believes that their capability is fixed; either they can or can't and they will often shy away from taking risks where the outcome might prove the point that they can't. Tasks are approached with the goal of looking smart, mistakes and hard work simply pull their abilities into question.

WHAT'S THE LONG-TERM IMPACT OF ADOPTING A GROWTH MINDSET?

Fostering a growth mindset in your child takes work but the gains are endless. You're literally setting your child up for success by helping them understand their potential to grow and develop. Our view of ourselves determines everything; how we think, feel and behave. If your child sees themselves as someone capable of growth, they are much more likely to try new things, take risks, accept mistakes and learn from setbacks rather than take them personally.

So how do we do it?

10 SIMPLE WAYS TO FOSTER A GROWTH MINDSET...

1 Praise the process not the outcome: If your child only ever hears you praise the success of the outcome, they learn that is the only thing that matters. Instead, look to praise the specific skills they showed or mindset they applied. It might sound like: *"Wow, you completed the puzzle! What really made me smile was how you kept trying different pieces when they didn't work! It was frustrating, but you kept trying!"*

2 Build the narrative that 'challenge' is good: Very early on, children often learn that being challenged and doing something 'hard' is a negative thing. We can easily change this narrative. Think about how they hear you talk about challenge and find opportunities to say, "This is tricky - this is exciting!" or "I haven't tried this before, learning new things is fun!". We know young children watch and learn from how we respond, so let them see you relish the opportunity to stretch yourself rather than be fearful.

3 Remind them of their progress: Children quickly forget the progress they've made and how far they've come. By reminding them that when they started, they couldn't yet do the activity but now they have mastered it, it helps them to understand that 'can't' doesn't mean forever. This might sound like:

"Remember when you first tried putting your coat on yourself? It was tricky and you couldn't do it... now look. You've been practising and now you can!"

4 Model your own growth mindset in action: The easiest way to show your child a growth mindset in action is to narrate your own inner thoughts. This is beneficial not just for them but also makes us more mindful of the way we speak to ourselves! Let them hear self-compassion and reflection rather than negative self talk. This might sound like:

"I'm getting this wrong, that's ok it's something new to me". Or "I need to give myself a chance to learn how to do this".

5 Learn to laugh at yourself: Learning to laugh at yourself and not taking things too seriously can have a positive impact on your mindset and is a very underrated skill. Teaching our children to put things into perspective and modelling how we can laugh at ourselves when we mess up or make mistakes, means they are much more likely to have a grounded sense of self. This might seem a small thing now, but if they've developed this skill early on, they may be more ready to shrug off a setback or laugh off a misdemeanour as they grow up.

6 Explore the unfamiliar & uncomfortable: Young children love familiarity and predictability. It brings them comfort and confidence. It's also important to find opportunities to try new things and a great way to do this is as a family. Pick an activity that might be new for you all and let your little one see you struggle. It could be climbing, tennis, trampolining... anything goes, but the important thing is they see you getting comfortable with being outside of your comfort zone and being challenged.

7 Model making mistakes: Being accepting of making mistakes rather than crumbling at them is another mark of a growth mindset. You can help your child become more accepting of their own mistakes by modelling this to them. Find opportunities such as when you're cooking and the recipe goes wrong, or while you're drawing or making a birthday card you could misspell a word and show them your reaction. Rather than throw the

cake away or scrunch up the card, say out loud "Oops I got that bit wrong, that's ok I'm learning as I go!". If we want young children to have a positive response to making mistakes, we have to let them see those around them make them and react positively too.

8 Look for the back story: Children are often in awe of those around them who appear to be able to do things they can't. Whether it's their peers or famous people, they often focus on the success and fail to see the back story. What an opportunity while they're young, to help them get curious about what's behind the success! This could be simply saying out loud, "I wonder how they got so good at that?" or "I bet that took lots of hard work".

9 Show me the hard part: Ever heard your little one say, "It's too tricky! I can't do it!"? A simple way of helping a young child develop resilience and a growth mindset is helping them get really specific about which part of a task is challenging. When your little one says they want to give up, try saying "Show me the hard part". This encourages them to identify the particular part they're struggling with and helps them see often, it's just one small part of a task rather than the entire thing. Whether it's a Lego brick that won't attach or a sleeve that's inside out, 'show me the hard part' helps them see that the problem is often surmountable.

10 I can't YET: You've probably heard of the power of the word YET. I can't tie my shoe laces... yet. I can't ride my bike without stabilisers... YET. Why not make a 'YET' wall in your kitchen and get the whole family to write on a post-it note something they can't do YET. I'll never forget the impact it had on my boys when I learnt to drive in my late 30s. If you can choose an activity to write on your post-it note that other people your age typically might be able to do (but you can't yet), it's a really powerful thing to model. And of course as you practise and learn, you might all be able to move your post-it notes to the 'CAN' wall and then choose a new 'YET' activity!



Louise Treherne is Head of Families at The Happy Confident Company, where she leads The Happy Confident Club, providing families with the tools and strategies to turn difficult moments into calm, meaningful conversations. Louise is an ex-teacher, deputy head and now a qualified coach. It's free to join the Happy Confident Club at <https://club.happyconfident.com/>

Toddle About readers can save 20% on journals and activities from The Happy Confident Company using code TOD20 at checkout.



VIP CLUB READER REVIEW:

MEMORY BUNNY KEEPSAKE



Written by Caroline O'Gorman, Toddle About Subscriber

This adorable memory bunny is handmade from your preloved baby clothes, transforming precious fabrics into a keepsake, with embroidered features and optional personalisation including name and date of birth. £45 from www.edieandjoe.com.

I hadn't appreciated how wonderful owning this Memory Bunny would be for our child, not just for us as parents. Our son loves hearing the stories about the clothes it wears, why they are important to us and where they came from.

Our son used to wear a shirt his dad wore when he was little, and now the Memory Bunny wears it too! He is not a five-and-a-half-year-old who usually cuddles teddies, but this one has come everywhere; he has a name and even a mini bed! I think it's the memories and stories associated with a time he can't

remember which mean so much to him and evoke special memories for all of us.

At first, it was hard to think about meaningful clothes being turned into something else, but it is so much better they are made into a tactile Memory Bunny than left in a drawer. It has been beautifully sewn, with the best parts thoughtfully showcased.

Our only dilemma now is whether to let it become well-cuddled and well-worn, or leave it on a top shelf as a keepsake. I think it will have to be the former!

Review has been edited.



Caroline was given this product as a **freebie** for writing this review.

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A young child with blonde hair, wearing a blue knit beanie, a blue waterproof jumpsuit with a crest on the chest, and brown rubber boots, is climbing over a series of vertical wooden posts in a wooded area. The child is looking back over their shoulder with a smile. In the background, there are stacks of old tires and a forest floor covered in fallen leaves.

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The Reality of WORK-LIFE BALANCE

by Tessa Day



Lessons from founder and new mummy Tessa Day, who runs not one, but two businesses

Running a business is often described as a balancing act. Add motherhood into the mix and suddenly that balancing act can feel more like spinning lots of plates at once, hoping none of them fall. As the founder of two businesses and a first-time mum, I've learned that the idea of "work-life balance" is often far from reality - and that's okay.

Becoming a mum was something I had always dreamed about. Working within the children's activities industry meant I spent years supporting families and children's classes across the UK. Through Club Hub UK, I help families discover children's activities, classes and events, while also helping activity providers grow and gain visibility. I loved helping parents discover opportunities for their children, but I also longed to experience that world myself one day - taking my own child along to the very classes I spent so much time promoting and supporting. At times it felt emotional personally too, especially as I struggled with PCOS and our journey to parenthood took longer than we had hoped.

When I finally became a mum, I realised I still deeply loved my work and wanted to continue growing my businesses too. That brought a whole new wave of guilt I wasn't expecting.

I remember going back to work when my baby was just six weeks old to run my long-standing musical theatre kids club, Tessa's Jazz Hands. It wasn't a full-time return to work - it was two hours

on a Thursday! - and when I resumed my Club Hub work, most of it happened during nap times, in the evenings, or in small pockets of time throughout the day.

I quickly realised that working didn't make me any less grateful to be a mum. Continuing to build something I was passionate about helped me still feel like myself during a period where so much of my identity was changing.

One of the biggest lessons I've learned is that balance constantly changes. Some weeks work takes priority, especially in the run up to the Club Hub event. Other weeks family comes first because sleep deprivation or teething have taken over the house. Instead of striving for perfection, I've learned to focus on flexibility.

What keeps me grounded is remembering why I started my businesses in the first place: to create freedom, flexibility, and a better future for my family. Becoming a mum hasn't taken away my ambition - if anything, it's given me even more motivation. I want to create memories, go on more holidays together, build financial security and, hopefully one day, be mortgage free.

I've realised it's okay to love being a mum while still wanting to grow, achieve, and build a successful business alongside it. If you have the passion and motivation for something, becoming a mum doesn't mean your ambitions have to stop - it can simply give them even more purpose.



Tessa Day is the founder of Club Hub UK, helping families discover children's activities, classes, and events across the UK while supporting activity providers and small businesses to grow.
www.clubhubuk.co.uk & www.tessasjazzhands.co.uk

SUMMERTIME SPOTTER

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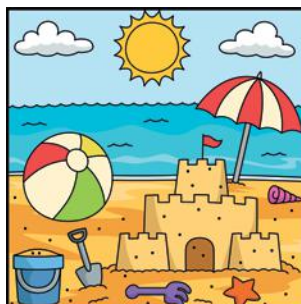


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ANSWERS ON P.35

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MILTON KEYNES



MONDAY

PARENTS & TOTS

Cornerstone Toddlers

Cornerstone Church, 300 Saxon Gate West, Milton Keynes, MK9 2ES. 01908 237777 or 07854 762676. www.cornerstonemk.co.uk.

Times: 10:00 - 11:30. **Ages:** 1 mths - 4 yrs 11 mths.

Cost: £1 (drop in). **Dates:** 6 Jul - 20 Jul & 7 Sep - 28 Sep.

MK Multiples

Kents Hill Community Centre, Kents Hill, Milton Keynes, MK7 6HG.

Times: 10:00 - 12:00. **Ages:** Pregnancy - 5 yrs.

Cost: £4 (drop in). **Dates:** 6 Jul - 28 Sep.

The Rowans Family Centre

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

- **Soft Play:** 10:15 - 11:45.

- **Ragdoll Annas:** 11:45 - 12:30.

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 6 Jul - 20 Jul.

MUSIC & SIGNING

Music Bugs Milton Keynes

Summerlin Centre Station Rd, Woburn Sands, Milton Keynes, 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 (booking essential). **Dates:** 6 Jul - 13 Jul & 7 Sep - 28 Sep.

SENSORY & DEVELOPMENT

Phonics with Robot Reg Milton Keynes

Queensway Methodist Church Hall, Queensway, Bletchley, Milton Keynes, MK2 2HB. 07809 459648. robotreg.co.uk.

- **Phonics with Robot Reg Babies - Queensway Methodist Church Hall:** 11:00 - 11:45.

Gentle sensory play exploring nursery rhymes

Ages: 3 mths - 1 yrs. **Cost:** £8 (booking essential).

Dates: 6 Jul - 13 Jul & 14 Sep - 28 Sep.

Phonics with Robot Reg Milton Keynes

The Quaker Centre, 1 Oakley Gardens, Downhead Park, Milton Keynes, 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 yrs 6 mths - 4 yrs 11 mths. **Cost:** £8 (booking essential).

Dates: 6 Jul - 13 Jul & 14 Sep - 28 Sep.

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: 6 Jul - 13 Jul, 7 Sep - 24 Oct & 2 Nov - 12 Dec.



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PHYSICAL FUN

Play Lane

Play Lane, 16 Cochran Close, Milton Keynes, MK8 0AJ.
www.playlane.co.uk.

• **Play session:** 9:30 - 11:30.

Ages: 0 - 5 yrs. **Cost:** £9 (booking essential). **Dates:** 6 Jul.

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 (booking essential). **Dates:** 6 Jul - 13 Jul & 13 Jul - 28 Sep.

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 - 11:30 (30 min classes).

Ages: 0 - 6 yrs. **Dates:** 6 Jul - 28 Sep.

Cost: £19.50 (booking essential).

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

Times: 10:00 - 12:00 (30 min classes). **Ages:** 0 - 6 yrs.

Cost: £19.50 (booking essential). **Dates:** 6 Jul - 28 Sep.

HEALTH & WELLNESS

Fit Mummy MK

Fit Mummy MK, 24 First Avenue, Bletchley, Milton Keynes, MK1 1DX. 07723 020994. www.majorfitness.co.uk.

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

Group fitness for mums with babies and small children

Cost: £7.50 (booking essential).

Dates: 6 Jul - 13 Jul & 7 Sep - 28 Sep.

PREGNANCY

Vicki Wilkinson Birth & Baby

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

• **Tinies Baby Massage - Milton Keynes:** 11:00 - 12:00.

Ages: 0 - 6 mths. **Cost:** £60 (booking essential).

Dates: 6 Jul - 13 Jul & 7 Sep - 28 Sep.

TUESDAY

PARENTS & TOTS

Milton Keynes Christian Centre Parent and Toddler Group

Milton Keynes Christian Centre, Strudwick Drive, Oldbrook, MK6 2TG. 01908 670655. www.mkkc.org.uk.

Times: 10:00 - 11:00. **Ages:** 0 - 4 yrs. **Cost:** £1 (drop in).

Dates: 7 Jul - 21 Jul & 1 Sep - 29 Sep.

Milton Keynes Libraries

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

• **Song and Rhyme Time:** 10:00 - 10:30.

Ages: 0 - 2 yrs. **Dates:** 7 Jul - 14 Jul & 21 Jul - 29 Sep.

• **Storytime:** 10:45 - 11:15.

Ages: 0 - 5 yrs. **Dates:** 7 Jul - 14 Jul & 21 Jul - 29 Sep.

• **Lego & Duplo Club**

Times: 14:00 - 15:00. **Dates:** 21 Jul - 25 Aug.

Times: 16:00 - 17:00. **Dates:** 7 Jul - 14 Jul & 1 Sep - 29 Sep.

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

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

• **STAY & PLAY:** 10:30 - 11:30.

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

Dates: 7 Jul - 14 Jul & 8 Sep - 29 Sep.

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

• **Storytime:** 11:15 - 11:45.

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

Dates: 7 Jul - 14 Jul & 21 Jul - 29 Sep.

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

• **Lego & Duplo Club:** 15:30 - 16:30.

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

Dates: 7 Jul - 14 Jul & 21 Jul - 29 Sep.

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

• **Tuesday Lego & Duplo Club:** 10:30 - 11:30.

Ages: 0 - 17 yrs. **Cost:** Free (drop in). **Dates:** 21 Jul - 25 Aug.

The Rowans Family Centre

The Rowans Family Centre, 13A Moorfoot, Fullers Slade, Milton Keynes, MK11 2BD. 01908 565852.

• **Baby Weighing Clinic:** 9:30 - 9:30. **Ages:** 0 - 2 yrs.

• **Cha Char Chimps:** 11:30 - 12:15. **Ages:** 0 - 5 yrs.

Dates: 7 Jul - 14 Jul **Cost:** Free (drop in).

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 (drop in).

Dates: 7 Jul - 14 Jul, 28 Jul - 11 Aug, 25 Aug - 8 Sep & 22 Sep - 29 Sep.

MUSIC & SIGNING

Mini Mozart Bedford & Milton Keynes

St Mary & St Giles Church, 1 Church Street, Stony Stratford, Milton Keynes, 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 (booking essential).

Dates: 7 Jul - 14 Jul & 1 Sep - 29 Sep.

Music Bugs Milton Keynes

360 Play, Roebuck Way, Knowhill, Milton Keynes, 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 (booking essential). **Dates:** 7 Jul - 14 Jul & 1 Sep - 29 Sep.

SENSORY & DEVELOPMENT

Phonics with Robot Reg Milton Keynes

Green Park Community Centre, Green Park Drive, Newport Pagnell, Milton Keynes, MK16 0NJ. 07809 459648. www.robotreg.co.uk.

• **Pre-school Phonics with Robot Reg:** 9:45 - 10:30.

Ages: 2 yrs 6 mths - 4 yrs 11 mths. **Cost:** £8 (booking essential).

Dates: 7 Jul - 14 Jul & 15 Sep - 29 Sep.

East Street Community Centre, East Street, Olney, Milton Keynes, 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:** £8 (booking essential).

Dates: 7 Jul - 14 Jul & 15 Sep - 29 Sep.

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 classes).

Ages: 0 - 6 yrs. **Dates:** 7 Jul - 29 Sep.

Cost: £19.50 (booking essential).

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

Times: 10:00 - 10:30. **Ages:** 0 - 6 yrs.

Cost: £19.50 (booking essential). **Dates:** 7 Jul - 29 Sep.

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

Times: 9:00 - 11:00. **Ages:** 0 - 6 yrs. **Dates:** 7 Jul - 29 Sep.

Cost: £19.50 (booking essential).

HEALTH & WELLNESS

Fit Mummy MK

Fit Mummy MK, 24 First Avenue, Bletchley, Milton Keynes, MK1 1DX. 07723 020994. www.majorfitness.co.uk.

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

Group fitness for mums with babies and small children

Cost: £7.50 (booking essential).

Dates: 7 Jul - 14 Jul & 1 Sep - 29 Sep.

WEDNESDAY

PARENTS & TOTS

Jumping Beans Under 5s stay and playgroup

Springfield Community Hall, Springfield, Milton Keynes, MK6 3JH. 07962891680. www.instagram.com.

• **Every Wednesday - All Year Round:** 9:30 - 11:30.

Cost: £4 (booking essential). **Dates:** 8 Jul - 23 Sep.

Milton Keynes Libraries

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

• **STAY & PLAY (Newport Pagnell Library):** 10:30 - 11:30.

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

Dates: 8 Jul - 15 Jul & 9 Sep - 23 Sep.

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

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

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

Dates: 8 Jul - 15 Jul & 22 Jul - 23 Sep.

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

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

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

Dates: 8 Jul - 15 Jul & 9 Sep - 23 Sep.

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

• **Lego & Duplo Club (Newport Pagnell Library)**

Times: 14:30 - 16:30. **Ages:** 0 - 17 yrs. **Dates:** 22 Jul - 26 Aug.

Times: 15:30 - 16:30. **Ages:** 0 - 17 yrs. **Dates:** 8 Jul - 15 Jul & 2 Sep - 23 Sep.

Cost: Free (drop in).

Tiny Thrivers Ltd

Willen Pavilion, 28 Portland Dr, Willen, Milton Keynes, MK15 9JP. 07942005112. www.tinythrivers.com.

• **Stay and Play:** 10:00 - 11:00.

Active play for ages 3 to 4

Ages: 2 - 5 yrs. **Cost:** £9.50 (booking essential). **Dates:** 8 Jul - 15 Jul.

MUSIC & SIGNING

Music Bugs Milton Keynes

The Methodist Church, Silver Street, Stony Stratford, Milton Keynes, 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 (booking essential). **Dates:** 8 Jul - 15 Jul & 2 Sep - 23 Sep.

Ragdolly Annas

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

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

Ages: 0 - 5 yrs.

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

Ages: 0 - 30 yrs.

Cost: £7.95 (booking essential).

Dates: 8 Jul - 15 Jul & 2 Sep - 23 Sep.



WHAT TO EXPECT:

- ✓ High energy classes
- ✓ Hidden learning
- ✓ Develop motor skills
- ✓ Singing and dancing
- ✓ Lots of fun and laughter
- ✓ Preparation for school

ABOUT US:

Phonics with Robot Reg, more than a phonics class - a fun, high-energy early learning experience for babies, toddlers and pre-schoolers in Milton Keynes and the surrounding areas.

For ages 3 months- 6 years.

BOOK NOW

Email: Clairred@robotreg.co.uk
www.robotreg.co.uk

Phonics with Robot Reg

SENSORY & DEVELOPMENT

Phonics with Robot Reg Milton Keynes

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

• **MINIS Phonics:** 10:00 - 10:45. **Ages:** 1 - 3 yrs.

With songs, role play & dancing

• **Pre-school Phonics:** 11:00 - 11:45. **Ages:** 2.5 yrs - 5 yrs.

Fun introduction to Phonics

Cost: £8 (booking essential).

Dates: 8 Jul - 15 Jul & 16 Sep - 23 Sep.

DANCE & DRAMA

Tot Bop

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

- **Tiny Tots (age 1-2.5 yrs) - Summer Classes:** 9:30 - 10:05.
- **Baby Boppers (2.5-5 yrs) - Summer Classes:** 10:20 - 11:05.
- **Funky Monkeys / Groovy Movers Summer Workshop (4-9 yrs):** 11:15 - 15:15.

Dates: 29 Jul - 30 Jul.

HEALTH & WELLNESS

Fit Mummys MK

Fit Mummys MK, 24 First Avenue, Bletchley, Milton Keynes, MK1 1DX. 07723 020994. www.majorfitness.co.uk.

- **Fit Mummys Bootcamp:** 11:00 - 11:45.

Group fitness for mums with babies and small children
Cost: £7.50 (booking essential).

Dates: 8 Jul - 15 Jul & 2 Sep - 23 Sep.

THURSDAY

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: 9 Jul - 16 Jul, 7 Sep - 24 Oct & 2 Nov - 12 Dec.

PARENTS & TOTS

Church Mice

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

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

Dates: 9 Jul - 16 Jul & 3 Sep - 24 Sep.

Milton Keynes Libraries

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

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

Ages: 0 - 17 yrs. **Cost:** Free (drop in). **Dates:** 23 Jul - 27 Aug.

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

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

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

Dates: 9 Jul - 16 Jul & 3 Sep - 24 Sep.

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

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

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

Dates: 9 Jul - 16 Jul & 3 Sep - 24 Sep.

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

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

Dates: 9 Jul - 16 Jul & 23 Jul - 24 Sep.

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

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

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

Dates: 9 Jul - 16 Jul & 3 Sep - 24 Sep.

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

- **Read & Play:** 14:30 - 16:30.

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

Dates: 9 Jul - 16 Jul & 23 Jul - 24 Sep.

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

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

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

Dates: 9 Jul - 16 Jul & 23 Jul - 24 Sep.

Steeple Claydon Baby & Toddler Group

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

Times: 10:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £2.50 (drop in).

Dates: 9 Jul - 16 Jul & 3 Sep - 24 Sep.

The Rowans Family Centre

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

Social baby group

Times: 9:45 - 11:15. **Ages:** Pregnancy - 1 yrs.

Cost: Free (drop in). **Dates:** 9 Jul - 16 Jul.

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 (booking essential). **Dates:** 9 Jul - 16 Jul & 3 Sep - 24 Sep.

SENSORY & DEVELOPMENT

Phonics with Robot Reg Milton Keynes

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

- **Pre-school Phonics with Robot Reg - East Street Community Centre:** 13:30 - 14:15.

Fun introduction to Phonics

Ages: 2 yrs 6 mths - 4 yrs 11 mths. **Cost:** £8 (booking essential).

Dates: 9 Jul - 16 Jul & 17 Sep - 24 Sep.

SWIMMING

Water Babies Bucks & Beds

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

Times: 10:30 - 12:00 (30 min classes).

Ages: 0 - 6 yrs. **Dates:** 9 Jul - 24 Sep.

Cost: £19.50 (booking essential).

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

Times: 13:30 - 15:15. (30 min classes)

Ages: 0 - 6 yrs. **Dates:** 9 Jul - 24 Sep.

Cost: £19.50 (booking essential).

Holiday Inn Hotel, Milton Keynes Central, 500 Saxon Gate West, Milton Keynes, MK9 2HQ. 01295 709221. www.waterbabies.co.uk.
Times: 10:50 - 11:20. **Ages:** 0 - 6 yrs. **Dates:** 9 Jul - 24 Sep.
Cost: £19.50 (booking essential).

HEALTH & WELLNESS

Fit Mummy MK

Fit Mummy MK, 24 First Avenue, Bletchley, Milton Keynes, MK1 1DX. 07723 020994. www.majorfitness.co.uk.

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

Group fitness for mums with babies and small children

Cost: £7.50 (booking essential).

Dates: 9 Jul - 16 Jul & 3 Sep - 24 Sep.

PREGNANCY

Vicki Wilkinson Birth & Baby

Oxley Park Community Centre, Redgrave Drive, Oxley Park, Milton Keynes, MK4 4TA. 07581 559856.

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

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

Dates: 9 Jul - 16 Jul & 3 Sep - 24 Sep.

FRIDAY

PARENTS & TOTS

Milton Keynes Libraries

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

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

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

Dates: 10 Jul - 17 Jul & 4 Sep - 25 Sep.

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

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

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

Dates: 10 Jul - 17 Jul & 4 Sep - 25 Sep.

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

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

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

Dates: 10 Jul - 17 Jul & 11 Sep - 25 Sep.

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

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

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

Dates: 10 Jul - 17 Jul & 24 Jul - 25 Sep.

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

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

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

Dates: 10 Jul - 17 Jul & 24 Jul - 25 Sep.

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

- **Lego & Duplo Club (Olney Library)**

Times: 14:30 - 16:30. **Ages:** 0 - 17 yrs. **Dates:** 24 Jul - 28 Aug.

Times: 15:30 - 16:30. **Ages:** 0 - 17 yrs. **Dates:** 10 Jul - 17 Jul &

4 Sep - 25 Sep. **Cost:** Free (drop in).

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

- **Friday Lego & Duplo Club (Stony Stratford Library):** 15:30 - 16:30.

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

Dates: 10 Jul - 17 Jul & 4 Sep - 25 Sep.

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

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

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

Dates: 10 Jul - 17 Jul & 24 Jul - 25 Sep.

The Rowans Family Centre

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

- **Messy Play:** 9:45 - 9:45. **Ages:** 0 - 5 yrs.

- **Stay and Play:** 9:45 - 11:15. **Ages:** 0 - 5 yrs.

- **Socacots:** 11:30 - 12:15. **Ages:** 1 yrs 6 mths - 5 yrs.

- **Young Parent's Group:** 13:30 - 15:00. **Ages:** 0 - 5 yrs.

Dates: 10 Jul - 17 Jul.

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

Ages: 8 - 16 yrs. **Dates:** 10 Jul - 25 Sep & 10 Jul - 17 Jul.

Cost: Free (drop in).

Tiny Thrivers Ltd

Willen Pavilion, 28 Portland Dr, Willen, Milton Keynes, MK15 9JP. 07942005112. www.tinythrivers.com.

- **Stay and Play:** 13:20 - 14:20.

Active play for ages 3 to 4

Ages: 2 - 5 yrs. **Cost:** £9.50 (booking essential).

Dates: 10 Jul - 17 Jul & 4 Sep - 25 Sep.

Woburn Baby And Toddler Group

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

Times: 9:45 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** £2.50 (booking essential).

Dates: 10 Jul - 17 Jul & 4 Sep - 25 Sep.



Cha Char Chimps

Award-winning entertainment
for pre-school children

Action songs, props and puppets every week.

Fun & COVID safe environment.

Summer shows running during school holidays!

Book online at:

ccchimps.com/milton-keynes-booking-sasha
or email ness@ccchimps.com

MUSIC & SIGNING

Cha Char Chimps - MK South

Newton Leys Pavilion - Friday, Furzey Way, Newton Leys, MK3 5SP. 07445831415. www.ccchimps.com.

Times: 10:00 - 11:00. **Cost:** Free (booking essential).

Dates: 17 Jul, 31 Jul & 7 Aug.

Cha Char Chimps CIC

Cha Char Chimps Old Stratford Community Hall - Fridays 9:45am (Mixed ages up to 4 years), Deanshanger Rd, Old Stratford, MK19 6NL. www.ccchimps.com.

- **Cha Char Chimps Show - Old Stratford:** 9:45 - 10:45.

Cost: Free (booking essential). **Dates:** 10 Jul, 17 Jul & 24 Jul.

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 (booking essential).

Dates: 10 Jul - 17 Jul & 4 Sep - 25 Sep.

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 0-5's

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

Dates: 10 Jul - 17 Jul & 4 Sep - 25 Sep.

SENSORY & DEVELOPMENT

Phonics with Robot Reg Milton Keynes

360 Play, Roebuck Way, Knowhill, Milton Keynes, MK5 8HL. 07809 459648. 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:** 2.5 yrs - 5 yrs.

Cost: £8 (booking essential). **Dates:** 10 Jul & 18 Sep - 25 Sep.

DANCE & DRAMA

Tot Bop

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

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

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

Cost: Free (booking essential).

Dates: 10 Jul - 17 Jul, 7 Sep - 24 Oct & 2 Nov - 12 Dec.

SWIMMING

Water Babies Bucks & Beds

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

Times: 9:30 - 13:00 (30 min classes). **Ages:** 0 - 6 yrs.

Dates: 10 Jul - 25 Sep. **Cost:** £19.50 (booking essential).

Fitness First, Unit B, Stadium Way, West Milton Keynes, MK1 1ST. 01295 709221. www.waterbabies.co.uk.

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

Cost: £19.50 (booking essential). **Dates:** 10 Jul - 25 Sep.

HEALTH & WELLNESS

Fit Mummy MK

Fit Mummy MK, 24 First Avenue, Bletchley, Milton Keynes, MK1 1DX. 07723 020994. www.majorfitness.co.uk.

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

Group fitness for mums with babies and small children

Cost: £7.50 (booking essential).

Dates: 10 Jul - 17 Jul & 4 Sep - 25 Sep.

SATURDAY

PARENTS & TOTS

DadTime

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

Times: 10:00 - 11:30. **Ages:** 0 - 6 yrs. **Cost:** Free (drop in).

Dates: 18 Jul, 15 Aug & 19 Sep.

Milton Keynes Libraries

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

- **Saturday Lego & Duplo Club**: 10:00 - 12:00.

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

Dates: 11 Jul - 18 Jul & 25 Jul - 26 Sep.

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

- **Saturday Lego & Duplo Club**: 11:00 - 12:00.

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

Dates: 11 Jul - 18 Jul & 25 Jul - 26 Sep.

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

- **Saturday Lego & Duplo Club**: 11:00 - 12:00.

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

Dates: 11 Jul - 18 Jul & 25 Jul - 26 Sep.

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

- **Saturday Storytime**: 11:00 - 11:30.

Ages: 0 - 7 yrs. **Dates:** 25 Jul, 22 Aug & 26 Sep.

- **Saturday Lego & Duplo Club**: 10:30 - 11:30.

Ages: 0 - 17 yrs. **Dates:** 1 Aug & 5 Sep.

Cost: Free (drop in).

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 years)**: 8:45 - 9:15.

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

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

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

Cost: Free (booking essential).

Dates: 11 Jul - 18 Jul, 7 Sep - 24 Oct & 2 Nov - 12 Dec.

PHYSICAL FUN

Little Kickers Oxford, Bucks and Northants

Fairfields Primary School, Apollo Ave, Fairfields, Milton Keynes, MK11 4BA. 07503 142496. www.littlekickers.co.uk.

- **Little Kickers**: 8:45 - 9:30. **Ages:** 3 - 7 yrs.

- **Junior Kickers**: 9:35 - 10:20. **Ages:** 1 yrs 6 mths - 5 yrs.

- **Mighty Kickers**: 10:25 - 11:10. **Ages:** 3 yrs 6 mths - 5 yrs.

- **Mega Kickers**: 11:15 - 12:00. **Ages:** 5 - 7 yrs.

Cost: £8.30 (booking essential). **Dates:** 11 Jul - 26 Sep.

Oakgrove Secondary School, Venturer Gate, Milton Keynes, MK10 9JQ. 07503 142496. www.littlekickers.co.uk.

- **Little Kickers**: 8:45 - 9:30. **Ages:** 3 - 7 yrs.

- **Junior Kickers**: 9:35 - 10:20. **Ages:** 1 yrs 6 mths - 5 yrs.

- **Mighty Kickers**: 10:25 - 11:10. **Ages:** 3 yrs 6 mths - 5 yrs.

- **Mega Kickers**: 11:15 - 12:00. **Ages:** 5 - 7 yrs.

Cost: £8.30 (booking essential). **Dates:** 11 Jul - 26 Sep.

The Buckingham School, London Road, Buckingham, MK18 1AT. 07503 142496. www.littlekickers.co.uk.

- **Little Kickers**: 9:35 - 10:20. **Ages:** 3 - 7 yrs.

- **Junior Kickers**: 9:35 - 10:20. **Ages:** 1 yrs 6 mths - 5 yrs.

- **Mighty Kickers**: 10:25 - 11:10. **Ages:** 3 yrs 6 mths - 5 yrs.

- **Mega Kickers**: 10:25 - 11:10. **Ages:** 5 - 7 yrs.

Cost: £8.30 (booking essential). **Dates:** 11 Jul - 26 Sep.

Rugbytots (Milton Keynes & Bedford)

Shenley Brook End School, Walbank Grove, Shenley Brook End, Milton Keynes, 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 (booking essential).

Dates: 11 Jul & 18 Jul - 26 Sep.

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 (booking essential). **Dates:** 11 Jul & 18 Jul - 26 Sep.

SWIMMING

Water Babies Bucks & Beds

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

Times: 8:00 - 13:00 (30 min classes). **Ages:** 0 - 6 yrs.

Cost: £19.50 (booking essential). **Dates:** 11 Jul - 26 Sep.

Milton Keynes University Hospital, Standing Way, Eaglestone, Milton Keynes, MK6 5LD. 01295 709221. www.waterbabies.co.uk.
Times: 9:30 - 10:00. **Ages:** 0 - 6 yrs. **Cost:** £19.50 (booking essential).
Dates: 11 Jul - 26 Sep.

SUNDAY

PHYSICAL FUN

Little Kickers Oxford, Bucks and Northants

Oakgrove Secondary School, Venturer Gate, MK10 9JQ. 07503 142496. www.littlekickers.co.uk.

- **Little Kickers:** 9:35 - 10:20. **Ages:** 3 - 7 yrs.
- **Junior Kickers:** 9:35 - 10:20. **Ages:** 1 yrs 6 mths - 5 yrs.
- **Mighty Kickers:** 10:25 - 11:10. **Ages:** 3 yrs 6 mths - 5 yrs.
- **Mega Kickers:** 11:15 - 12:00. **Ages:** 5 - 7 yrs.

Cost: £8.30 (booking essential). **Dates:** 12 Jul - 27 Sep.

Fulbrook Middle School, Weathercock Ln, Woburn Sands, MK17 8NP. 07503 142496. www.littlekickers.co.uk.

- **Little Kickers:** 8:45 - 9:30. **Ages:** 3 - 7 yrs.
- **Junior Kickers:** 9:35 - 10:20. **Ages:** 1 yrs 6 mths - 5 yrs.
- **Mighty Kickers:** 10:25 - 11:10. **Ages:** 3 yrs 6 mths - 5 yrs.
- **Mega Kickers:** 11:15 - 12:00. **Ages:** 5 - 7 yrs.

Cost: £8.30 (booking essential). **Dates:** 12 Jul - 27 Sep.

Lord Grey Academy, Rickley Ln, Bletchley, MK3 6EW. 07503 142496. www.littlekickers.co.uk.

- **Little Kickers:** 9:35 - 10:20. **Ages:** 3 - 7 yrs.
- **Junior Kickers:** 9:35 - 10:20. **Ages:** 1 yrs 6 mths - 5 yrs.
- **Mighty Kickers:** 10:25 - 11:10. **Ages:** 3 yrs 6 mths - 5 yrs.
- **Mega Kickers:** 11:15 - 12:00. **Ages:** 5 - 7 yrs.

Cost: £8.30 (booking essential). **Dates:** 12 Jul - 27 Sep.

Rugbytots (Milton Keynes & Bedford)

Hazeley Academy, Emperor Dr, Hazeley, Milton Keynes, MK8 0PT. 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 (booking essential).

Dates: 12 Jul & 19 Jul - 27 Sep.

SWIMMING

Water Babies Bucks & Beds

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

Times: 14:30 - 17:30. (30 min classes). **Ages:** 0 - 6 yrs.

Cost: £19.50 (booking essential). **Dates:** 12 Jul - 27 Sep.

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

Times: 11:30 - 12:00. **Ages:** 0 - 6 yrs.

Cost: £19.50 (booking essential). **Dates:** 12 Jul - 27 Sep.

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

Times: 15:00 - 18:30. **Ages:** 0 - 6 yrs.

Cost: £19.50 (booking essential). **Dates:** 12 Jul - 27 Sep.

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 (booking essential).

Dates: 6 Jul - 13 Jul & 7 Sep - 28 Sep.

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: 6 Jul - 20 Jul & 7 Sep - 28 Sep.

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 (booking essential).

Dates: 6 Jul - 13 Jul & 7 Sep - 28 Sep.

DANCE & DRAMA

Tappy Toes Bedford

Lakeview Village Hall, 155 Brooklands Avenue, Wixams, Bedford, MK42 6AB. 07779159710. www.tappytoes.com.

- **Tappy Toes Mixed - Lakeview Village Hall:** 9:05 - 9:50.

Dance and movement class

Ages: 1 - 4 yrs. **Cost:** £7.50 (booking essential).

Dates: 6 Jul - 13 Jul & 7 Sep - 28 Sep.

HEALTH & WELLNESS

John Bunyan Sports and Fitness

John Bunyan Sports and Fitness, Mile Road, Bedford, MK42 9TS. 01234364481. www.better.org.uk.

- **SEND Soft Play:** 17:30 - 18:50.

Ages: 0 - 12 yrs. **Cost:** £2.60 (booking essential). **Dates:** 6 Jul - 13 Jul.

TUESDAY

MUSIC & SIGNING

Ragdolly Annas

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

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

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

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

Dates: 7 Jul - 14 Jul & 1 Sep - 29 Sep.

SWIMMING

Water Babies Bucks & Beds

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

Times: 12:30 - 14:30. **Ages:** 0 - 6 yrs.

Dates: 7 Jul - 29 Sep. **Cost:** £19.50 (booking essential).

HEALTH & WELLNESS

John Bunyan Sports and Fitness

John Bunyan Sports and Fitness, Mile Road, Bedford, MK42 9TS. 01234364481. www.better.org.uk.

• **Pilates:** 10:30 - 11:30.

Ages: 16 yrs.

• **Yoga:** 18:00 - 19:00.

Ages: 16 yrs.

Cost: £6.95 (booking essential). **Dates:** 7 Jul - 8 Sep.

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 (drop in).

Dates: 8 Jul - 23 Sep.

Christ Church Bedford

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

• **Little Fishes (Drop In):** 13:30 - 15:30.

Refreshing drop-in place for new parents and their babies

Ages: Pregnancy - 2 yrs. **Cost:** Free (drop in).

Dates: 8 Jul - 15 Jul & 9 Sep - 23 Sep.

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 (booking essential).

Dates: 8 Jul - 23 Sep.

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 (drop in).

Dates: 8 Jul - 15 Jul & 2 Sep - 23 Sep.

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 (booking essential).

Dates: 8 Jul - 15 Jul & 2 Sep - 23 Sep.

SWIMMING

Water Babies Bucks & Beds

Trinity Arts & Leisure, Bromham Road, Bedford, MK40 2BS. 01295 709221. www.waterbabies.co.uk.

Times: 11:45 - 13:45. **Ages:** 0 - 6 yrs. **Dates:** 8 Jul - 23 Sep.

Cost: £19.50 (booking essential).

HEALTH & WELLNESS

John Bunyan Sports and Fitness

John Bunyan Sports and Fitness, Mile Road, Bedford, MK42 9TS. 01234364481. www.better.org.uk.

• **Yoga:** 9:30 - 10:30.

Ages: 16 yrs. **Cost:** £6.95 (booking essential). **Dates:** 8 Jul - 2 Sep.

PREGNANCY

Mum and Baby Nurture

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

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

Mum and Baby Yoga Ampthill

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

Dates: 9 Jul - 16 Jul & 3 Sep - 24 Sep.

Jolly Tots

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

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

Dates: 9 Jul - 16 Jul & 3 Sep - 24 Sep.

Providence Baptist Chapel Bedford

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

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

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

Dates: 9 Jul - 16 Jul & 3 Sep - 24 Sep.

SWIMMING

Water Babies Bucks & Beds

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

Times: 9:30 - 12:30. **Ages:** 0 - 6 yrs. **Dates:** 9 Jul - 24 Sep.

Cost: £19.50 (booking essential).

Trinity Arts & Leisure, Bromham Road, Bedford, MK40 2BS.

01295 709221. www.waterbabies.co.uk.

Times: 9:00 - 11:15. **Ages:** 0 - 6 yrs. **Dates:** 9 Jul - 24 Sep.

Cost: £19.50 (booking essential).

HEALTH & WELLNESS

John Bunyan Sports and Fitness

John Bunyan Sports and Fitness, Mile Road, Bedford, MK42 9TS. 01234364481. www.better.org.uk.

• **SEND Soft Play:** 17:30 - 18:50.

Ages: 0 - 12 yrs. **Cost:** £2.60 (booking essential). **Dates:** 9 Jul - 16 Jul.

• **Pilates:** 10:30 - 11:30.

Ages: 16 yrs. **Cost:** £6.95 (booking essential).

• **Family SEND Yoga:** 16:30 - 17:30.

Cost: £5.15 (drop in). **Dates:** 9 Jul - 3 Sep.



FRIDAY

PARENTS & TOTS

Christ Church Bedford

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

- **Morning Out:** 9:30 - 11:00.

Ages: 0 - 4 yrs. **Cost:** £2 (drop in).

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

Ages: 9 - 11 yrs. **Cost:** Free (booking essential).

Dates: 10 Jul - 17 Jul & 4 Sep - 25 Sep.

Clophill Toddler Group

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

Times: 10:00 - 11:30. **Ages:** 0 - 3 yrs. **Cost:** £3 (drop in).

Dates: 10 Jul - 17 Jul & 4 Sep - 25 Sep.

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 (drop in).

Dates: 10 Jul - 17 Jul & 4 Sep - 25 Sep.

St Mary's Church, Marston Moreteyne and Liddington

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

- **Tea and Tots:** 9:30 - 11:00.

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

Dates: 10 Jul, 14 Aug, 11 Sep, 24 Jul, 28 Aug & 25 Sep.

MUSIC & SIGNING

Mini Mozart Bedford & Milton Keynes

Putnoe Heights Church, Putnoe Heights, Bedford, MK41 8EB. 0207 319 1983. www.minimozart.com.

Live toddler music classes led by professional musicians

- **Mini Mozart Toddlers:** 9:30 - 10:10. **Ages:** 16 mths - 4 yrs.

- **Mini Mozart Babies:** 10:25 - 11:05. **Ages:** 0 - 16 mths.

Dates: 10 Jul - 17 Jul & 4 Sep - 25 Sep. **Cost:** £12 (booking essential).

SWIMMING

Water Babies Bucks & Beds

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

Times: 9:00 - 11:30. **Ages:** 0 - 6 yrs.

Cost: £19.50 (booking essential). **Dates:** 10 Jul - 25 Sep.

HEALTH & WELLNESS

John Bunyan Sports and Fitness

John Bunyan Sports and Fitness, Mile Road, Bedford, MK42 9TS.
01234364481. www.better.org.uk.

- **Yoga:** 18:00 - 19:00.

Ages: 16 yrs. **Cost:** £6.95 (booking essential). **Dates:** 10 Jul - 4 Sep.

PREGNANCY

Mum and Baby Nurture

St Andrews Church hall, Rectory Lane, Ampthill, MK45 2EL.
0752332389. www.mumbabynurture.com.

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

Ages: Pregnancy. **Cost:** £14 (booking essential).

Dates: 10 Jul - 17 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 (drop in). **Dates:** 18 Jul & 22 Aug.

DANCE & DRAMA

Tappy Toes Bedford

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

- **Tappy Toes Mixed (6 mths - 5 years):** 8:55 - 9:25.

- **Tots Toes - St James Church Barn (2.5 - 4 years):** 8:55 - 9:25.

Cost: £7.50 (booking essential). **Dates:** 11 Jul & 5 Sep - 26 Sep.

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 - 3.5 years):** 9:00 - 9:45.

- **Joey Football Classes (3.5 - 5 years):** 10:00 - 10:45.

- **Joey Football Classes (5 - 7 years):** 11:00 - 11:45.

Dates: 11 Jul - 15 Aug & 5 Sep - 26 Sep.

Rugbytots (Milton Keynes & Bedford)

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

Times: 8:35 - 9:05, 9:10 - 9:40, 9:45 - 10:30, 10:35 - 11:20 & 11:25-12:10. **Ages:** 2 - 7 yrs. **Cost:** £7.50 (booking essential).

Dates: 11 Jul & 18 Jul - 26 Sep.

Redborne Upper School, Flitwick Road, Ampthill, 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 & 11:25-12:10

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

Dates: 11 Jul & 18 Jul - 26 Sep.

SWIMMING

Water Babies Bucks & Beds

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

Times: 12:15 - 17:30. **Ages:** 0 - 6 yrs. **Dates:** 11 Jul - 26 Sep.

Cost: £19.50 (booking essential).

SUNDAY

PHYSICAL FUN

Joey Football

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

- Joey Football Classes (1.5 - 2.5 years): 10:00 - 10:45.
- Joey Football Classes (2.5 - 3.5 years): 10:00 - 10:45.
- Joey Football Classes (3.5 - 5 years): 11:00 - 11:45.
- Joey Football Classes (5 - 7 years): 12:00 - 12:45.

Dates: 12 Jul - 16 Aug & 6 Sep - 27 Sep.

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Family Days Out

Northampton & Lamport Railway.....	4, 25
The Quarry Theatre.....	13

Gifts & Products

Purermama.....	13
----------------	----

Groups & Classes

Cha Char Chimps.....	30
Joey Football.....	35
Little Kickers.....	4, 6
Mini Mozart.....	34
Music Bugs Milton Keynes.....	29
Phonics with Robot Reg Milton Keynes.....	5, 28
Play Lane.....	25
Rugbytots Milton Keynes & Bedford.....	26
Tot Bop.....	17

Health & Pregnancy

Fit Mumy MK.....	9
John Bunyan Sports & Fitness.....	4, 9

Nurseries & Schools

MK Preparatory School & Nursery.....	2
Nurturville Nursery.....	25
Swanbourne House.....	21
The Webber Independent Nursery.....	8
Thornton College.....	36

Professional Services

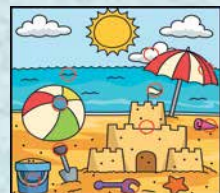
Bedford North Kumon Study Centre.....	14
Simon & Schuster.....	20
Car Seat Ninja.....	17

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