

Loving life with little ones

toddle ^{ab}out

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July - Sept 2026

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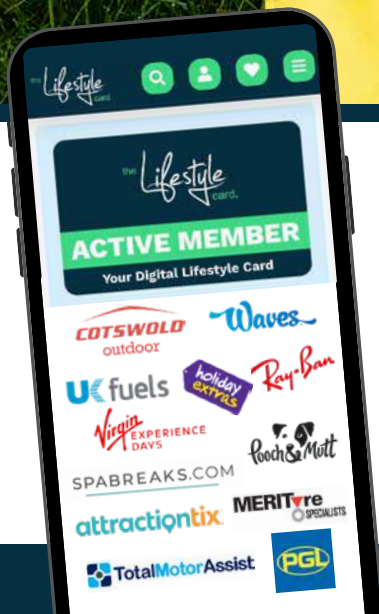
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WELCOME

SUMMER EDITION!



There's something really special about **summer with little ones**. The lighter evenings, spontaneous park trips, family BBQs, camping weekends and those moments that somehow turn into the memories children talk about for years. Like many families this summer, Emily and I are looking forward to slowing things down slightly, spending some real **quality family time together** and making the most of the holidays with Florence and Aurora.

We're especially excited for some **family camping weekends** and outdoor adventures over the summer break. Sometimes the simplest days outdoors end up being the best ones.

Inside this issue, you'll find plenty to help keep the whole family entertained throughout the holidays, **including local events**, trusted recommendations, activities, days out, summer inspiration and lots of **discounts** and **voucher offers**

And if you're anything like most of our readers, we know many of you will head straight for the **Daily Activity Planner** and **Events pages**. They remain some of the most-loved sections of the magazine and are packed with ideas to help fill your summer calendar with family fun.

We're also excited to continue growing across the community with our **Ambassador Programme**. Open to parents and carers who love **discovering and sharing** family-friendly activities, events and days out. Our ambassadors visit local businesses and attractions, create social content, and help other families find great experiences. In return, they enjoy exclusive opportunities and perks. To join in the fun, visit our website or register www.toddle.fun/ambassadors.

We truly hope this issue helps you **discover somewhere new, try something different** and create some lovely summer memories with your little ones.

Enjoy every moment you can.

Bill & Emily

Subscribe FOR FREE today at
www.toddle.fun/subscribe

MEET THE TEAM



Bill & Emily - Owner/Editors



Tim & Ruth - Franchisors

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

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Cover picture:

Thank you to our **Ambassador sologirlmum** with **their little one** for this gorgeous cover photo.

Follow their adventures:

@sologirlmum



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.



Can You Brave the Dragon Quest and Discover the Treasure?

Families looking for a memorable summer holiday day out are invited to step into an epic quest at Discover Bucks Museum as The Great Dragon Adventure arrives from 22nd July - 1st September 2026. Children will love tracking the dragon, having fun with the hands-on challenges and exploring the Museum. Best of all, it's included with your Museum or Roald Dahl Children's Gallery entry.

For opening times and to book visit www.discoverbucksmuseum.org See P.25



Finding Strength Beyond the Break

Local coach Julie Weekes, founder of Beyond the Break Coaching, is helping people navigate the emotional challenges of separation, divorce and major life changes. As an accredited Breakup and Divorce Coach, Julie provides a safe, supportive space to rebuild confidence, gain clarity and move forward positively. Drawing on her own lived experience, she is passionate about helping others feel less alone during difficult times. Julie offers free discovery calls and support tailored to each individual's journey.

Find out more at www.beyondthebreakcoaching.co.uk See P.9



Keep Kids Active This Summer

Tot Bop dance classes give children an age appropriate, inspiring and nurturing introduction to dance, where learning and fun are delivered in equal measures. Their Summer classes and workshops for children aged 1-9 are running at Marsworth Millenium Hall, Tring (27-28 Jul) and at Billington Village Hall, Leighton Buzzard (29-30 Jul). Classes for pre-schoolers (parent/carer participatory) and longer sessions for ages 4-9 including tonnes of dance, craft session and mini disco! Usual classes resume from 7th Sept.

Booking is via the 'Holiday Classes' page on the Tot Bop website. See P.28

More Choices, More Flexibility, More Freedom

Emma, a mum of three and multiple business owner, is passionate about helping other mums create an income that works around family life. She supports women looking to contribute financially, save for important goals or build something of their own, all with flexibility and community at the heart of it.

With no targets or pressure, the opportunity offers a supportive environment designed to fit around busy family schedules..

Scan the QR code to find out more. See P.21



More Than a Party, A Magical Sensory Experience!

Baby Sensory parties are the perfect way to celebrate your baby's special moments, from first birthdays to naming days. Each party is filled with lights, music, bubbles, and sensory play designed for babies. We create a magical, engaging experience that delights everyone and gives parents memories to treasure forever.

To book a party and find out more, visit www.babysensory.com/chesham-amersham See P.30





Summer at Bucks Railway!

There's so much to see and do at Bucks Railway Centre this summer! Open every Sunday (and Wednesday in the holidays), your local heritage railway offers a great range of events for everyone; from quieter Museum Days, to Steaming Days when you can catch a ride on a vintage steam train, to Special Events such as their Emergency Services Day (26 Jul), A Day Out with Thomas (15/16 Aug) and AutoFest (31 Aug). Also this summer holidays, Kids go for just £1 on Museum and Steaming Days (excluding special events).

More details and pre-booking at www.bucksrailcentre.org See P.15



Kick-Start Your Child's Love of Football



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 mths to 8 yrs 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. See P.11

Is Your Little One Starting School this September?

Phonics with Robot Reg invites you to join us for our wonderful Starting School sessions. Join us for some interactive fun to help prepare your child for the start of Reception. We will practise letter recognition, oral blending and motor skills, which are essential for preparing your child for school.

Please contact Pip at pip@robotreg.co.uk for more information and how to book your space! Or visit www.robotreg.co.uk/find-a-class/highwycombe See P.35



Musical Summer Fun for Babies & Toddlers

When term-time classes pause, Monkey Music is ready to keep the fun going with themed summer workshops for babies, toddlers and children up to 4 years old. Filled with music, movement and interactive fun, these sessions are perfect for keeping little ones entertained during the holidays while creating special family memories together this summer.

For more information, visit www.monkeymusic.co.uk/area/aston-clinton-high-wycombe-haddenham-princes-risborough-tring#workshops See P.33



Support Through Every Feeding Stage

Starting solids or navigating the toddler food refusal phase can feel overwhelming, but you don't have to do it alone. At Nourished Nest, Louise will support families with practical, evidence-based strategies to build food confidence, reduce mealtime stress, and encourage a positive relationship with food. Whether you're introducing first foods, managing picky eating, sensory sensitivities, or food refusal, Nourished Nest can help create a realistic plan tailored to your child. Together, we can make mealtimes calmer, happier, and more enjoyable for the whole family.

Visit www.nourishednest.co.uk for more information. See P.13



TODDLE MODELS

Winner



Adaline, 7 months old

Baby and Toddler Photo Competition Winner

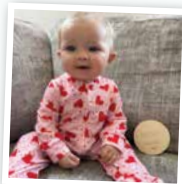
Thank you to everyone who entered our Spring Toddle Models competition!

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.



Find out more: www.befunwheels.com



Addison, 9 months



Alfie, 22 months



Alfie-Alan, 2 years 8 months



Alice, 8 months



Archer, 2 years 1 month



Atlas, 2 years



Audrey, 3 years 9 months



Bella, 1 year 11 months



Caeya, 18 months



Cedri, 22 months



Cleo, 30 months



Daisy, 2 years 11 months



Damien, 1 year 11 months



Doreen, 19 months



Ella, Georgia & James, 4 months, 6 & 11 years



Emile, 2 years 4 months



Eurydice, 6 months



Finn, 2 years 11 months



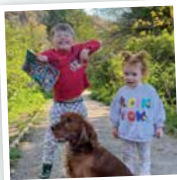
Inaya, 1 year



Lilith, 13 months



Lottie, 2 years 4 months



Miles & Amber, 4 & 2 years



Oakley, 7 months



Olivia, 4 years 3 months



Oscar, 4 years



Phoebe & Veda, 3 years & 6 months



Rafferty, 6 months



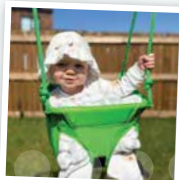
Rosie, 3 years



Rupert, 2 years



Sabina, 1 year 1 month



Savannah, 9 months



Sonny, 3 years



Tallis, 1 year 1 month



Zachary & Hermione, 5 & 2 years



Zora, 3 years 5 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

Summer Fun

SUMMER FAMILY EVENTS IN SOUTH BUCKS FOR LITTLE ONES

JUL 19
&
SEP 6

PRE-LOVED MARKET

Piddlington Village Hall, 9am - 2pm

Free
Event

SAVE money on your summer essentials at the monthly markets for pre-loved kidswear ages 0-12 years. Stock up on the next size to save even more! They also sell your outgrown clothes for you. 50% off sale 19th July 9am-2pm. Shop Autumn/Winter from 6th September and 4th October.

High Wycombe HP14 3BW
www.thekidswearloop.co.uk

Free



JUL 22
-
SEP 1

THE GREAT DRAGON ADVENTURE

Discover Bucks Museum

Embark on a magical dragon adventure at Discover Bucks Museum, where little explorers can follow clues, complete hands-on challenges and track down the missing treasure. A fun-filled family day out packed with imagination, adventure and interactive activities for curious children this summer.

Church Street, Aylesbury, HP20 2QP

www.discoverbucksmuseum.org/whats-on/the-great-dragon-adventure

Prices: Adults £8.55, Children £5, Under 3s free

AUG
15-16

DAY OUT WITH THOMAS

Bucks Railway Centre, 10:30 am - 5pm

All aboard for a fun-filled family adventure as Thomas & Friends returns with the Let's Rock, Let's Roll Tour. Little train lovers can ride behind Thomas, Percy or Mavis, meet Sir Topham Hatt, enjoy singalongs, live shows, games and character hunts, plus explore miniature railways, model trains and fairground-style rides - all included in your ticket for a full day of family fun.

Station Road, Quanton near Aylesbury HP22 4BY

www.bucksrailcentre.org/events/day-out-with-thomas

Prices: Adult: £20.90, Child 2-17: £16.50, Infant Under 2: FREE

AUG
29-31

WELLINGTON HORSE TRIALS

Wellington Estate, 9am - 6pm

Dog
Friendly

Enjoy an unforgettable family day out at Wellington International Horse Trials & Country Fair with pony displays, circus fun, giant games, shopping, live music and plenty of space for little ones to explore and burn off energy.

Highfield Farm, Heckfield, RG27 0LJ

www.wellingtonhorsetrials.co.uk/

Prices from £20, under 11s free.

AUG
29

THE WONDERFUL WIZARD OF OZ

Waterperry Gardens, 2:30pm & 5pm

Join Dorothy, the Tin Woodman, the Scarecrow, the Cowardly Lion and Toto as they encounter munchkins, witches, winged monkeys, enchanted slippers and a Wonderful Wizard! Expect the unexpected in this comedy for all the family, featuring physical humour, fast-paced multi-roling and plenty of laughs for all ages.

Waterperry, Oxfordshire, OX33 1JZ

www.waterperrygardens.co.uk/event/the-wonderful-wizard-of-oz-matinee

Prices from £9

SEP
12

TODDLE ABOUT LIVE!

Sherfield School, 10am - 3pm



Free
Event

Join us for an action-packed day filled with fun, learning, and discovery, bringing together everything from pregnancy to early childhood and beyond. Whether you're a new or expecting parent, have little ones in tow, or just love a great family day out, there's something for everyone at Toddle About LIVE!

South Dr, Sherfield on Loddon, Hook RG27 0HU

www.toddle.fun/live

Free!!

AN ANDROID CHILD IN AN IPHONE WORLD

by Liz McCarthy



When a baby who doesn't sleep turns into a toddler who doesn't talk, a preschooler who doesn't eat, a schoolchild who doesn't sit still it's easy for people to tell us what we're doing wrong.

But what if **you've already tried everything** they suggest, and more? And if anything, it's made things worse. Your child just doesn't respond the way the books say they should.

Gradually, you realise **your child isn't naughty**, spoilt, or badly brought up. They just have different wiring. You've been trying to use iPhone apps on your Android child.

If parenting manuals don't help, school sees the behaviour but not the child, and you feel like the worst parent ever, sometimes you need to **take a step back and look at the bigger picture.**

- What does your child respond well to?
- What do they enjoy?
- What upsets them, scares them, makes them feel angry or unsure?

If your child needs a different approach, **it can feel very lonely.** People think in terms of diagnosis, difference and deficit. It can feel overwhelming, especially when many people are still judging and it seems impossible to get support.

Are you **stuck in a rut and struggling** to parent your neurodivergent child?

Do you need help to **get the support** your child needs at school or nursery, or apply for an EHCP?

Do you just need to know **you're not alone**?

SEND HUGS offers **Help, Understanding, Guidance and Support** to parents of children with special educational needs and disabilities.

If you need HUGS, call Liz on 07930 842137 or email liz@sendhugs.co.uk. For more information, see www.sendhugs.co.uk, SEND HUGS on Facebook or [_send_hugs_](https://www.instagram.com/_send_hugs_) on Instagram.



ADVERTORIAL

Julie Weekes
Breakup & Divorce Coach Practitioner

Going Through a Breakup or Divorce?

Feeling overwhelmed, stuck, or unsure what comes next?

Beyond The Break Coaching helps people rebuild confidence, regain clarity and move forward after relationship breakdown.

Scan the QR code and Book your **FREE** Discovery Call today.



Your next chapter begins with one conversation

www.beyondthebreakcoaching.co.uk



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SUMMERTIME SPOTTER

CAN YOU FIND ALL THESE THINGS IN THE GREAT OUTDOORS?



CHEEKY CHARLIE HUNT!

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



Ladybird



Bird



Cloud



Flower



Feather



Nest



Rock



Spiderweb



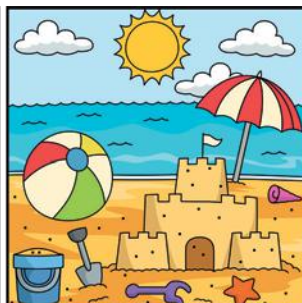
Water



Bumblebee

SANDY SEARCH

CAN YOU SPOT THE 10 DIFFERENCES?



ANSWERS ON P.39

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

Bakes: 12 Muffins

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.



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.



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.



Free Trial



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your FREE TASTER SESSION



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THIS ISSUE YOU COULD REVIEW:

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WWW.SMYTHSTOYS.COM

INFANTINO 'YOU ARE MY SUNSHINE' POP-UP BALL PIT, WORTH £24.99

WWW.AMAZON.CO.UK



NATURAL HISTORY MUSEUM DINOSAUR PROJECTOR WATCH, WORTH £10

WWW.AMAZON.CO.UK



MOOSICOLOGY BUNDLE, WORTH £155.97

WWW.MOOSICOLOGY.COM



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WWW.SLIPFREE.CO.UK

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ORCHARD TOYS ALPHABET BINGO, WORTH £9.99

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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. Subscribe to Toddle About FOR FREE and you can do the same! Discover the products up for grabs right now at www.toddle.fun/vip-reviews



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Nutritional Therapist**

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Enjoyable**

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- Toddler food refusal
- Child selective eating, sensory sensitivities & neurodivergence
- Gut issues & food intolerances
- Mealtime anxiety

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Discovery call
here!

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TITCHY TODDLERS

Exclusive under 5s sessions at the
Roald Dahl Museum, 10am to 12pm

Next dates

- Friday 18 September
- Monday 12 October
- Friday 13 November
- Monday 16 November
- Monday 7 December

£7 per child (2 adults free)

Plus look out for Titchy Fox Cub sessions in the summer holidays on 30 July and 5 August

The Roald Dahl Museum
Great Missenden, Bucks
[book at roalddahlmuseum.org](http://book.at.roalddahlmuseum.org)



Follow us for daily updates!



SUMMER FUN PRODUCTS

THE LATEST AND FUNKIEST PRODUCTS FOR YOUR LITTLE ONES



BANDOU HEADPHONES, FROM £28

Say goodbye to headphones your little one refuses to wear. Bandou is a soft, cosy headband with built-in speakers that kids actually keep on - perfect for car journeys, flights and screen time at home. With volume limited to 90dB to protect tiny ears, a machine-washable design, and adorable animal characters to choose from, these headphones are the solution parents have been wishing for.

www.mybandou.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.

Buy from www.learningresources.co.uk



WIN THIS!

Scan to find out more and enter:





BANWOOD CLASSIC BIKE COMPETITION

WIN A BANWOOD 14" CLASSIC BICYCLE WORTH £269



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.



SUMMER HOLIDAY DISCOUNTS!
CHILD TICKETS: £1

Valid on Steaming Days & Museum Days
29th July to 30th Aug



STATION ROAD, QUANTON, AYLESBURY HP22 4BY
CHECK OUT ALL OUR EVENTS AT:
WWW.BUCKSRAILCENTRE.ORG



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- ✓ Cheaper than buying
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- ✓ Convenient and locally based



Visit www.recelebrate.co.uk Reduce, Reuse, RECELEBRATE!

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The perfect party entertainment for under 5's!
WWW.RIDEONTIMEHIRE.COM
RIDEONTIME
MILES OF SMILES

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THE PATH TO PASSION

**YOUR PASSIONS MAKE YOU A BETTER MUM.
HERE'S HOW TO FIND THEM AGAIN.**



I know the feeling well. The sense that wanting something for yourself – time, space, an interest that has nothing to do with anyone else's needs – somehow makes you a lesser parent. I felt it too, and it's the reason I started Passion Collective in 2014 when I was navigating new motherhood, a demanding career and wondering how on earth other people managed to keep doing the things they loved. Were they just better at this thing called life? They weren't. They'd simply stopped waiting for permission.

THE TRUTH ABOUT "MUM GUILT"

The "Mum Guilt" that rears its ugly head whenever we think about – let alone spend time with – our own passions is a sign that we care. That love is rarely something we want to leave behind. However, the guilt is telling us that we've bought into a story that isn't necessarily true; that a good mother always puts herself last, and wanting more is something to be ashamed of.

The research tells a different story. When we engage consistently with what we love (what academics call "harmonious passions"), we're less stressed, more present, and more patient.

BECOME A PROUD DABBLER

The main barrier we all have is time. We are running through our days, and the thought of dedicating a few hours to anything beyond the day-to-day can feel totally out of reach.

This is where "dabbling" comes in – and bear with me, because it gets an unfair reputation!

We tend to think of dabbling as half-hearted, uncommitted, what you faff around with before

you find your "real" passion. But in my book, *Born to Buzz*, I make the case for being a Proud Dabbler: someone who explores with curiosity and without the pressure to excel or turn a hobby into a million-pound side hustle.

Dabbling is how most people actually find what lights them up. It means we don't have to wait for that thunderbolt moment of clarity; we can try a series of small, low-stakes experiments that gradually point us toward our passions.

AN EASY WAY TO START

First, promise yourself you'll allow one hour this weekend to dabble. If you need to, get your spouse to cover, or even book a babysitter for an hour! Then, start with one thing that makes you even slightly curious. Try it without expectation. If it sparks something, stay with it. If it doesn't, note what you'll do next.

Now, here's the most important step. If you're comfortable, share your dabbling with a friend. Let's say you've got back into knitting, and for that hour, you knitted half a scarf. It may be unfinished, and perhaps imperfect. Do not let that stop you – share your "dabbling" with someone close to you who'll support you. Tell them what you've done – something like "Ta-da! Look what I've done!" – and see how that feels. Remember that their reaction doesn't matter (although they'll probably be amazed at your progress). Instead, you're proudly embracing your "dabbling".

Above all, even on those long days, remember that you haven't lost yourself in parenthood. You've just been last on your own list for a while. Dabbling is how you find your way back.



*Laura Best is a keynote speaker, coach and bestselling author of *Born to Buzz: How to Spark Your Passions (Without Quitting It All)*. She founded Passion Collective in 2014 to help people rediscover what it means to truly love their lives again. She's also both a mum and stepmum, and can be found at www.passioncollective.co*



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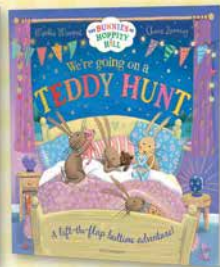
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A GROWTH MINDSET IN ACTION

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/>

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PUT DOWN THE APP YOUR BABY NEEDS YOU

On why no algorithm can replace the one thing your baby actually needs most by Norland Nanny and sleep consultant Melanie



Picture this. It's the middle of the night. Your baby has woken up, again, and you're sitting in the dark, scrolling through your sleep tracking app, desperately looking for a reason. A pattern. An answer.

I see this all the time. And I understand it completely. When you're running on empty, data feels like control. But here's what I want every tired parent reading this to hear: **the app is not your friend at 3am.** It's a spreadsheet. And a spreadsheet cannot love your baby.

I'm Melanie, a Norland Nanny and sleep consultant. I've supported hundreds of families through sleep challenges, and I can tell you with certainty: every single thing I do is for your child and your family. Not for a metric. Not for keeping you tapping on a screen.

AI sleep apps can be useful for logging patterns and lightening your mental load, and I'd never dismiss that when you're exhausted. But they cannot tell you that your baby's wake-ups are linked to a developmental leap she's going through. They can't hear the wobble in your

voice when you say "I think I'm doing this wrong." And they absolutely cannot look you in the eye and say: **you're not doing anything wrong. You're doing brilliantly.**

That's what I'm here for.

When I work with a family, I start by asking what you actually want. Not what the guidelines say. Not what worked for someone else's baby. **What works for your life, your baby, your household.** And then we build something around that together.

Your instincts as a parent are good. Sleep deprivation just makes them very hard to hear. My job is to help you trust them again.

No app can do that. But a real human, who is completely in your corner? Absolutely.



Melanie is a Norland Nanny and sleep consultant. Scan the QR code to access the dedicated sleep library, packed with expert advice, videos, and practical tips.

Visit www.melaniehastings.sleepnanny.co.uk to find out more and to get in touch.

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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

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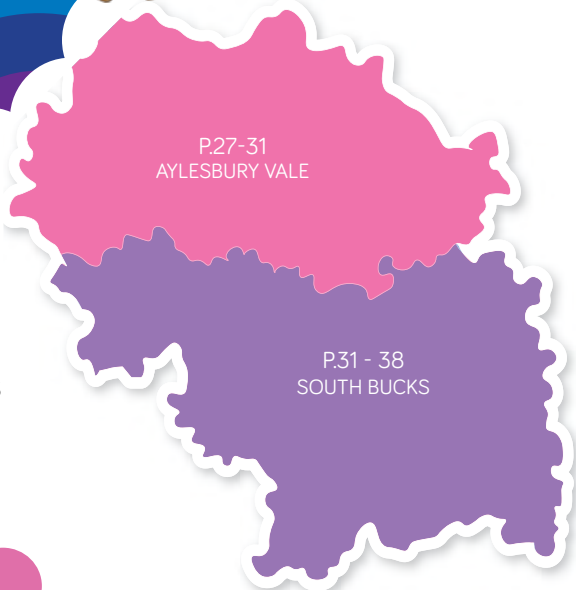
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- Rock n Roll: 10:50 - 11:20. **Ages:** 3 mths - 1 yrs.

Cost: £9.75 per session (must book).

Dates: 13 Jul & 7 Sep - 19 Oct.

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

- Rock'n'Roll: 10:50 - 11:20. **Ages:** 3 mths - 1 yrs.
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- Auto Fest: 10:30 - 17:00.

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TUESDAY

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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.

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Wendover Community Library

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

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

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 14 Jul - 27 Oct.

DANCE & DRAMA

Tot Bop

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: £9 per session (must book).

Dates: 14 Jul & 8 Sep - 20 Oct.

WEDNESDAY

PARENTS & TOTS

Discover Bucks Museum

Church Street, Aylesbury, HP20 9QP. 01296 331441.
www.discoverbucksmuseum.org.

- Stay & Play Café: 10:00 - 12:00. **Ages:** 0 - 5 yrs.

Cost: £2 per session (drop in). **Dates:** 15 Jul & 9 Sep - 21 Oct.

- Roald Dahl Children's Gallery: 10:00 - 17:00.

Ages: 3 - 15 yrs. **Cost:** £5.50 per session (must book).

Dates: 22 Jul - 26 Aug.



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.

Cost: Free (drop in). **Dates:** 15 Jul & 2 Sep - 21 Oct.

MUSIC & SINGING

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.
- Rock n Roll: 11:20 - 12:00 & 12:15 - 12:45 **Ages:** 3 - 12 mths.

Cost: £9.75 (must book). **Dates:** 15 Jul, 2 Sep - 21 Oct

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 (must book). **Dates:** 15 Jul & 2 Sep - 21 Oct.

SENSORY & DEVELOPMENT

Phonics with Robot Reg Aylesbury and Surrounding Villages

Wingrave Community Centre, Church St, Wingrave, Aylesbury,
HP22 4PE. 07568595592. www.robotreg.co.uk.

- Minis Class: 9:45 - 10:30. **Ages:** 1 yrs - 2.5 yrs.
- Preschool Class: 10:45 - 11:30. **Ages:** 2.5 yrs - 4 yrs.

Cost: £8.50 per session (must book).

Dates: 9 Sep - 28 Oct.

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: £9 per session (must book). **Dates:** 15 Jul, 9 Sep - 21 Oct.

PREGNANCY

The Village Midwife - Buckinghamshire (Wendover & Hughenden, High Wycombe)

The Village Midwife HQ, 2 Holly Court, Tring Road, Wendover,
HP22 6PE. 07801990768. www.thevillagemidwife.co.uk.

- Bucks Hypnobirthing Workshops: 19:00 - 21:00.

Dates: 23 Sep - 30 Sep.

OTHER

Buckinghamshire Railway Centre

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

- Summer Steamings: 10:30 - 17:00.

Dates: 29 Jul - 26 Aug.

THURSDAY

PARENTS & TOTS

Southcourt Family Hub

Aylesbury College Campus, Oxford Road, Aylesbury, HP21 8PD. 01296 383293. familyinfo.buckinghamshire.gov.uk.

- My First Playtime: 10:00 - 11:30. **Ages:** 0 - 1 yrs.

Cost: Free (drop in). **Dates:** 16 Jul & 3 Sep - 22 Oct

Best Start Family Hub Elmhurst

Elmhurst School, Dunsham Lane, Aylesbury, HP20 2DB. 01296 383293. familyinfo.buckinghamshire.gov.uk.

- Play and Explore (Elmhurst): 13:30 - 15:00. **Ages:** 0 - 5 yrs.

Cost: Free (drop in). **Dates:** 16 Jul & 3 Sep - 22 Oct.

Discover Bucks Museum

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

- Roald Dahl Children's Gallery: 10:00 - 17:00.

Ages: 3 - 15 yrs. **Cost:** £5.50 per session (must book). **Dates:** 23 Jul - 27 Aug.

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:** 16 Jul & 3 Sep - 22 Oct.

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: 16 Jul & 3 Sep - 22 Oct.

Toybox and Babybox

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

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

Cost: Free (must book). **Dates:** 16 Jul & 3 Sep - 22 Oct.

Wendover Community Library

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

- Duplo Club : 14:00 - 15:00.

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 16 Jul - 23 Jul.

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 (must book).

Dates: 16 Jul & 3 Sep - 22 Oct.

SENSORY & DEVELOPMENT

Phonics with Robot Reg Aylesbury and Surrounding Villages

Stoke Mandeville Community Centre, Eskdale Rd, Stoke Mandeville, Aylesbury, HP22 5UJ. 07568595592. www.robotreg.co.uk.

- Minis Class: 9:45 - 10:30. **Ages:** 1 yrs - 2.5 yrs.
- Preschool Class: 10:45 - 11:30. **Ages:** 2.5 yrs - 4 yrs.

Cost: £8.50 per session (must book).

Dates: 10 Sep - 29 Oct.

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CREATIVE

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 (must book). **Dates:** 16 Jul & 3 Sep - 22 Oct.

DANCE & DRAMA

Tot Bop

Nora Grace Hall, Faversham Close, Tring, HP23 5BA. 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: £9 per session (must book).

Dates: 16 Jul & 10 Sep - 22 Oct.

FRIDAY

PARENTS & TOTS

Berryfields Family Hub

John Fitzjohn Avenue, Aylesbury, HP18 0FG. 01296 383293. familyinfo.buckinghamshire.gov.uk.

- My First Playtime: 10:00 - 11:30. **Ages:** 0 - 1 yrs.

Cost: Free (drop in). **Dates:** 17 Jul & 11 Sep - 23 Oct.

Southcourt Family Hub

Aylesbury College Campus, Oxford Road, Aylesbury, HP21 8PD. 01296 383293. familyinfo.buckinghamshire.gov.uk.

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

Cost: Free (drop in). **Dates:** 17 Jul & 11 Sep - 23 Oct.



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Discover Bucks Museum

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

- Roald Dahl Children's Gallery: 10:00 - 17:00.

Ages: 3 - 15 yrs. **Cost:** £5.50 per session (*must book*).

Dates: 24 Jul - 27 Aug.

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:** 24 Jul, 7 Aug, 21 Aug, 4 Sep, 18 Sep, 2 Oct, 16 Oct & 30 Oct.

SENSORY & DEVELOPMENT

Baby Sensory Chesham & Amersham

St. Martha's Methodist Church, 14 Chapel Street, Tring, HP23 6BL. 07557647231. www.babysensory.com.

- Birth to 13 months - Tring: 10:00 - 11:00.
- Birth to 6 months - Tring: 11:40 - 12:40.

Cost: £11.50 per session (*must book*).

Dates: 11 Sep - 16 Oct.

SATURDAY

PARENTS & TOTS

Discover Bucks Museum

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

- Festival of Archaeology: 10:00 - 16:00. **Dates:** 18 Jul.
- The Saxons Weekend: 10:00 - 18:00. **Dates:** 1 Aug.

Cost: £3 per session (*must book*).

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:** 18 Jul - 24 Oct.

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:** 18 Jul - 24 Oct.

DANCE & DRAMA

Tot Bop

The Anthony Hall, 33 London Road, Aston Clinton, Aylesbury, HP22 5HG. 01525 237474 / 07775 582791. www.totbop.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): 10:45 - 11:30.
- Groovy Movers (age 5-9; school years 1-4): 11:45 - 12:30.

Cost: £9 per session (*must book*).

Dates: 18 Jul & 12 Sep - 24 Oct.

PREGNANCY

The Village Midwife - Buckinghamshire (Wendover & Hughenden, High Wycombe)

The Village Midwife HQ, 2 Holly Court, Tring Road, Wendover, HP22 6PE. 07801990768. www.thevillagemidwife.co.uk.

- Toddler Workshops: 14:00 - 16:30.

Ages: 1 - 2 yrs. **Cost:** £89 per session (*must book*).

Dates: 19 Sep, 3 Oct & 18 Oct.

PHYSICAL FUN

Little Kickers Oxford, Bucks & Northants

The Kingsbrook School, Armstrongs Flds, Bierton, Aylesbury, HP22 7BR. 07503 142496. www.littlekickers.co.uk.

- Little Kickers: 8:45 - 9:30 & 9:35 - 10:20. **Ages:** 1.5 - 2.5 yrs.
- Junior Kickers: 9:35 - 10:20. **Ages:** 2.5 yrs - 3.5 yrs.
- Mighty Kickers: 8:45-9:30 & 10:25 - 11:10. **Ages:** 3.5-5 yrs.
- Mega Kickers: 11:15 - 12:00. **Ages:** 5 - 7 yrs.

Cost: £8.30 per session (*must book*).

Dates: 18 Jul - 24 Oct.

Little Kickers Oxford, Bucks & Northants

Berkhamsted Pre-Prep School, Chesham Road, Berkhamsted, HP4 2SZ. 07503 142496. www.littlekickers.co.uk.

- Little Kickers: 8:45 - 9:30. **Ages:** 3 - 7 yrs.
- Junior Kickers: 9:35 - 10:20. **Ages:** 2.5 yrs - 3.5 yrs.
- Mighty Kickers: 10:25 - 11:10. **Ages:** 3.5 yrs - 5 yrs.
- Mega Kickers: 11:15 - 12:00. **Ages:** 5 - 7 yrs.

Cost: £8.30 per session (*must book*).

Dates: 18 Jul - 24 Oct.

OTHER

Buckinghamshire Railway Centre

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

- Day Out With Thomas: 10:30 - 17:00.

Ages: 1 - 12 yrs. **Cost:** £16.50 per session (*must book*).

Dates: 15 Aug - 16 Aug & 17 Oct - 18 Oct.

SUNDAY

PARENTS & TOTS

Discover Bucks Museum

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

- The Saxons Weekend: 10:00 - 17:00.

Cost: £3 per session (*must book*). **Dates:** 2 Aug.

PHYSICAL FUN

Little Kickers Oxford, Bucks & Northants

Sir Henry Floyd Grammar School, Oxford Rd, Aylesbury, HP21 8PE. 07503 142496. www.littlekickers.co.uk.

- Little Kickers: 8:45 - 9:30. **Ages:** 1.5 - 2.5 yrs.
- Junior Kickers: 9:35 - 10:20. **Ages:** 2.5 yrs - 3.5 yrs.
- Mighty Kickers: 10:25 - 11:10. **Ages:** 3.5 yrs - 5 yrs.
- Mega Kickers: 11:15 - 12:00. **Ages:** 5 - 7 yrs

Cost: £8.30 per session (*must book*). **Dates:** 19 Jul - 25 Oct.

Little Kickers Oxford, Bucks & Northants

Wendover Memorial Hall, Wharf Rd, Wendover, Aylesbury, HP22 6HF. 07503 142496. www.littlekickers.co.uk.

- Little Kickers: 8:45 - 9:30. **Ages:** 3 - 7 yrs.
- Junior Kickers: 9:35 - 10:20. **Ages:** 1.5 yrs - 5 yrs.
- Mighty Kickers: 10:25 - 11:10. **Ages:** 3.5 yrs - 5 yrs.
- Mega Kickers: 11:15 - 12:00. **Ages:** 5 - 7 yrs.

Cost: £8.30 per session (*must book*).

Dates: 19 Jul - 25 Oct.



SOUTH BUCKS AREA

MONDAY

PARENTS & TOTS

Amersham Library

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

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

Cost: Free (*must book*). **Dates:** 13 Jul - 26 Oct.

Holmer Green Tiddlywinks

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

- Tiddlywinks: 13:30 - 15:00.

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

Dates: 13 Jul - 20 Jul & 7 Sep - 19 Oct.

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: 13 Jul - 20 Jul & 7 Sep - 19 Oct.

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: 13 Jul - 20 Jul & 31 Aug - 19 Oct.

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 in Wendover: 10:00 - 12:00.

Cost: £28 per session (*must book*). **Dates:** 30 Aug.

PREGNANCY

The Village Midwife - Buckinghamshire (Wendover & Hughenden, High Wycombe)

The Village Midwife HQ, 2 Holly Court, Tring Road, Wendover, HP22 6PE. 07801990768. www.thevillagemidwife.co.uk.

- Toddler Workshops: 14:00 - 16:30. **Ages:** 1 - 2 yrs.

Cost: £89 per session (*must book*). **Dates:** 19 Jul.

OTHER

Buckinghamshire Railway Centre

Station Road, Quainton, Nr Aylesbury, HP22 4BY.

01296 655720. www.bucksrailcentre.org.

- Museum Day: 10:30 - 17:00.

Dates: 19 Jul, 6 Sep, 20 Sep & 11 Oct.

- Emergency Services Day: 10:30 - 17:00. **Dates:** 26 Jul.
- Summer Steamings: 10:30 - 17:00. **Dates:** 2 Aug - 30 Aug.
- Tea & Tour: 10:30 - 17:00. **Dates:** 2 Aug.
- Museum Day Kids for £1: 10:30 - 17:00.

Dates: 9 Aug & 23 Aug.

- Steaming Day: 10:30 - 17:00.

Dates: 13 Sep, 27 Sep & 25 Oct.

MUSIC & SIGNING

Monkey Music Amersham Beaconsfield and the Chalfonts

Community Centre, Chiltern Lifestyle Centre, Chiltern Avenue, Amersham, HP6 5AH. 01494716861.

www.monkeymusic.co.uk.

- Ding Dong: 8:15 - 8:45 & 12:30 - 13:00. **Ages:** 3 - 4 yrs.
- Jiggety Jig: 9:00 - 9:30. **Ages:** 2 - 3 yrs.
- Heigh Ho: 9:45 - 10:15. **Ages:** 1 - 2 yrs.
- Rock n Roll: 10:30 - 11:00. **Ages:** 3 mths - 1 yrs.

Cost: £10.95 per session (*must book*). **Dates:** 7 Sep - 19 Oct.

Monkey Music Aylesbury & High Wycombe

Wrights Meadow Centre, Wrights Meadow Road,

High Wycombe, HP11 1SQ. 01494 819138.

www.monkeymusic.co.uk.

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

Cost: £10.50 per session (*must book*). **Dates:** 7 Sep - 19 Oct.

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

Christ Church, 18 Oxford Road, Marlow, SL7 2NL.
07360 745264. www.moo-music.co.uk.

- **Maxi Moo: 10:20 - 11:00. Ages:** 1.5 yrs - 4 yrs.
- **Baby Moo: 11:30 - 12:10. Ages:** 1 mths - 1 yrs.

Cost: £9.50 per session (*must book*).

Dates: 13 Jul & 7 Sep - 19 Oct.

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.

- **Juniors: 9:30 - 10:15. Ages:** 1.5 yrs - 3 yrs.
- **Toddlers: 10:30 - 11:15. Ages:** 9 mths - 1.5 yrs.
- **Infants: 11:30 - 12:15. Ages:** 0 - 9 mths.

Cost: £9.25 (*must book*). **Dates:** 13 Jul & 7 Sep - 12 Oct.

Baby College South Buckinghamshire

The Stokenchurch Centre, Bartholomew Tipping Way, Stokenchurch, HP14 3RX. 07720441672.
www.babycollege.co.uk.

- **Infants: 11:30 - 12:15. Ages:** 9 - 9 mths.

Cost: £9.50 (*must book*). **Dates:** 13 Jul & 7 Sep - 12 Oct.

Baby Sensory Chesham & Amersham

The Curzon Centre, 43 Maxwell Road, Beaconsfield, HP9 1RG.
07557647231. www.babysensory.com.

- **Birth to 13 months: 10:00 - 11:00 & 11:30 - 12:30**

Cost: £11.50 per session (*must book*). **Dates:** 14 Sep - 19 Oct.

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: 8:30 - 9:15. Ages:** 1 yrs - 2.5 yrs.
- **Pre-school Phonics: 10:30 - 11:15. Ages:** 2.5 - 5 yrs.

Cost: £8 per session (*must book*). **Dates:** 7 Sep - 19 Oct.

Phonics with Robot Reg Wycombe

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

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

Ages: 2.5 yrs - 5 yrs. **Cost:** £8 per session (*must book*).

Dates: 7 Sep - 19 Oct.

DANCE & DRAMA

Medley School of Dance

Flackwell Heath Community Centre, 1 Swains Ln, Flackwell Heath, High Wycombe, HP10 9BN. 07841 124697.
www.medleyschoolofdance.co.uk.

- **Teeny Tutu's: 16:00 - 16:30. Ages:** 2 - 4 yrs.

Cost: £5.50 per session (*drop in*). **Dates:** 7 Sep - 19 Oct.

Tappy Toes Ruislip, Chalfont St. Peter and Little Chalfont

Sacred Heart Scout and Guide Hut, Pembroke Road, Ruislip, HA4 8NN. 07961213253. www.tappytoes.com.

- **Tappy Toes (Ruislip): 9:35 - 10:05. Ages:** 6 mths - 5 yrs.

Cost: £7.50 per session (*must book*). **Dates:** 7 Sep - 19 Oct.



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:** 14 Jul - 27 Oct.

Chesham Library

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

- **Bounce and Rhyme: 10:30 - 11:00. Ages:** 0 - 4 yrs.

Cost: Free (*must book*). **Dates:** 14 Jul - 27 Oct.

The Lantern Babies and Toddlers

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

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

Dates: 14 Jul - 21 Jul & 1 Sep - 20 Oct.

MUSIC & SIGNING

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

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

- **Moo Music (Maxi) (toddlers & preschoolers): 9:50 - 10:30.**
- **Moo Music (Baby Moo) (newborn babies to wobbly walkers): 11:00 - 11:40.**

Cost: £8.50 per session (*must book*). **Dates:** 1 Sep - 20 Oct.

SENSORY & DEVELOPMENT

Baby College South Buckinghamshire

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

- **Amersham Juniors: 9:30 - 10:15. Ages:** 1.5 yrs - 3 yrs.
- **Amersham Toddlers: 10:30 - 11:15. Ages:** 9 mths - 1.5 yrs.
- **Amersham Infants: 11:30 - 12:15. Ages:** 0 - 9 mths.

Cost: £9.25 (*must book*). **Dates:** 14 Jul & 8 Sep - 13 Oct.

CREATIVE

Castlefield Family Hub

Rutland Avenue, Castlefield, High Wycombe, HP12 3LL.
adultlearningbbc.ac.uk.

- **Little Gardeners: 10:00 - 12:00. Ages:** 2 - 4 mths.

Cost: Free (*must book*). **Dates:** 14 Jul & 8 Sep - 27 Oct

Great Missenden Community Library

High Street, Great Missenden, HP16 0AL. 01296 382 415.
www.buckinghamshire.gov.uk.

- **Tuesday Story and Craft time with Pru: 10:00 - 11:00.**

Cost: Free (*drop in*). **Dates:** 14 Jul & 21 Jul - 27 Oct.

WEDNESDAY

PARENTS & TOTS

Chalfont St Peter Community Library

High Street, Chalfont St Peter, SL9 9QA. 01296 382 415.

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

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 15 Jul - 28 Oct.



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contact Vicky to join the fun: vicky@babycollege.co.uk or 07720 441672

High Wycombe Library

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

• **Bounce & Rhyme: 10:15 - 10:45. Ages: 0 - 1.5 yrs.**
Cost: Free (*must book*). **Dates:** 15 Jul - 28 Oct.

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 (*must book*).
Dates: 15 Jul & 2 Sep - 21 Oct.

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: 15 Jul & 2 Sep - 21 Oct.

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 (*must book*).
Dates: 15 Jul & 2 Sep - 21 Oct.

MUSIC & SIGNING

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 (babies and toddlers): 9:50 - 10:30.**
Cost: £8.50 per session (*must book*).
Dates: 15 Jul & 2 Sep - 21 Oct.

Monkey Music Amersham Beaconsfield and the Chalfonts

Chiltern Lifestyle Centre, Chiltern Avenue, Amersham, HP6
 5AH. 01494716861. www.monkeymusic.co.uk.

- **Heigh Ho: 8:30 - 9:00. Ages: 1 - 2 yrs.**
- **Jiggety Jig: 9:15 - 9:45. Ages: 2 - 3 yrs.**
- **Rock n Roll: 10:00 - 10:30. Ages: 3 mths - 1 yrs.**
- **Ding Dong: 10:45 - 11:15. Ages: 3 - 4 yrs.**

Cost: £10.95 per session (*must book*).
Dates: 9 Sep - 21 Oct.

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 (*must book*).
Dates: 15 Jul & 2 Sep - 21 Oct.

SENSORY & DEVELOPMENT

Baby College South Buckinghamshire

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

- **Juniors: 9:30 - 10:15. Ages: 1.5 yrs - 3 yrs.**
- **Toddlers: 10:30 - 11:15. Ages: 9 mths - 1.5 yrs.**
- **Infants: 11:30 - 12:15. Ages: 0 - 9 mths.**

Cost: £9.25 per session (*must book*).
Dates: 15 Jul & 9 Sep - 14 Oct.

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Baby College South Buckinghamshire

Holy Trinity Church Hall, Wycombe Road, Prestwood
HP16 0HJ 07720441672. www.babycollege.co.uk.

- Juniors: 9:30 - 10:15. **Ages:** 1.5 yrs - 3 yrs.
- Toddlers: 10:30 - 11:15. **Ages:** 9 mths - 1.5 yrs.
- Infants: 11:30 - 12:15. **Ages:** 0 - 9 mths.

Cost: £9.25 (*must book*). **Dates:** 15 Jul & 9 Sep - 14 Oct.

DANCE & DRAMA

Stagecoach Theatre Arts School (Buckinghamshire)

Cedar Park School, Cedar Ave, Hazlemere, HP15 7EF.
07539753718. www.stagecoach.co.uk.

- Early Stages: 16:30 - 18:00. **Ages:** 4 - 6 yrs.

Cost: £15 per session (*must book*). **Dates:** 9 Sep - 21 Oct.

Penn & Tylers Green Toddler Group

Tylers Green Village Hall, Tylers Green, HP10 8LN.

Times: 9:15 - 11:00. **Ages:** Pregnancy - 4 yrs.

Cost: £3 per session (*drop in*). **Dates:** 16 Jul & 3 Sep - 22 Oct.

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 (*must book*).

Dates: 16 Jul & 3 Sep - 22 Oct.

St Andrew's Tots

St Andrew's Church, Hatter's Lane, High Wycombe, HP13 7NJ.
01494 529 668. standrewshw.co.uk. **Times:** 9:30 - 11:30.

Ages: 0 - 4 yrs. **Cost:** £2 per session (*must book*).

Dates: 16 Jul - 23 Jul & 10 Sep - 29 Oct.

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.

Cost: £2 per session (*drop in*). **Dates:** 16 Jul & 3 Sep - 22 Oct.

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:** 6 Aug, 3 Sep & 1 Oct.

THURSDAY

PARENTS & TOTS

Beaconsfield Library

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

- Storytime: 10:15 - 10:45. **Ages:** 0 - 5 yrs.
- Duplo for Toddlers: 10:30 - 11:30. **Ages:** 1 - 5 yrs.

Cost: Free (*drop in*). **Dates:** 16 Jul - 29 Oct.

Bourne End Community Library

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

- Thursday Storytime: 15:30 - 16:15. **Ages:** 3 - 8 yrs.

Cost: Free (*drop in*). **Dates:** 16 Jul - 29 Oct.

MUSIC & SIGNING

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.
- **Jiggety Jig:** 10:05 - 10:35. **Ages:** 2 - 4 yrs.

Cost: £10.50 per session (*must book*).

- **Ding-Dong:** 10:45 - 11:15. **Ages:** 3 - 5 yrs.
- **Rock n Roll:** 11:25 - 11:55. **Ages:** 3 mths - 1 yrs.

Cost: £9.75 per session (*must book*).

Dates: 16 Jul & 3 Sep - 22 Oct.

SENSORY & DEVELOPMENT

Baby Sensory Chesham & Amersham

Amersham Free Church, Woodside Road, Amersham, HP6 6AJ. 07557647231. www.babysensory.com.

- **Summer Sizzlers July 23rd -30th:** 10:00 - 11:00.

Ages: 1 yrs 1 mths.

- 6 to 13 months: 10:00 - 11:00.
- Birth to 13 months: 13:00 - 14:00.
- Birth to 6 months - Amersham: 11:30 - 12:30.

Dates: 10 Sep - 15 Oct.

Cost: £11.50 per session (*must book*).

DANCE & DRAMA

Medley School of Dance

Wrights Meadow Centre, Wrights Meadow Road, High Wycombe, HP11 1SQ. 07841 124697. www.medleyschoolofdance.co.uk.

- **Teeny Acro:** 16:00 - 16:30. **Ages:** 2 - 4 yrs.

Cost: £5.50 per session (*drop in*). **Dates:** 3 Sep - 22 Oct.

Tappy Toes Ruislip, Chalfont St. Peter and Little Chalfont

Little Chalfont Village Hall, Cokes Lane, Little Chalfont, Amersham, HP8 4UD. 07961213253. www.tappytoes.com.

- **Tappy Toes:** 9:30 - 10:00. **Ages:** 1 - 5 yrs.

Cost: £7.50 per session (*must book*).

Dates: 16 Jul & 3 Sep - 22 Oct.

Tappy Toes Ruislip, Chalfont St. Peter and Little Chalfont

Gold Hill Baptist Church, Church Lane, Chalfont St Peter, SL9 9RF. 07961213253. www.tappytoes.com.

- **Mixed Toddler/Tots Toes:** 14:00 - 14:30. **Ages:** 1 yrs - 5 yrs.

Cost: £7.50 (*must book*). **Dates:** 16 Jul & 3 Sep - 22 Oct.

FRIDAY

PARENTS & TOTS

Amersham Library

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

- **Duplo Club @ Amersham:** 10:00 - 12:00.

Cost: Free (*drop in*). **Dates:** 17 Jul & 4 Sep - 23 Oct.

Beaconsfield Library

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

- **Bounce & Rhyme:** 10:15 - 10:45.

Ages: 0 - 4 yrs. **Cost:** Free (*drop in*). **Dates:** 17 Jul - 30 Oct.

Flackwell Heath Methodist Church Parent and Toddler Group

Heath End Road, 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:** 17 Jul - 30 Oct.

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:** 17 Jul & 4 Sep - 23 Oct.

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:** 17 Jul & 4 Sep - 23 Oct.

Micklefield Community Library

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

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

Cost: Free (*drop in*). **Dates:** 17 Jul - 30 Oct.

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: 17 Jul & 4 Sep - 23 Oct.



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Fridays 4:45 - 6:15pm (Marlow)
Saturdays 9:30am - 11:00am (Henley)
Saturdays 9:30am - 10:30am (High Wycombe)
Saturdays 9:30 - 11:00am (High Wycombe)
Saturdays 11:30 - 1:00pm (High Wycombe)
Saturdays 1:30 - 3:00pm (High Wycombe)

Early Stages Plus Classes (6 to 7 year olds)
Fridays 16:30 - 18:30pm (Marlow)
Saturdays 9:30 - 11:30am (High Wycombe)

stagecoach.co.uk/highwycombe
stagecoach.co.uk/henleyandmarlow

BUILD CONFIDENCE!



Improve social skills and make friends!

SKILLS FOR LIFE!

MINI & EARLY STAGES

Mini Stages (ages 2 - 4)
Our **littlest learners** explore singing, movement and stories to build core skills and have loads of fun while they're at it!

Early Stages (ages 4 - 6)
Our dynamic weekly classes for children aged four to six are all about building confidence, making friends and expanding children's imagination.

Early Stages Plus (ages 6 - 7)
We are excited to be introducing an Early Stages PLUS class. This 2hr session is perfect for children aged 6-7yrs who love to dance, sing and act.

The core life skills we develop with our Early Stages groups are:

- Turn-taking
- Teamwork
- Listening skills
- Speaking confidently
- Empathy
- Make friends

ASK ABOUT OUR 2-WEEK TRIAL

MUSIC & SIGNING

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 (*must book*).

Dates: 17 Jul & 4 Sep - 23 Oct.

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): 10:20 - 11:00. **Ages:** 1 - 4 yrs.
- Baby Moo: 11:30 - 12:10. **Ages:** 2 mths - 1.5 yrs.

Cost: £8.50 per session (*must book*).

Dates: 17 Jul & 4 Sep - 23 Oct.

Sing and Sign Banbury, Bicester, Brackley & Buckingham

Lace Hill Sports & Community Centre, Catchpin Street, Buckingham, MK18 7RR. 07771550335.

www.singandsign.co.uk.

- Stage 2: 9:45 - 10:30. **Ages:** 1 yrs 2 mths - 2.5 yrs.
- 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 (*must book*).

Dates: 17 Jul & 4 Sep - 23 Oct.

CREATIVE

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 (*must book*). **Dates:** 17 Jul & 4 Sep - 23 Oct.

DANCE & DRAMA

Medley School of Dance

Wrights Meadow Centre, Wrights Meadow Road, High Wycombe, HP11 15Q. 07841 124697. www.medleyschoolofdance.co.uk.

- Teeny Tutu's: 16:00 - 16:30. **Ages:** 2 - 4 yrs.

Cost: £5.50 per session (*drop in*). **Dates:** 4 Sep - 23 Oct.

SEND

SEND HUGS

Our Lady's Church, Amersham Road, Chesham Bois, HP6 5PE. 079308342137. www.sendhugs.co.uk.

- OLOPS SEND Toddler Group: 13:00 - 14:15. **Ages:** 0 - 5 yrs.

Cost: £2 per session (*drop in*). **Dates:** 17 Jul & 4 Sep - 23 Oct.

SATURDAY

PARENTS & TOTS

High Wycombe Library

5 Eden Place, High Wycombe, HP11 2DH. 01296 382415.

- Storytime: 11:30 - 12:00. **Ages:** 0 - 10 yrs.

Cost: Free (*drop in*). **Dates:** 18 Jul - 24 Oct.



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:** 18 Jul, 19 Sep & 17 Oct.

Great Missenden Community Library

High Street, Great Missenden, HP16 0AL. 01296 382 415.
www.buckinghamshire.gov.uk.

- **Saturday Club with Annabelle:** 10:30 - 12:30.

Saturday games, stories, and crafts session

Ages: 3 - 15 yrs. **Cost:** Free (*drop in*). **Dates:** 18 Jul - 24 Oct.

DANCE & DRAMA

Medley School of Dance

Wrights Meadow Centre, Wrights Meadow Road, High Wycombe, HP11 1SQ. 07841 124697.
www.medleyschoolofdance.co.uk.

- **Teeny Tutu's:** 9:00 - 9:30. **Ages:** 2 - 4 yrs.

- **Teeny Steps:** 9:30 - 10:00. **Ages:** 2 - 4 yrs.

Cost: £5.50 per session (*drop in*). **Dates:** 5 Sep - 17 Oct.

Stagecoach Theatre Arts School (Buckinghamshire)

Wycombe High School, Marlow Hill, High Wycombe, HP11 1TB. 07539753718. www.stagecoach.co.uk.

- **Mini Stages:** 9:00 - 9:45. **Ages:** 2 - 4 yrs.

Cost: £7.50 per session (*must book*).

- **Early Stages:** 9:00 - 10:30, 9:30 - 11:00 & 11:30 - 13:00.

Ages: 4 - 6 yrs. **Cost:** £15 per session (*must book*).

Dates: 12 Sep - 24 Oct.

PHYSICAL FUN

Little Kickers Oxford, Bucks & Northants

The Curzon Centre, 43 Maxwell Road, Beaconsfield, HP9 1RG. 07503 142496. www.littlekickers.co.uk.

- **Little Kicks:** 8:45 - 9:30. **Ages:** 1.5 - 2.5 yrs.

- **Junior Kickers:** 9:35 - 10:20. **Ages:** 1.5 yrs - 5 yrs.

- **Mega Kickers:** 12:05 - 12:50. **Ages:** 5 - 7 yrs.

Cost: £8.30 per session (*must book*). **Dates:** 18 Jul - 24 Oct.

Little Kickers Oxford, Bucks & Northants

Chesham Grammar School, White Hill, Chesham, HP5 1BA. 07503 142496. www.littlekickers.co.uk.

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

- **Junior Kickers:** 9:35 - 10:20. **Ages:** 1.5 yrs - 5 yrs.

- **Mighty Kickers:** 10:25 - 11:10. **Ages:** 3.5 yrs - 5 yrs.

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

Cost: £8.30 per session (*must book*). **Dates:** 18 Jul - 24 Oct.

Little Kickers Oxford, Bucks & Northants

Sir William Ramsey School, Rose Avenue, Hazlemere, HP15 7UB. 07503 142496. www.littlekickers.co.uk.

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

- **Junior Kickers:** 9:35 - 10:20. **Ages:** 1.5 yrs - 5 yrs.

- **Mighty Kickers:** 10:25 - 11:10. **Ages:** 3.5 yrs - 5 yrs.

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

Cost: £8.30 per session (*must book*). **Dates:** 18 Jul - 24 Oct.

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* Subject to availability



Little Kickers Oxford, Bucks & Northants

Chalfont Community College, Narcot Lane, Chalfont St Peter, Gerrards Cross, SL9 8TP. 07503 142496.

www.littlekickers.co.uk.

- **Little Kickers:** 9:05 - 9:50. **Ages:** 3 - 7 yrs.

- **Junior Kickers:** 9:05 - 9:50. **Ages:** 1.5 yrs - 5 yrs.

- **Mighty Kickers:** 9:55 - 10:40. **Ages:** 3.5 yrs - 5 yrs.

- **Mega Kickers:** 10:45 - 11:30. **Ages:** 5 - 7 yrs.

Cost: £8.30 per session (*must book*). **Dates:** 18 Jul - 24 Oct.

Little Kickers Oxford, Bucks & Northants

Totteridge Rec, 2 Kingswood Pl, High Wycombe, HP13 7SR. 07503 142496. www.littlekickers.co.uk.

- **Mega Kickers:** 13:30 - 14:15. **Ages:** 6 - 10 yrs.

Cost: £8.30 per session (*must book*). **Dates:** 18 Jul - 24 Oct.

South Bucks Rugbytots LLP

High Wycombe Rugbytots (Crown House School), Crown House School, Bassetsbury Manor, Bassetsbury Ln, High Wycombe, HP11 1QX. 07515754391. www.rugbytots.co.uk.

- **Rugbytots:** 9:00 - 9:30. **Ages:** 2 - 3.5 yrs

Cost: £8.50 per session (*must book*).

- **Rugbytots:** 9:35 - 10:20. **Ages:** 3.5 - 5 yrs.

Cost: £9.25 per session (*must book*).

Dates: 18 Jul - 22 Aug

South Bucks Rugbytots LLP

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

- **Rugbytots:** 8:45 - 9:15 & 10:10 - 10:40. **Ages:** 2 - 3.5 yrs.

Cost: £8.50 per session (*must book*).

- **Rugbytots:** 9:20 - 10:05. **Ages:** 3.5 - 5 yrs.

- **Rugbytots:** 10:45 - 11:30. **Ages:** 5 - 7 yrs.

Cost: £9.25 per session (*must book*).

Dates: 18 Jul - 15 Aug.

SUNDAY

PHYSICAL FUN

Little Kickers Oxford, Bucks & Northants

Hervines Park, 45 Longfield Dr, Amersham, HP6 5HE. 07503 142496. www.littlekickers.co.uk.

- **Little Kicks:** 8:45 - 9:30. **Ages:** 1.5 - 2.5 yrs.

- **Junior Kickers:** 9:35 - 10:20. **Ages:** 1.5 yrs - 5 yrs.

- **Mighty Kickers:** 10:25 - 11:10 & 11:15 - 12:00.

Ages: 3.5 yrs - 5 yrs.

- **Mega Kickers:** 12:05 - 12:50. **Ages:** 5 - 7 yrs.

Cost: £8.30 per session (*must book*). **Dates:** 19 Jul - 25 Oct.



Dance classes for ages 2.5-4yrs

Teeny Tutus Ballet **MONDAYS** Flackwell Heath Community Centre 4:00-4:30pm

Teeny Tutus Ballet **FRIDAYS** Wrights Meadow Centre 4:00-4:30pm

Teeny Acro **THURSDAYS** Wrights Meadow Centre 4:00-4:30pm

Teeny Tutus Ballet **SATURDAYS** Wrights Meadow Centre 9:00-9:30am

Teeny Steps **SATURDAYS** Wrights Meadow Centre 9:30-10:00am Modern & Tap

Teeny Medleys

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www.medleyschoolofdance.co.uk

Little Kickers Oxford, Bucks & Northants

The Beaconsfield School, Wattleton Road, Beaconsfield, HP9 1SJ. 07503 142496. www.littlekickers.co.uk.

- Little Kicks: 8:45 - 9:30. **Ages:** 1.5 - 2.5 yrs.
- Junior Kickers: 9:35 - 10:20. **Ages:** 1.5 yrs - 5 yrs.
- Mighty Kickers: 10:25 - 11:10. **Ages:** 3.5 yrs - 5 yrs.
- Mega Kickers: 11:15 - 12:00. **Ages:** 5 - 7 yrs.

Cost: £8.30 per session (*must book*). **Dates:** 19 Jul - 25 Oct.

Little Kickers Oxford, Bucks & Northants

Gold Hill Common, Gold Hill North, Chalfont St Peter, Gerrards Cross, SL9 9JG. 07503 142496. www.littlekickers.co.uk.

- Little Kickers: 8:45 - 9:30. **Ages:** 3 - 7 yrs.
- Junior Kickers: 8:45 - 9:30. **Ages:** 1.5 yrs - 5 yrs.
- Mighty Kickers: 9:35 - 10:20. **Ages:** 3.5 yrs - 5 yrs.
- Mega Kickers: 9:35 - 10:20. **Ages:** 5 - 7 yrs.

Cost: £8.30 per session (*must book*). **Dates:** 19 Jul - 25 Oct.

Little Kickers Oxford, Bucks & Northants

Kingsmead Rec, Fennels Road, High Wycombe, HP11 1SL. 07503 142496. www.littlekickers.co.uk.

- Little Kickers: 8:45 - 9:30. **Ages:** 3 - 7 yrs.
- Junior Kickers: 9:35 - 10:20. **Ages:** 1.5 yrs - 5 yrs.
- Mighty Kickers: 10:25 - 11:10. **Ages:** 3.5 yrs - 5 yrs.
- Mega Kickers: 11:15 - 12:00. **Ages:** 5 - 7 yrs.

Cost: £8.30 per session (*must book*). **Dates:** 19 Jul - 25 Oct.

Little Kickers Oxford, Bucks & Northants

Wades Centre, Stratton Road, Princes Risborough, HP27 9AX. 07503 142496. www.littlekickers.co.uk.

- Little Kickers: 8:45 - 9:30. **Ages:** 3 - 7 yrs.
- Junior Kickers: 9:35 - 10:20. **Ages:** 1.5 yrs - 5 yrs.
- Mighty Kickers: 10:25 - 11:10. **Ages:** 3.5 yrs - 5 yrs.
- Mega Kickers: 11:15 - 12:00. **Ages:** 5 - 7 yrs.

Cost: £8.30 per session (*must book*). **Dates:** 19 Jul - 25 Oct.

South Bucks Rugbytots LLP

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

- **Rugbytots:** 8:45 - 9:15 & 10:10 - 10:40. **Ages:** 2 - 3.5 yrs

Cost: £8.50 per session (*must book*).

- **Rugbytots:** 9:20 - 10:05 & 10:45 - 11:30. **Ages:** 3.5 - 5 yrs.

Cost: £9.25 per session (*must book*).

Dates: 19 Jul - 16 Aug

South Bucks Rugbytots LLP

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

- **Rugbytots:** 9:00 - 9:30 & 10:25 - 10:55. **Ages:** 2 - 3.5 yrs.

Cost: £8.50 per session (*must book*).

- **Rugbytots:** 9:35 - 10:20. **Ages:** 3.5 - 5 yrs.

Cost: £9.25 per session (*must book*).

Dates: 19 Jul - 16 Aug.

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. **Ages:** 0 - 1.5 yrs.

Cost: £28 per session (*must book*). **Dates:** 9 Aug.

OTHER

The Kidswear Loop

Piddington Village Hall, Queen Street, Piddington, High Wycombe, HP14 3BW. www.thekidswearloop.co.uk.

- The Kidswear Loop Pre-loved sale: 9:00 - 14:00.

Ages: 0 - 12 yrs. **Cost:** Free (*must book*).

Dates: 19 Jul, 6 Sep & 4 Oct.



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