

# Lockdown Activity Guide

# toddle<sup>about</sup>

Loving life with little ones

## Your Printable Lockdown Guide for families with under 5s

Let Toddle About help you to spice up your day with some new online pregnancy, baby and toddler classes and activities.

Click Day  
to see what's on

27<sup>TH</sup> JULY -9<sup>TH</sup> AUGUST 2020

The Loneliness of  
Lockdown



Birthday  
SHOUTOUT

MONDAY

TUESDAY

WEDNESDAY

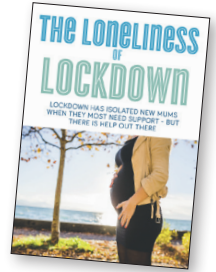
THURSDAY

FRIDAY

SATURDAY

SUNDAY

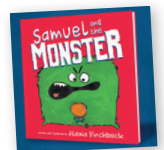
ALWAYS ONLINE



Win Little Tikes  
Mighty Blasters



Win 'Samuel and the  
Monster' book



Follow us for  
daily updates!





WIN A

# FAMILY PHOTOSHOOT

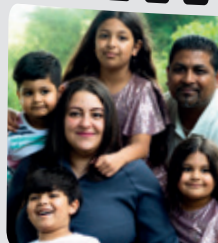
worth **£250** with a minimum of **45 digital images** included

**Enter our competition to win a 90 minute photoshoot at a location of your choice with ALL digital images included!**

Here at Boom photography we offer an experience that's like no other. A fun, relaxed approach to capturing all of those individual personalities that make up your family. As highly experienced Family Studio photographers, we know all the tricks to create those natural smiles.

*We will cover the travel costs within a 60 mile radius of Kettering.*

**RUNNERS UP PRIZE FOR ALL ENTRANTS**



To enter the competition, go to:

[www.boomphotography.co.uk/competitiontime](http://www.boomphotography.co.uk/competitiontime)



# Birthday

## SHOUTOUT

### BIRTHDAY COMPETITION

Thank you to everyone who entered our Birthday Shoutout competition!

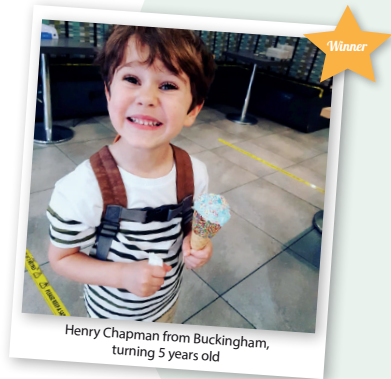
We would like to wish a very **HAPPY BIRTHDAY** to all the children here, who will be celebrating their birthday in the next 2 weeks. We hope you all have a fabulous, fun-filled day.

Congratulations go to Connie Skeels and Henry Chapman who have won our Birthday Shout Out competition for summer 2020.

**Would you like us to give your little one a Big Birthday Shout Out?** [Click here to tell us.](#)



Connie Skeels from Ipswich,  
turning 4 years old



Henry Chapman from Buckingham,  
turning 5 years old



Sebastian Jack Armstrong from  
Milton Keynes, turning 2 years old



Anya Shah-Anderson from  
Warwick, turning 1 years old



Jaxson Beattie from Chalgrove,  
turning 3 years old



Amelia-Rose Bates from Milton  
Keynes, turning 4 years old



Jessica Foreman from  
Northampton, turning 3 years old



Summer from Worthing,  
turning 2 years old



Anthony Baxter from Bury St  
Edmunds, turning 2 years old



Annabelle from Warwick,  
turning 1 years old

# HAPPY BIRTHDAY TO YOU!



Birthday Shoutout Entries continued...



Matilda Meli from Warwick, turning 4 years old



Alfie Hunt from Higham Ferrers, turning 5 years old



April Hagger from Aylesbury, turning 4 years old



Joel Macgregor from Ipswich, turning 1 years old



Heidi Florence from Manchester, turning 3 years old



Maia Summer Abbott from Harrogate, turning 1 years old



Wish and Barnaby from Weston, turning 5 years old



Ava Williams from Milton Keynes, turning 2 years old

## WOULD YOU LIKE US TO GIVE YOUR LITTLE ONE A BIG BIRTHDAY SHOUT OUT?

[Click Here to Send Us their Photo](#)

WE WILL FEATURE THEM IN THE ISSUE COVERING THEIR BIRTHDAY

Follow us for daily updates!





# THE LONELINESS OF LOCKDOWN

LOCKDOWN HAS ISOLATED NEW MUMS  
WHEN THEY MOST NEED SUPPORT - BUT  
THERE IS HELP OUT THERE



## Parenting experts warn of maternal mental wellbeing risk as 86% of pregnant women and new mothers report lack of social interaction despite UK lockdown easing.

Mums are confused and isolated by lockdown restrictions across the UK, according to new research, raising concerns about maternal mental wellbeing in the wake of coronavirus.

A survey of 765 new or expectant mothers found just 14% say they are getting enough human interaction since the pandemic hit – a shocking but perhaps not surprising figure, given that the research also showed two-thirds (67%) of mums haven't met up with anyone outside their family in the four months since lockdown measures were introduced.

***Loneliness has been shown to raise the risk of conditions such as depression and anxiety.***

As many as one in five women develop a mental health problem during pregnancy or in the first year after the birth of their baby, so Tommy's and Mush are encouraging mums to find socially distant ways to connect with friends and support mental wellbeing.

New mum Anna Mills, who had a baby in April, said: "I was self-isolating during pregnancy and was very nervous to go out, particularly on my own. Now I've had my baby, I still don't want to take her out anywhere or socialise with others, as some people come way too close. I've found it worrying as a first-time mum – not the enjoyable experience I'm supposed to be having."



When asked why they still haven't seen anyone now that lockdown is easing, a quarter (25%) cited concerns about their health and their baby's safety, and a fifth (20%) didn't feel confident enough.

***Worryingly, almost half (47%) just didn't know anyone they could meet up with, possibly because antenatal groups and baby classes haven't been available.***

Contrary to popular belief that we're all spending more time online, most (60%) mums hadn't done any virtual activities, which Tommy's and Mush recommend to help expectant and new parents connect safely.

Tommy's midwifery manager Kate Marsh explained: "We're hearing from many

*new and expectant parents who aren't sure where to go for support in lockdown. Tommy's midwives and other healthcare professionals are still here for anyone struggling with physical or mental health concerns during pregnancy and after birth. Informal and peer support is really important too, but the pandemic has made it harder to build that network of 'mum friends', so we're keen to help kickstart those connections with our fantastic online community. It's understandable to be anxious but there are lots of ways for mums to socialise safely."*

Almost half (46%) of the mothers surveyed didn't fully understand what they're allowed to do now that restrictions are easing, and the vast majority (87%) expressed some anxiety about going out and meeting people, so Mush and Tommy's have teamed up to encourage mums to socialise safely.

Online communities like Tommy's PregnancyHub and video calls with loved ones may be more suitable for pregnant women who are still classed as vulnerable.

***Mush suggest socially distant buggy walks and outdoor picnics as ways for mums to get together while following the latest government guidelines.***

Mush founder Katie Massie-Taylor commented: *"Getting out and seeing other women going through the same thing as you makes a huge difference to your ability to cope with the huge transition to motherhood, let alone enjoy it! We heard from our community how hard it has been for them in the last few months, and we want to make sure they know that now is the time to safely start socialising again, and reaping the benefits from a peer support network. Don't let not knowing anyone yet stop you; Mush is designed exactly for mums to find others like them."*

## ***If You're Feeling Lonely, these things might help...***

### **Pregnancy Charity Tommy's**

Mums can find relevant coronavirus information and midwife-led guidance on the Tommy's website, as well as asking questions to Amazon Alexa and Google Assistant through new Tommy's Midwife voice skill. Visit [tommys.org/pregnancy](https://tommys.org/pregnancy) or search Tommy's Pregnancy Hub on social media.

### **The Mush App**

To find local women at the same stage of pregnancy as you, or with a baby the same age, [download the free Mush](#) app or look up #mushmums on social media.

### **Use Toddle About to find some online classes you'll love:**

**Pregnancy Classes**

**Children's Classes**

# Lockdown Activity Guide

toddle<sup>about</sup>

Loving life with little ones

## Your Printable Lockdown Guide for families with under 5s

Let Toddle About help you to spice up your day with some new online pregnancy, baby and toddler classes and activities.

Click the Name  
to find out more

### MONDAY

#### PARENTS & TOTS

##### Southwold Library

01502 722519. [www.facebook.com/southwoldlibrary](http://www.facebook.com/southwoldlibrary)

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

**Ages:** 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 27 Jul - 3 Aug.

#### MUSIC & SIGNING

##### Little Signers Club Suffolk

07720 349424. [www.littlesignersclub.co.uk](http://www.littlesignersclub.co.uk)

• **Online 7 weeks Sing, Sign and Rhyme:** 10:00 - 10:40.

**Ages:** 5 mths - 3 yrs.

**Cost:** £6.14 per session  
(booking essential).

**Dates:** 27 Jul - 3 Aug.

BOOK NOW

##### Musical Minis @home

020 8868 0001; [athome@musicalminis.co.uk](mailto:athome@musicalminis.co.uk)

[www.athome.musicalminis.co.uk](http://www.athome.musicalminis.co.uk)

**Times:** 9:30 - 9:55 & 14:00 - 14:25.

**Ages:** 0 - 4 yrs.

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

**Dates:** 27 Jul - 3 Aug.

BOOK NOW

##### Rhythm Time Cheshire

01270 884583. [online.rhythmtime.net](http://online.rhythmtime.net)

• **Rhythm Time Online:** 9:00 - 9:30.

**Ages:** 0 - 6 yrs. **Cost:** £5.75 per  
session (booking essential).

**Dates:** 27 Jul - 3 Aug.

BOOK NOW

##### Rhythm Time Huddersfield

07792 849779. [www.rhythmtime.net](http://www.rhythmtime.net)

• **Rhythm Time Online Classes:** 10:30 - 11:00.

**Ages:** 0 - 5 yrs. **Cost:** £5.50 per session (booking essential).

**Dates:** 27 Jul - 3 Aug.

##### Sing and Sign Coventry and Kenilworth

07920066652. [www.singandsign.co.uk](http://www.singandsign.co.uk)

• **Sing and Sign Babes Zoom:** 12:00 - 12:30.

*Sing and Sign Zoom baby signing and music classes*

**Ages:** 0 - 6 mths. **Cost:** £3.50 per session (booking essential).

• **Sing and Sign @home Stage 1:** 14:34 - 15:04.

*Sing and Sign @home baby signing and music classes*

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

• **Sing and Sign @home Stage 2:** 14:37 - 15:07.

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

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

**Dates:** 27 Jul - 3 Aug.

##### Sing and Sign East Northants

07585 557664. [www.singandsign.co.uk](http://www.singandsign.co.uk)

• **Sing and Sign @ Home Stage 1 & Stage 2:** 10:00 - 10:30.

**Ages:** 5 mths - 2 yrs 6 mths.

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

**Dates:** 27 Jul - 3 Aug.

##### Sing and Sign Ipswich

07445 263270. [www.singandsign.co.uk](http://www.singandsign.co.uk)

• **Sing and Sign @Home:** 10:00 - 10:30.

*A full term of Sing and Sign online, to enjoy at home!*

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

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

**Dates:** 27 Jul - 3 Aug.

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Add them to the Lockdown Guide for FREE at [toddle.fun/lockdownlisting](http://toddle.fun/lockdownlisting)

## Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at [toddle.fun/lockdownguide](https://toddle.fun/lockdownguide)

### Sing and Sign Oxford

07795 005832. [www.singandsign.co.uk](http://www.singandsign.co.uk)

• **Sing and Sign @ Home:** 10:00 - 11:00.

**Ages:** 6 mths - 5 yrs. **Cost:** £4 per session (*booking essential*).

**Dates:** 27 Jul - 3 Aug & 27 Jul - 3 Aug.

### Soundabout

01235 797474. [youtube.com/c/soundabout](https://youtube.com/c/soundabout)

• **Little Soundabout:** 14:00 - 14:45.

*Interactive music-making with SEN.*

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

## SENSORY & DEVELOPMENT

### Baby College at Home

01865 421879. [www.babycollege.co.uk](http://www.babycollege.co.uk)

• **Baby College @ Home:** Multiple Live Sessions

*Access to 50+ LIVE weekly interactive virtual baby and toddler development sessions.*

**Ages:** 0 - 5 yrs.

**Cost:** £5 per week

(*booking essential*).

• **Baby College Massage at Home:** Multiple Live Sessions

*Full body baby massage in 4 sessions including songs and movements.*

**Ages:** 0 - 1 yrs. **Cost:** £5 per week (*booking essential*).

BOOK NOW

### Baby Sensory

#### Salisbury, Romsey & Totton

07984051713. [www.babysensory.com/salisbury](http://www.babysensory.com/salisbury)

• **Baby Sensory @ Home:** 11:00 - 12:00.

**Ages:** 0 - 1 yrs 1 mths.

**Cost:** £4 per session

(*booking essential*).

**Dates:** 27 Jul - 3 Aug.

BOOK NOW

### Baby Sensory Walsall

07999228959. [www.babysensory.com](http://www.babysensory.com)

• **Baby Sensory @ Home:** 10:00 - 11:00 & 14:00 - 15:00.

**Ages:** 0 - 1 yrs 1 mths.

**Cost:** £5 per session (*booking essential*). **Dates:** 27 Jul.

### Grow Together - Baby Massage and Yoga

07916 611066. [www.growtogetherbabies.com](http://www.growtogetherbabies.com)

• **Blooming Babies Summer Course:** 10:00 - 10:06.

*6 weeks of exciting classes, content and catch ups online!*

**Ages:** 0 - 1 yrs 6 mths.

• **Terrific Toddlers Summer Course:** 10:00 - 11:00.

*6 weeks of classes, content and catch ups!*

**Ages:** 1 yrs 6 mths - 4 yrs.

**Cost:** £30 per session

(*booking essential*).

**Dates:** 27 Jul.

BOOK NOW

### Nanos Spanish

07940738221. [www.nanospanishclub.com](http://www.nanospanishclub.com)

**Times:** 10:00 - 10:30. **Ages:** 1 - 5 yrs.

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

**Dates:** 27 Jul.

BOOK NOW

### Phonics With Robot Reg

07957 688101.

<https://robotreg.co.uk/pages/manningtree-clacton-north-colch>

• **Virtual Phonics Sessions for Kids:** 9:00 - 10:00.

**Ages:** 0 - 6 yrs. **Cost:** £1 per session (*booking essential*).

**Dates:** 27 Jul - 3 Aug.

### TinyTalk

#### Bognor Regis & Surrounding Areas

[rachelhu@tinytalk.co.uk](mailto:rachelhu@tinytalk.co.uk), <http://tinytalk.co.uk/rachelhu>

• **TinyTalk Baby Signing:** 11:45 - 12:45.

**Ages:** 0 - 2 yrs. **Cost:** £5 per session (*booking essential*).

**Dates:** 27 Jul - 3 Aug.

### Tots Play in Rugby

07908 367264. [www.totsplay.co.uk](http://www.totsplay.co.uk)

• **Online baby development course:** 11:00 - 11:50.

**Ages:** 0 - 6 mths. **Cost:** £5.83 per session (*booking essential*).

**Dates:** 27 Jul - 3 Aug.

## CREATIVE

### Captain Fantastic Entertainers

020 8245 9019. [www.captain-fantastic.co.uk](http://www.captain-fantastic.co.uk)

• **Online Summer Camp By Captain Fantastic!**

**Times:** 10:00 - 13:00. **Ages:** 5 - 8 yrs.

**Dates:** 3 Aug, 3 Aug & 3 Aug.

**Times:** 11:00 - 14:00. **Ages:** 5 - 8 yrs. **Dates:** 3 Aug.

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

## DANCE & DRAMA

### diddi dance North Essex & South Suffolk

07722 605395.

[www.facebook.com/groups/512714662723104/](https://www.facebook.com/groups/512714662723104/)

• **diddi dance Online Class:** 10:00 - 10:45.

**Ages:** 1 yrs 6 mths - 5 yrs.

**Cost:** £4 per session (*booking essential*). **Dates:** 27 Jul.

### diddi dance Oxford & Surrounding

07922668740. [www.facebook.com/diddidanceoxford](https://www.facebook.com/diddidanceoxford)

• **diddi dance in da house!** 10:00 - 10:45.

**Ages:** 1 - 7 yrs. **Cost:** £3 per session (*booking essential*).

**Dates:** 27 Jul - 3 Aug.

## Are you running online classes or events?

Add them to the Lockdown Guide for FREE at [toddle.fun/lockdownlisting](https://toddle.fun/lockdownlisting)



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### diddi dance SE London

07973982790. [www.diddidance.com](http://www.diddidance.com)

- **diddi dance in da House:** 10:00 - 10:45 & 14:00 - 14:45.

£6 per week - includes classes every day of the week!

**Ages:** 1 yrs 6 mths - 5 yrs.

**Cost:** £6 per session (booking essential). **Dates:** 27 Jul.

### diddi dance

#### Shrewsbury and South Telford

07967430682. [www.diddidance.com](http://www.diddidance.com)

- **diddi dance in da house!** 10:00 - 10:45.

**Ages:** 1 - 5 yrs.

**Cost:** £1 per session (booking essential).

**Dates:** 27 Jul - 3 Aug.

BOOK NOW

### Solo Dance With Rosy May

07936 390462. <https://www.twitch.tv/rmdancer97>

- **Free Online Classes - Summer Term:** 17:00 - 18:00.

**Ages:** 10 - 99 yrs. **Cost:** Free (drop in). **Dates:** 27 Jul - 3 Aug.

### Tappy Toes Watford

07912 357851. [www.tappytoes.com](http://www.tappytoes.com)

- **Tappy Toes Online:** 10:00 - 10:30.

**Ages:** 1 - 5 yrs. **Cost:** £4.50 per session (drop in).

**Dates:** 27 Jul.



### Tot Bop

01525 237474 / 07775 582791. [www.totbop.co.uk](http://www.totbop.co.uk)

- **Tot Bop Dance Classes (Online):** 10:00 - 10:45.

**Ages:** 1 - 9 yrs. **Cost:** £5 per session (booking essential).

**Dates:** 27 Jul - 3 Aug.

WEBSITE

BOOK NOW

## PHYSICAL FUN

### Matt Fiddes Martial Arts

0800 0350415. [www.mattfiddes.com](http://www.mattfiddes.com)

- **Martial Arts (Online) Junior & Family:** 16:00 - 16:45.

**Ages:** 7 - 99 yrs. **Cost:** Free (booking essential).

**Dates:** 27 Jul - 3 Aug.

### Tumble Tots (UK) Ltd

0121 585 7003. [www.facebook.com/tumbletotshq](http://www.facebook.com/tumbletotshq)

- **Tumble Tots LIVE on Facebook:** 10:00 - 11:00.

**Ages:** 6 mths - 7 yrs. **Cost:** Free (drop in). **Dates:** 27 Jul - 3 Aug.

## HEALTH & WELLNESS

### ATP Health and Fitness Norwich

07824 995689. [www.healthandfitness.uk.com](http://www.healthandfitness.uk.com)

- **Totally Drum & Bass:** 18:30 - 19:15.
- **Home Legs Bums and Tums with Matt:** 8:30 - 9:15.

**Ages:** 0 - 99 yrs.

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

**Dates:** 27 Jul.

BOOK NOW

### Inner Peace Hatha Yoga

07941 279343. [innerpeaceyoga.co.uk](http://innerpeaceyoga.co.uk)

- **Gentle Hatha Yoga Classes:** 9:30 - 11:00.

For different levels including beginners, improvers & mixed.

**Ages:** 0 - 99 yrs. **Cost:** £10 per session (drop in). **Dates:** 27 Jul.

### Soo Yoga

01604 621004. [www.sooyoga.com](http://www.sooyoga.com)

- **Online Fitness Classes with Kristina Rihanoff & Ben Cohen:** 10:00 - 10:30.

Bodyweight Circuit Training, HIIT, Barre Sculpt & Dance Fit

- **Online Yoga with Kristina Rihanoff:** 10:30 - 11:15.

Enjoy yoga with Kristina Rihanoff -

all ability levels

**Cost:** £0.50 per session

(booking essential).

**Dates:** 27 Jul - 3 Aug.

BOOK NOW

### Suffolk Woman's Wellness Centre

01473 730035. <https://swwcuk.com/od-menu>

- **Barre Fit with Nina:** 19:00 - 20:00.

**Ages:** 0 - 99 yrs. **Cost:** £5 per session (drop in).

**Dates:** 27 Jul - 3 Aug.

### YogaWalks and Bowen Therapy

07950 573719. [www.facebook.com/YogaWalks](http://www.facebook.com/YogaWalks)

- **Live online Yoga with Lizzy in your home:** 19:00 - 20:00.

**Ages:** 0 - 99 yrs. **Cost:** £5 per session (booking essential).

**Dates:** 27 Jul - 3 Aug.

## PREGNANCY

### YogaBellies Ipswich & Colchester

07305 267820. [www.yogabellies.com](http://www.yogabellies.com)

- **YogaBellies for Pregnancy:** 19:00 - 20:15.

**Ages:** Pregnancy. **Cost:** £9.60 per session (booking essential).

**Dates:** 27 Jul - 3 Aug.

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## TUESDAY

### PARENTS & TOTS

#### Southwold Library

01502 722519. [www.facebook.com/southwoldlibrary](https://www.facebook.com/southwoldlibrary)

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

**Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 28 Jul - 4 Aug.

### MUSIC & SIGNING

#### June Chatterbox Tunes

07851 353396. [www.facebook.com/juneschatterboxtunes/](https://www.facebook.com/juneschatterboxtunes/)

• **Online Live Chatterbox:** 14:00 - 14:30.

*Music class with Movement and Dance, Instruments and Props*

**Ages:** 3 mths - 4 yrs.

**Cost:** £2 per session  
(*booking essential*).

**Dates:** 28 Jul - 4 Aug.

BOOK NOW

#### Monkey Music Aylesbury & High

##### Wycombe

01494 819138. [www.monkeymusic.co.uk](https://www.monkeymusic.co.uk)

• **Heigh Ho:** 9:35 - 10:05.

*Enjoy music, playing instruments and lots of movement*

**Ages:** 1 - 2 yrs.

• **Jiggety Jig:** 10:20 - 10:50.

**Ages:** 2 - 3 yrs.

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

**Dates:** 28 Jul - 4 Aug.

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#### Musical Minis @home

020 8868 0001; [athome@musicalminis.co.uk](mailto:athome@musicalminis.co.uk).

[www.athome.musicalminis.co.uk](https://www.athome.musicalminis.co.uk)

**Times:** 9:30 - 9:55 & 14:00 - 14:25.

**Ages:** 0 - 4 yrs.

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

**Dates:** 28 Jul - 4 Aug.

BOOK NOW

#### Rock-a-Bye Choir for mums online

[emily@emilyschoirs.co.uk](mailto:emily@emilyschoirs.co.uk). [www.emilyschoirs.co.uk](https://www.emilyschoirs.co.uk)

**Times:** 11:00 - 11:50. **Ages:** Pregnancy - 4 yrs.

**Cost:** £4 per session (*drop in*). **Dates:** 28 Jul.

#### TinyTalk Waveney & Mid-Suffolk

07419 322204.

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

• **Toddler Signing E-Class:** 9:30 - 10:30.

**Ages:** 1 yrs 6 mths - 4 yrs.

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

**Dates:** 28 Jul - 4 Aug.

### SENSORY & DEVELOPMENT

#### Baby College at Home

01865 421879. [www.babycollege.co.uk](https://www.babycollege.co.uk)

• **Baby College @ Home:** Multiple Live Sessions

*Access to 50+ LIVE weekly interactive virtual baby and toddler development sessions.*

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

• **Baby College Massage at Home:** Multiple Live Sessions

*Full body baby massage in 4 sessions including songs and movements.*

**Ages:** 0 - 1 yrs.

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

BOOK NOW

#### Baby Sensory Gateshead

07710161671. [www.babysensory.com](https://www.babysensory.com)

• **Baby Sensory Gateshead @ Home:** 10:00 - 10:45.

**Ages:** 0 - 1 yrs 1 mths.

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

**Dates:** 28 Jul - 4 Aug.

#### Baby Sensory Guildford

07407655816. [www.babysensory.co.uk](https://www.babysensory.co.uk)

• **Baby Sensory Online:** 13:30 - 14:30.

**Ages:** 0 - 1 yrs 1 mths.

**Cost:** £6.25 per session (*booking essential*). **Dates:** 28 Jul.

#### Baby Sensory Northampton

07512 469881. [www.babysensory.com](https://www.babysensory.com)

• **Baby sensory @Home:** 10:30 - 11:10 & 16:00 - 16:40.

**Ages:** 0 - 1 yrs 1 mths.

**Cost:** £4 per session (*booking essential*). **Dates:** 28 Jul.

#### Baby Sensory Stirling

07766317766. [www.babysensory.com](https://www.babysensory.com)

• **Baby Sensory Stirling Classes**

**Times:** 10:00 - 10:40 & 11:00 - 11:40 & 12:45 - 13:25.

**Ages:** 0 - 1 yrs 1 mths.

**Cost:** £4 per session (*drop in*). **Dates:** 28 Jul - 4 Aug.

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### Baby Cherish Infant Massage

[www.babycherish.co.uk](http://www.babycherish.co.uk)

• **Beginners Baby Massage Course (online):** 11:00 - 11:40.

**Ages:** 0 - 6 mths. **Cost:** £8.50 per session (*booking essential*).

**Dates:** 28 Jul - 4 Aug.

### Dandy Development

07890 241301. [www.dandydevelopment.co.uk](http://www.dandydevelopment.co.uk)

• **FREE online classes FOR ALL!:** 10:30 - 11:00.

Join a 'demo' version of Dandy:

[www.fb.com/DandyDevelopment](https://www.fb.com/DandyDevelopment)

**Cost:** Free (*drop in*). **Dates:** 28 Jul.

BOOK NOW

### Grow Together - Baby

#### Massage and Yoga

07916 611066. [www.growtogetherbabies.com](http://www.growtogetherbabies.com)

• **ONLINE Baby Massage Course - 6 weeks:** 11:30 - 12:15.

6 week *Baby Massage course delivered online*

**Ages:** 1 mths - 1 yrs.

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

**Dates:** 28 Jul - 4 Aug.

BOOK NOW

### Loving Hands Baby Massage & Yoga

07850425136. [lovinghandsbabymassage.wordpress.com](http://lovinghandsbabymassage.wordpress.com)

• **Loving Hands Baby Massage Online :** 10:00 - 10:40.

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

**Dates:** 28 Jul.

### LullaBaby Newport

07507070394. [www.LullaBaby.co.uk](http://www.LullaBaby.co.uk)

• **LullaBaby at Home:** 10:30 - 11:10.

**Ages:** 0 - 2 yrs. **Cost:** £1 per session (*booking essential*).

**Dates:** 28 Jul - 4 Aug.

### Phonics With Robot Reg

07957 688101.

<https://robotreg.co.uk/pages/manningtree-clacton-north-coldh>

• **Virtual Phonics Sessions for Kids:** 9:00 - 10:00.

**Ages:** 0 - 6 yrs. **Cost:** £1 per session (*booking essential*).

**Dates:** 28 Jul - 4 Aug.

### Toddler Sense Milton Keynes

07972798017. [www.toddlersense.com/milton-keynes/](http://www.toddlersense.com/milton-keynes/)

• **Toddler Sense @home:** 10:30 - 11:30.

**Ages:** 1 yrs 1 mths - 5 yrs.

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

**Dates:** 28 Jul - 4 Aug.

## CREATIVE

### Captain Fantastic Entertainers

020 8245 9019. [www.captain-fantastic.co.uk](http://www.captain-fantastic.co.uk)

• **Live Toddler Party Classes:** 10:00 - 10:30.

**Ages:** 1 - 4 yrs. **Cost:** Free (*drop in*). **Dates:** 28 Jul - 4 Aug.

### The Creation Station

#### King's Lynn & West Norfolk

07368658115. [www.thecreationstation.co.uk](http://www.thecreationstation.co.uk)

• **Online Little Explorers:** 10:00 - 10:50.

*Little Explorer zoom session*

**Ages:** 1 yrs 6 mths - 5 yrs.

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

**Dates:** 28 Jul - 4 Aug.

## DANCE & DRAMA

### diddi dance SE London

07973982790. [www.diddidance.com](http://www.diddidance.com)

• **diddi dance in da House:** 10:00 - 10:45 & 14:00 - 14:45.

£6 per week - includes classes every day of the week!

**Ages:** 1 yrs 6 mths - 5 yrs.

**Cost:** £6 per session (*booking essential*). **Dates:** 28 Jul.

### diddi dance

#### Shrewsbury and South Telford

07967430682. [www.diddidance.com](http://www.diddidance.com)

• **diddi dance in da house!:** 10:00 - 10:45.

**Ages:** 1 - 5 yrs.

**Cost:** £1 per session (*booking essential*).

**Dates:** 28 Jul - 4 Aug.

BOOK NOW

### Solo Dance With Rosy May

07936 390462. <https://www.twitch.tv/rmdancer97>

• **Free Online Classes - Summer Term:** 17:00 - 18:00.

**Ages:** 10 - 99 yrs. **Cost:** Free (*drop in*). **Dates:** 28 Jul - 4 Aug.

### Tappy Toes

01279 718216. [www.tappytoes.com](http://www.tappytoes.com)

• **Tappy Toes Online:** 10:00 - 10:30.

**Ages:** 1 - 5 yrs.

**Cost:** £4.50 per session (*drop in*).

**Dates:** 28 Jul.

BOOK NOW

## Are you running online classes or events?

Add them to the Lockdown Guide for FREE at [toddle.fun/lockdownlisting](https://toddle.fun/lockdownlisting)

## Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at [toddle.fun/lockdownguide](https://toddle.fun/lockdownguide)



### Tot Bop

01525 237474 / 07775 582791. [www.totbop.co.uk](http://www.totbop.co.uk)

• **Tot Bop Dance Classes (Online):** 11:00 - 11:45.

**Ages:** 1 - 9 yrs. **Cost:** £5 per session (*booking essential*).

**Dates:** 28 Jul - 4 Aug.

WEBSITE

BOOK NOW

## PHYSICAL FUN

### Tatty Bumpkin Yoga (North Bucks)

07745 301624. [www.childreninspiredbyyoga.com](http://www.childreninspiredbyyoga.com)

• **Yoga for children 2-7yrs:** 10:00 - 10:30.

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

• **Yoga for babies from 6 weeks:** 11:00 - 11:45.

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

**Dates:** 28 Jul - 4 Aug.

### Tumble Tots (UK) Ltd

0121 585 7003. [www.facebook.com/tumbletotshq](http://www.facebook.com/tumbletotshq)

• **Tumble Tots LIVE on Facebook:** 10:00 - 11:00.

**Ages:** 6 mths - 7 yrs. **Cost:** Free (*drop in*).

**Dates:** 28 Jul - 4 Aug.

## HEALTH & WELLNESS

### ATP Health and Fitness Norwich

07824 995689. [www.healthandfitness.uk.com](http://www.healthandfitness.uk.com)

• **Home Cardio & Combat with Matt:** 6:30 - 7:15.

**Ages:** 0 - 99 yrs. **Cost:** £3 per session (*drop in*).

• **Home Keep Fit (Over 50s) With Matt:** 10:00 - 10:40.

**Ages:** 50 - 99 yrs.

• **Home Legs Bums and Tums with Matt:** 18:30 - 19:15.

**Ages:** 0 - 99 yrs.

**Cost:** £3 per session

(*booking essential*).

**Dates:** 28 Jul.

BOOK NOW

### Fit with Mum

[www.fitwithmum.com](http://www.fitwithmum.com)

• **Fit with Mum Online:** 10:00 - 11:00.

**Ages:** 0 - 99 yrs.

**Cost:** £5 per session

(*booking essential*).

**Dates:** 28 Jul - 4 Aug.

BOOK NOW

### Lisa Valentine Yoga

07957 215495. [www.lisavalentinyoga.co.uk](http://www.lisavalentinyoga.co.uk).

• **Mums n Bubs/Wrigglers:** 10:45 - 11:35.

**Cost:** £6.25 per session (*booking essential*). **Dates:** 28 Jul.

• **Pre-Natal Yoga Flow (Middleton Cheney):** 18:15 - 19:15.

**Ages:** Pregnancy.

**Cost:** £4.50 per session

(*booking essential*).

**Dates:** 28 Jul - 30 Jul.

BOOK NOW

### Soo Yoga

01604 621004. [www.sooyoga.com](http://www.sooyoga.com)

• **Online Fitness Classes with Kristina Rihanoff & Ben**

**Cohen:** 10:00 - 10:30.

*Bodyweight Circuit Training, HIIT, Barre Sculpt & Dance Fit*

• **Online Yoga with Kristina Rihanoff:** 10:30 - 11:30.

*Enjoy yoga with Kristina Rihanoff -*

*all ability levels*

**Cost:** £0.50 per session

(*booking essential*).

**Dates:** 28 Jul - 4 Aug.

BOOK NOW

### YogaWalks and Bowen Therapy

07950 573719. [www.facebook.com/YogaWalks](http://www.facebook.com/YogaWalks)

• **Live online Yoga with Lizzy in your home:** 8:00 - 8:20.

**Ages:** 0 - 99 yrs.

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

**Dates:** 28 Jul - 4 Aug.

## Looking for something specific?

Search at [www.toddleabout.co.uk](http://www.toddleabout.co.uk)

it's easy!



## Are you running online classes or events?

Add them to the Lockdown Guide for FREE at [toddle.fun/lockdownlisting](https://toddle.fun/lockdownlisting)



## Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at [toddle.fun/lockdownguide](https://toddle.fun/lockdownguide)

# WEDNESDAY

## MUSIC & SIGNING

### Monkey Music Aylesbury & High Wycombe

01494 819138. [www.monkeymusic.co.uk](http://www.monkeymusic.co.uk)

• **Heigh Ho:** 9:35 - 10:05.

*Enjoy music, playing instruments and lots of movement*

**Ages:** 1 - 2 yrs. **Cost:** £5 per session (*booking essential*).

**Dates:** 29 Jul - 5 Aug.

### Musical Minis @home

020 8868 0001; [athome@musicalminis.co.uk](mailto:athome@musicalminis.co.uk).

[www.athome.musicalminis.co.uk](http://www.athome.musicalminis.co.uk)

**Times:** 9:30 - 9:55 & 14:00 - 14:25.

**Ages:** 0 - 4 yrs.

**Cost:** £3 per session

(*booking essential*).

**Dates:** 29 Jul - 5 Aug.

BOOK NOW

### Sing and Sign Coventry and Kenilworth

07920066652. [www.singandsign.co.uk](http://www.singandsign.co.uk)

• **Sing and Sign Babes Zoom:** 12:00 - 12:30.

*Sing and Sign Zoom baby signing and music classes*

**Ages:** 0 - 6 mths. **Cost:** £3.50 per session (*booking essential*).

**Dates:** 29 Jul - 5 Aug.

### TinyTalk Waveney & Mid-Suffolk

07419 322204.

[www.facebook.com/tinytalkwaveneymidsuffolk](http://www.facebook.com/tinytalkwaveneymidsuffolk)

• **Toddler Signing E-Class:** 10:00 - 11:00.

**Ages:** 1 yrs 6 mths - 4 yrs.

• **Baby Signing E-Class:** 13:30 - 14:30.

**Ages:** 0 - 1 yrs 6 mths.

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

**Dates:** 29 Jul - 5 Aug.

## SENSORY & DEVELOPMENT

### Baby College at Home

01865 421879. [www.babycollege.co.uk](http://www.babycollege.co.uk)

• **Baby College @ Home:** Multiple Live Sessions

*Access to 50+ LIVE weekly interactive virtual baby and toddler development sessions.*

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

• **Baby College Massage at Home:** Multiple Live Sessions

*Full body baby massage in 4 sessions including songs and movements.*

**Ages:** 0 - 1 yrs.

**Cost:** £5 per week

(*booking essential*).

BOOK NOW

### Baby Sensory Darlington

07855653375. [www.babysensory.com](http://www.babysensory.com)

• **Baby Sensory @ Home:** 10:00 - 11:00 & 13:00 - 14:00.

**Ages:** 0 - 1 yrs 1 mths.

**Cost:** £4 per session (*booking essential*). **Dates:** 29 Jul.

### Baby Sensory Guildford

07407655816. [www.babysensory.co.uk](http://www.babysensory.co.uk)

• **Baby Sensory Online:** 10:45 - 11:45.

**Ages:** 0 - 1 yrs 1 mths.

**Cost:** £6.25 per session (*booking essential*). **Dates:** 29 Jul.

### Baby Sensory Salisbury, Romsey & Totton

07984051713. [www.babysensory.com/salisbury](http://www.babysensory.com/salisbury)

• **Baby Sensory @ Home:** 10:00 - 11:00 & 13:00 - 14:00.

**Ages:** 0 - 1 yrs 1 mths.

**Cost:** £4 per session

(*booking essential*).

**Dates:** 29 Jul - 5 Aug.

BOOK NOW

### Baby Sensory Southwark

[www.babysensory.com](http://www.babysensory.com)

**Times:** 12:00 - 12:45. **Ages:** 0 - 1 yrs 1 mths.

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

**Dates:** 29 Jul - 5 Aug.

### Baby Sensory Stirling

07766317766. [www.babysensory.com](http://www.babysensory.com)

• **Baby Sensory Classes:** 10:00 - 10:40 & 11:00 - 11:40.

**Ages:** 0 - 1 yrs 1 mths. **Cost:** £4 per session (*drop in*).

**Dates:** 29 Jul.

## Are you running online classes or events?

Add them to the Lockdown Guide for FREE at [toddle.fun/lockdownlisting](https://toddle.fun/lockdownlisting)



## Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at [toddle.fun/lockdownguide](https://toddle.fun/lockdownguide)

### Loving Hands Baby Massage & Yoga

07850425136. [lovinghandsbabymassage.wordpress.com](https://lovinghandsbabymassage.wordpress.com)

• **Loving Hands Baby Massage Online** : 11:00 - 11:04.

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

**Dates:** 29 Jul - 5 Aug.

### Phonics With Robot Reg

07957 688101.

<https://robotreg.co.uk/pages/manningtree-clacton-north-colch>

• **Virtual Phonics Sessions for Kids**: 9:00 - 10:00.

**Ages:** 0 - 6 yrs. **Cost:** £1 per session (*booking essential*).

**Dates:** 29 Jul - 5 Aug.

### Toddler Sense Milton Keynes

07972798017. [www.toddlersense.com/milton-keynes/](http://www.toddlersense.com/milton-keynes/)

• **Toddler Sense @home**: 10:00 - 11:00.

**Ages:** 1 yrs 1 mths - 5 yrs.

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

**Dates:** 29 Jul - 5 Aug.

## DANCE & DRAMA

### diddi dance SE London

07973982790. [www.diddidance.com](http://www.diddidance.com)

• **diddi dance in da House**: 10:00 - 10:45 & 14:00 - 14:45.

£6 per week - includes classes every day of the week!

**Ages:** 1 yrs 6 mths - 5 yrs.

**Cost:** £6 per session (*booking essential*). **Dates:** 29 Jul.

### diddi dance

### Shrewsbury and South Telford

07967430682. [www.diddidance.com](http://www.diddidance.com)

• **diddi dance in da house!**: 10:00 - 10:45.

**Ages:** 1 - 5 yrs.

**Cost:** £1 per session

(*booking essential*).

**Dates:** 29 Jul - 5 Aug.

BOOK NOW

### Synergy Dance

07713254260. [www.synergy-dance-online.teachable.com](http://www.synergy-dance-online.teachable.com)

• **Synergy Dance at Home**: 12:00 - 12:30.

Online Dance & Yoga classes, can be accessed at any time

**Ages:** 4 - 80 yrs. **Cost:** £0.99 per session (*drop in*).

**Dates:** 29 Jul - 5 Aug.

### Tappy Toes Colchester

07308788008. [www.tappytoes.com](http://www.tappytoes.com)

• **Tappy Toes Colchester Online**: 10:00 - 10:30.

Fun, energetic and interactive toddler dance classes

**Ages:** 1 - 5 yrs.

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

**Dates:** 29 Jul - 5 Aug.

### Tappy Toes Watford

07912 357851. [www.tappytoes.com](http://www.tappytoes.com)

• **Tappy Toes Online**: 10:00 - 10:30.

**Ages:** 1 - 5 yrs. **Cost:** £4.50 per session (*drop in*).

**Dates:** 29 Jul.



### Tot Bop

01525 237474 / 07775 582791. [www.totbop.co.uk](http://www.totbop.co.uk)

• **Tot Bop Dance Classes (Online)**: 11:00 - 11:45.

**Ages:** 1 - 9 yrs. **Cost:** £5 per session (*booking essential*).

**Dates:** 29 Jul - 5 Aug.

WEBSITE

BOOK NOW

## PHYSICAL FUN

### Tumble Tots (UK) Ltd

0121 585 7003. [www.facebook.com/tumbletotshq](https://www.facebook.com/tumbletotshq)

• **Tumble Tots LIVE on Facebook**: 10:00 - 11:00.

**Ages:** 6 mths - 7 yrs. **Cost:** Free (*drop in*).

**Dates:** 29 Jul - 5 Aug.

### YogaPebbles

07905 624353. [www.yogapebbles.co.uk](http://www.yogapebbles.co.uk)

• **Children's Yoga Online** : 18:00 - 19:00.

Children's and family yoga online each week

**Ages:** 4 - 18 yrs.

**Cost:** £4 per session

(*booking essential*).

**Dates:** 29 Jul - 5 Aug.

BOOK NOW

## HEALTH & WELLNESS

### ATP Health and Fitness Norwich

07824 995689. [www.healthandfitness.uk.com](http://www.healthandfitness.uk.com)

• **Home Cardio & Combat with Matt**: 18:30 - 19:15.

• **Home Get Waisted/Abs With Matt**: 6:30 - 7:15.

• **Home Kettlebells Live With Matt**: 19:30 - 20:15.

**Ages:** 0 - 99 yrs.

**Cost:** £3 per session

(*booking essential*).

**Dates:** 29 Jul.

BOOK NOW

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## Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at [toddle.fun/lockdownguide](https://toddle.fun/lockdownguide)

### Soo Yoga

01604 621004. [www.sooyoga.com](http://www.sooyoga.com)

- **Online Fitness Classes with Kristina Rihanoff & Ben Cohen:** 9:30 - 10:15.

*Bodyweight Circuit Training, HIIT, Barre Sculpt & Dance Fit*

- **Online Yoga with Kristina Rihanoff:** 10:30 - 11:30.

*Enjoy yoga with Kristina Rihanoff - all ability levels*

**Cost:** £0.50 per session  
(*booking essential*).

**Dates:** 29 Jul - 5 Aug.

BOOK NOW

### Suffolk Woman's Wellness Centre

01473 730035. <https://swwcuk.com/od-menu>

- **Yoga for All including Pregnancy Yoga:** 19:00 - 20:00.

**Ages:** 0 - 99 yrs. **Cost:** £5 per session (*drop in*). **Dates:** 29 Jul.

### YogaWalks and Bowen Therapy

07950 573719. [www.facebook.com/YogaWalks](http://www.facebook.com/YogaWalks)

- **Live online Yoga with Lizzy in your home:** 8:00 - 8:50.

**Ages:** 0 - 99 yrs. **Cost:** £5 per session (*booking essential*).

**Dates:** 29 Jul - 5 Aug.

## PREGNANCY

### Positive Birth Northampton

07725109245. [www.positivebirthnorthampton.co.uk](http://www.positivebirthnorthampton.co.uk)

- **July Hypnobirthing Class:** 19:00 - 21:30.

*Simple, but powerful tools for a positive birth experience*

**Ages:** Pregnancy. **Dates:** 29 Jul.

- **August Hypnobirthing Class:** 19:00 - 21:30.

**Ages:** Pregnancy. **Dates:** 5 Aug.

**Cost:** £199 per session (*booking essential*).

### YogaBellies Ipswich & Colchester

07305 267820. [www.yogabellies.com](http://www.yogabellies.com)

- **Luna by YogaBellies**

(*Yoga for All Women*) : 19:30 - 20:45.

**Ages:** 18 - 99 yrs. **Cost:** £8.25 per session (*booking essential*).

**Dates:** 29 Jul - 5 Aug.

Win

COMPETITION

MY FIRST MIGHTY BLASTERS  
MIGHTY BOW, DUAL BLASTER  
& BOOM BLASTER, WORTH £60



We've teamed up with Little Tikes to give one lucky superhero the chance to win their very own Little Tikes My First Mighty Blasters range!

With a 12-foot blasting range the **Boom Blaster** is easy to load and launch, and comes complete with three bright and colourful power pods – Red Fireball, Missile Launch and a mystery pod to surprise!

Stepping it up a gear, the **Dual Blaster** launches two power pods at once. With a similar trigger mechanism and a total of six pods including Magma, Dino Smash and Shock wave, guaranteed to keep children entertained for hours.

The **Mighty Bow** is the ultimate blaster, with power pods Sharkbite and Wind. With a quick rotation it can also be transformed into a cross bow in seconds!

*Terms and Conditions apply, visit [bit.ly/tacompetitions](http://bit.ly/tacompetitions) for further details.*



#### HOW TO ENTER

Enter via Facebook at  
[www.toddle.fun/mightyblasters](https://www.toddle.fun/mightyblasters)

Simply comment on the post to enter.

Enter at: [www.toddle.fun/mightyblasters](https://www.toddle.fun/mightyblasters)

Competition closes midnight **Sun 9th August 2020**.

For more information visit  
[www.littletikes.co.uk](http://www.littletikes.co.uk)



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Subscribe to the Lockdown Guide for FREE  
Get it sent straight to your inbox at [toddle.fun/lockdownguide](https://toddle.fun/lockdownguide)

## THURSDAY

### PARENTS & TOTS

#### Southwold Library

01502 722519. [www.facebook.com/southwoldlibrary](https://www.facebook.com/southwoldlibrary)

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

**Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 30 Jul.

### MUSIC & SIGNING

#### Little Signers Club Suffolk

07720 349424. [www.littlesignersclub.co.uk](https://www.littlesignersclub.co.uk)

• **Online 12 weeks Baby Signing Basics:** 10:00 - 10:40.

**Ages:** 3 mths - 3 yrs.

**Cost:** £8.25 per session

(*booking essential*).

**Dates:** 30 Jul - 6 Aug.

BOOK NOW

#### Musical Minis @home

020 8868 0001; [athome@musicalminis.co.uk](mailto:athome@musicalminis.co.uk)

[www.athome.musicalminis.co.uk](https://www.athome.musicalminis.co.uk)

**Times:** 9:30 - 9:55 & 14:00 - 14:25.

**Ages:** 0 - 4 yrs.

**Cost:** £3 per session

(*booking essential*).

**Dates:** 30 Jul - 6 Aug.

BOOK NOW

#### TinyTalk Waveney & Mid-Suffolk

07419 322204.

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

• **Baby Signing E-Class:** 9:15 - 10:15.

**Ages:** 0 - 1 yrs 6 mths.

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

**Dates:** 30 Jul - 6 Aug.

### SENSORY & DEVELOPMENT

#### Baby College at Home

01865 421879. [www.babycollege.co.uk](https://www.babycollege.co.uk)

• **Baby College @ Home:** Multiple Live Sessions

Access to 50+ LIVE weekly interactive virtual baby and toddler development sessions.

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

• **Baby College Massage at Home:** Multiple Live Sessions

Full body baby massage in 4 sessions including songs and movements.

**Ages:** 0 - 1 yrs.

**Cost:** £5 per week

(*booking essential*).

BOOK NOW

#### Baby Sensory Ludlow

07729 284661. [www.babysensory.com](https://www.babysensory.com)

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

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

**Dates:** 30 Jul - 6 Aug.

#### Baby Sensory Salisbury, Romsey & Totton

07984051713. [www.babysensory.com/salisbury](https://www.babysensory.com/salisbury)

• **Baby Sensory @ Home:** 10:00 - 11:00.

**Ages:** 0 - 1 yrs 1 mths.

**Cost:** £4 per session

(*booking essential*).

**Dates:** 30 Jul - 6 Aug.

BOOK NOW

#### Baby Sensory Stirling

07766317766. [www.babysensory.com](https://www.babysensory.com)

• **Baby Sensory Classes:** 10:00 - 10:40 & 11:00 - 11:40.

**Ages:** 0 - 1 yrs 1 mths. **Cost:** £4 per session (*drop in*).

**Dates:** 30 Jul.

#### Phonics With Robot Reg

07957 688101.

<https://robotreg.co.uk/pages/manningtree-clacton-north-colch>

• **Virtual Phonics Sessions for Kids:** 9:00 - 10:00.

**Ages:** 0 - 6 yrs. **Cost:** £1 per session (*booking essential*).

**Dates:** 30 Jul - 6 Aug.

### CREATIVE

#### The Creation

#### Station King's Lynn & West Norfolk

07368658115. [www.thecreationstation.co.uk](https://www.thecreationstation.co.uk)

• **Online Little Explorers:** 14:00 - 14:50.

*Little Explorer zoom session*

**Ages:** 1 yrs 6 mths - 5 yrs.

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

**Dates:** 30 Jul - 6 Aug.

### DANCE & DRAMA

#### diddi dance SE London

07973982790. [www.diddidance.com](https://www.diddidance.com)

• **diddi dance in da House:** 10:00 - 10:45.

£6 per week - includes classes every day of the week!

**Ages:** 1 yrs 6 mths - 5 yrs.

**Cost:** £6 per session (*booking essential*). **Dates:** 30 Jul.

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## Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at [toddle.fun/lockdownguide](https://toddle.fun/lockdownguide)

### Solo Dance With Rosy May

07936 390462. <https://www.twitch.tv/rmdancer97>

• **Free Online Classes - Summer Term:** 17:00 - 18:00.

**Ages:** 10 - 99 yrs. **Cost:** Free (*drop in*). **Dates:** 30 Jul - 6 Aug.

### Tappy Toes

01279 718216. [www.tappytoes.com](http://www.tappytoes.com)

• **Tappy Toes Online:** 10:00 - 10:30.

**Ages:** 1 - 5 yrs.

**Cost:** £4.50 per session (*drop in*).

**Dates:** 30 Jul.

BOOK NOW



### Tot Bop

01525 237474 / 07775 582791. [www.totbop.co.uk](http://www.totbop.co.uk)

• **Tot Bop Dance Classes (Online):** 11:00 - 11:45.

**Ages:** 1 - 9 yrs. **Cost:** £5 per session (*booking essential*).

**Dates:** 30 Jul - 6 Aug.

WEBSITE

BOOK NOW

## PHYSICAL FUN

### Matt Fiddes Martial Arts

0800 0350415. [www.mattfiddes.com](http://www.mattfiddes.com)

• **Martial Arts (Online) Mighty Matts:** 16:00 - 16:30.

**Ages:** 3 yrs - 6 yrs 11 mths. **Cost:** Free (*booking essential*).

**Dates:** 30 Jul - 6 Aug.

### Tumble Tots (UK) Ltd

0121 585 7003. [www.facebook.com/tumbletotshq](https://www.facebook.com/tumbletotshq)

• **Tumble Tots LIVE on Facebook:** 10:00 - 11:00.

**Ages:** 6 mths - 7 yrs. **Cost:** Free (*drop in*).

**Dates:** 30 Jul - 6 Aug.

## HEALTH & WELLNESS

### ATP Health and Fitness Norwich

07824 995689. [www.healthandfitness.uk.com](http://www.healthandfitness.uk.com)

• **Home Full Body HIIT With Matt:** 8:30 - 9:15.

• **Home Rockbox With Louise:** 18:30 - 19:15.

**Ages:** 0 - 99 yrs.

**Cost:** £3 per session

(*booking essential*).

**Dates:** 30 Jul.

BOOK NOW

### Physio Pilates MK - Specialist Postnatal Pilates Classes in Milton Keynes

[www.physiopilatesmk.co.uk](http://www.physiopilatesmk.co.uk)

• **Online Beginners Pilates:** 20:00 - 21:00.

**Cost:** £8 per session (*booking essential*). **Dates:** 30 Jul.

### Soo Yoga

01604 621004. [www.sooyoga.com](http://www.sooyoga.com)

• **Online Fitness Classes with Kristina Rihanoff & Ben**

**Cohen:** 10:00 - 10:30.

*Bodyweight Circuit Training, HIIT, Barre Sculpt & Dance Fit*

• **Online Yoga with Kristina Rihanoff:** 10:30 - 11:30.

*Enjoy yoga with Kristina Rihanoff -*

*all ability levels*

**Cost:** £0.50 per session

(*booking essential*).

**Dates:** 30 Jul - 6 Aug.

BOOK NOW

### Suffolk Woman's Wellness Centre

01473 730035. <https://swwcuk.com/od-menu>

• **Core Focus with Nina:** 20:00 - 21:00.

**Ages:** 0 - 99 yrs. **Cost:** £5 per session (*drop in*).

**Dates:** 30 Jul - 6 Aug.

### YogaWalks and Bowen Therapy

07950 573719. [www.facebook.com/YogaWalks](https://www.facebook.com/YogaWalks)

• **Live online Yoga with Lizzy in your home:** 19:00 - 20:00.

**Ages:** 0 - 99 yrs. **Cost:** £5 per session (*booking essential*).

**Dates:** 30 Jul - 6 Aug.

## PREGNANCY

### The Daisy Foundation : Towcester, Brackley, Buckingham & Milton Keynes

07581 559856.

[www.thedaisyfoundation.com/teacher/vicki-wilkinson/](http://www.thedaisyfoundation.com/teacher/vicki-wilkinson/)

• **Daisy Baby Wrigglers (Baby Yoga):** 10:30 - 11:30.

**Ages:** 5 - 10 mths. **Cost:** £30 per session (*booking essential*).

**Dates:** 30 Jul - 6 Aug.

### The Daisy Foundation Bury St Edmunds, Thetford & Stowmarket

07881 378925. [www.thedaisyfoundation.com](http://www.thedaisyfoundation.com)

• **Daisy Birthing classes:** 19:30 - 21:00.

**Ages:** Pregnancy.

**Cost:** £72 per session (*booking essential*).

**Dates:** 30 Jul - 6 Aug.

## Are you running online classes or events?

Add them to the Lockdown Guide for FREE at [toddle.fun/lockdownlisting](https://toddle.fun/lockdownlisting)

Subscribe to the Lockdown Guide for FREE  
Get it sent straight to your inbox at [toddler.fun/lockdownguide](https://toddler.fun/lockdownguide)

## FRIDAY

## PARENTS &amp; TOTS

Southwold Library

01502 722519. [www.facebook.com/southwoldlibrary](https://www.facebook.com/southwoldlibrary)

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

**Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 7 Aug.

Wild Tots & Wild Babies

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

- **Wild Learning with Lauren:** 10:00 - 10:05.

**Ages:** 1 yrs 6 mths - 11 yrs. **Cost:** Free (*booking essential*).

**Dates:** 31 Jul - 7 Aug.

## MUSIC &amp; SIGNING

Monkey Music Aylesbury & HighWycombe

01494 819138. [www.monkeymusic.co.uk](https://www.monkeymusic.co.uk)

- **Heigh Ho:** 9:35 - 10:05.

*Enjoy music, playing instruments and lots of movement*

**Ages:** 1 - 2 yrs. **Cost:** £5 per session (*booking essential*).

**Dates:** 31 Jul - 7 Aug.

Music Bees

07456 257588. [www.musicbeesuk.com](https://www.musicbeesuk.com)

- **Music Bees Goes Live!** 10:30 - 11:00.

**Ages:** 0 - 4 yrs. **Cost:** Free (*drop in*). **Dates:** 31 Jul.

Musical Minis @home

020 8868 0001; [athome@musicalminis.co.uk](mailto:athome@musicalminis.co.uk).

[www.athome.musicalminis.co.uk](https://www.athome.musicalminis.co.uk)

**Times:** 9:30 - 9:55 & 14:00 - 14:25.

**Ages:** 0 - 4 yrs.

**Cost:** £3 per session

(*booking essential*).

**Dates:** 31 Jul - 7 Aug.

BOOK NOW

## SENSORY &amp; DEVELOPMENT

Baby College at Home

01865 421879. [www.babycollege.co.uk](https://www.babycollege.co.uk)

- **Baby College @ Home:** Multiple Live Sessions

*Access to 50+ LIVE weekly interactive virtual baby and toddler development sessions.*

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

- **Baby College Massage at Home:** Multiple Live Sessions

*Full body baby massage in 4 sessions*

*including songs and movements.*

**Ages:** 0 - 1 yrs.

**Cost:** £5 per week

(*booking essential*)

BOOK NOW

Baby Sensory Stirling

07766317766. [www.babysensory.com](https://www.babysensory.com)

- **Baby Sensory Stirling Classes:** 9:45 - 10:25.

**Ages:** 0 - 1 yrs 1 mths. **Cost:** £4 per session (*drop in*).

**Dates:** 31 Jul.

Baby Sensory Wanstead & Hackney

07506020039. [www.babysensory.com](https://www.babysensory.com)

- **@Home 3 weeks mini term:** 15:00 - 15:30.

*SPECIAL OFFER: 3 weeks for £15!*

**Ages:** 0 - 1 yrs 1 mths. **Cost:** £3 per session (*drop in*).

**Dates:** 31 Jul.

Nanos Spanish

07940738221. [www.nanospanishclub.com](https://www.nanospanishclub.com)

[nanospanishclub.com](https://www.nanospanishclub.com)

**Times:** 10:00 - 10:30. **Ages:** 1 - 5 yrs.

**Cost:** £5 per session

(*booking essential*). **Dates:** 31 Jul.

BOOK NOW

Phonics With Robot Reg

07957 688101.

<https://robotreg.co.uk/pages/manningtree-clacton-north-colch>

- **Virtual Phonics Sessions for Kids:** 9:00 - 10:00.

**Ages:** 0 - 6 yrs. **Cost:** £1 per session (*booking essential*).

**Dates:** 31 Jul - 7 Aug.

Are you running online classes or events?

Add them to the Lockdown Guide for FREE at [toddler.fun/lockdownlisting](https://toddler.fun/lockdownlisting)



## Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at [toddle.fun/lockdownguide](https://toddle.fun/lockdownguide)

### DANCE & DRAMA

#### Amanda's Action Club

07946707695. [www.amandasactionclub.co.uk](http://www.amandasactionclub.co.uk)

• **Online Any-time Access Amanda's Action Club**

**Sessions:** 8:00 - 8:00.

**Ages:** 0 - 5 yrs.

**Cost:** £2 per session

(*booking essential*).

**Dates:** 31 Jul.

BOOK NOW

#### Atomic Dance

07392348155. [www.atomicdance.co.uk](http://www.atomicdance.co.uk)

• **Little Stars Dance** : 10:00 - 10:30.

*A weekly, interactive dance class for children aged 2-4.*

**Ages:** 2 - 4 yrs. **Cost:** £3 per session (*drop in*).

**Dates:** 31 Jul - 7 Aug.

#### diddi dance SE London

07973982790. [www.diddidance.com](http://www.diddidance.com)

• **diddi dance in da House**: 10:00 - 10:45 & 14:00 - 14:45.

*£6 per week - includes classes every day of the week!*

**Ages:** 1 yrs 6 mths - 5 yrs.

**Cost:** £6 per session (*booking essential*). **Dates:** 31 Jul.

#### diddi dance

#### Shrewsbury and South Telford

07967430682. [www.diddidance.com](http://www.diddidance.com)

• **diddi dance in da house!**: 10:00 - 10:45.

**Ages:** 1 - 5 yrs.

**Cost:** £1 per session

(*booking essential*).

**Dates:** 31 Jul - 7 Aug.

BOOK NOW

#### Solo Dance With Rosy May

07936 390462. <https://www.twitch.tv/rmdancer97>

• **Free Online Classes - Summer Term**: 17:00 - 18:00.

**Ages:** 10 - 99 yrs. **Cost:** Free (*drop in*). **Dates:** 31 Jul - 7 Aug.

#### Stagecoach Theatre Arts School

#### (Buckinghamshire)

01494 533203. [www.stagecoach.co.uk](http://www.stagecoach.co.uk)

• **Stagecoach at Home LIVE - Early Years**: 16:30 - 17:15.

*Singing, dancing and acting classes every week!*

**Ages:** 4 - 6 yrs. **Cost:** £7 per session (*booking essential*).

**Dates:** 31 Jul.

#### Tappy Toes Colchester

07308788008. [www.tappytoes.com](http://www.tappytoes.com)

• **Tappy Toes Colchester Online**: 10:00 - 10:30.

*Fun, energetic and interactive toddler dance classes*

**Ages:** 1 - 5 yrs. **Cost:** £4.50 per session (*booking essential*).

**Dates:** 31 Jul - 7 Aug.

#### Tappy Toes Watford

07912 357851. [www.tappytoes.com](http://www.tappytoes.com)

• **Tappy Toes Online**: 10:00 - 10:30.

**Ages:** 1 - 5 yrs. **Cost:** £4.50 per session (*drop in*).

**Dates:** 31 Jul.



#### Tot Bop

01525 237474 / 07775 582791. [www.totbop.co.uk](http://www.totbop.co.uk)

• **Tot Bop Dance Classes (Online)**: 11:00 - 11:45.

**Ages:** 1 - 9 yrs. **Cost:** £5 per session (*booking essential*).

**Dates:** 31 Jul - 7 Aug.

WEBSITE

BOOK NOW

### PHYSICAL FUN

#### Tumble Tots (UK) Ltd

0121 585 7003. [www.facebook.com/tumbletotshq](http://www.facebook.com/tumbletotshq)

• **Tumble Tots LIVE on Facebook**: 10:00 - 11:00.

**Ages:** 6 mths - 7 yrs. **Cost:** Free (*drop in*).

**Dates:** 31 Jul - 7 Aug.

#### YogaPebbles

07905 624353. [www.yogapebbles.co.uk](http://www.yogapebbles.co.uk)

• **Children's Yoga Online** : 18:00 - 18:30.

*Children's and family yoga online each week*

**Ages:** 4 - 18 yrs.

**Cost:** £4 per session

(*booking essential*).

**Dates:** 31 Jul - 7 Aug.

BOOK NOW

### HEALTH & WELLNESS

#### ATP Health and Fitness Norwich

07824 995689. [www.healthandfitness.uk.com](http://www.healthandfitness.uk.com)

• **Home Keep Fit (Over 50s) With Matt**: 10:00 - 10:40.

**Ages:** 50 - 99 yrs.

• **Tins For Toning**: 6:30 - 7:15.

**Ages:** 0 - 99 yrs.

**Cost:** £3 per session

(*booking essential*).

**Dates:** 31 Jul.

BOOK NOW

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## Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at [toddle.fun/lockdownguide](https://toddle.fun/lockdownguide)

### Soo Yoga

01604 621004. [www.sooyoga.com](http://www.sooyoga.com)

- **Online Fitness Classes with Kristina Rihanoff & Ben Cohen:** 18:30 - 19:15.

Bodyweight Circuit Training, HIIT, Barre Sculpt & Dance Fit

- **Online Yoga with Kristina Rihanoff:** 10:00 - 11:00.

Enjoy yoga with Kristina Rihanoff - all ability levels

**Cost:** £0.50 per session (booking essential).

**Dates:** 31 Jul - 7 Aug.

BOOK NOW

### YogaWalks and Bowen Therapy

07950 573719. [www.facebook.com/YogaWalks](http://www.facebook.com/YogaWalks)

- **Live online Yoga with Lizzy in your home:** 8:00 - 8:50.

**Ages:** 0 - 99 yrs.

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

**Dates:** 31 Jul - 7 Aug.

Win

COMPETITION

## CHILDREN'S BOOK 'SAMUEL AND THE MONSTER'

We have FIVE 'Samuel and the Monster' children's books to give away. So this competition will have **5 lucky winners!**

Samuel has a monster in his room; a big, hairy monster which is taking up his whole room. It had been visiting him every night for weeks and no amount of ignoring it has made it go away. He has tried hiding, camouflage and holding his breath but nothing has worked to get rid of it.

One night, Samuel decides enough is enough! He looks the monster straight in the eye and says in his biggest voice "There are no monsters!" The monster shrank a little. He says again, "There are no monsters" and he shrinks again. Samuel continues his chant until the monster shrinks to the size of Samuel's little finger and scuttles out the door.

*Terms and Conditions apply, visit [bit.ly/tacompetitions](https://bit.ly/tacompetitions) for further details.*



### HOW TO ENTER

Enter via Facebook at

[www.toddle.fun/samuelandthemonster](https://www.toddle.fun/samuelandthemonster)

Simply comment on the post to enter.

Enter at: [www.toddle.fun/samuelandthemonster](https://www.toddle.fun/samuelandthemonster)

Competition closes midnight **Mon 10th Aug 2020**.

'Samuel and the Monster' is written and illustrated by Alexia Pinchbeck.

Visit [www.alexia pinchbeck.com](http://www.alexia pinchbeck.com) for more information.

## Are you running online classes or events?

Add them to the Lockdown Guide for FREE at [toddle.fun/lockdownlisting](https://toddle.fun/lockdownlisting)

Follow us for daily updates!



## Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at [toddle.fun/lockdownguide](https://toddle.fun/lockdownguide)

# SATURDAY

## MUSIC & SIGNING

### Piano Penguins

[www.pianopenguins.square.site](https://www.pianopenguins.square.site)

• **Piano Penguins Online:** 10:30 - 11:00.

*Live streamed music class played on piano, violin & ukulele*

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

**Dates:** 1 Aug - 8 Aug.

## SENSORY & DEVELOPMENT

### Phonics With Robot Reg

07957 688101.

<https://robotreg.co.uk/pages/manningtree-clacton-north-colch>

• **Virtual Phonics Sessions for Kids:** 9:00 - 10:00.

**Ages:** 0 - 6 yrs. **Cost:** £1 per session (*booking essential*).

**Dates:** 1 Aug - 8 Aug.

## CREATIVE

### Mini Professors North Leeds Limited

07779302442. [www.miniprofessors.com](https://www.miniprofessors.com)

• **Mini Professors Classes:** 10:00 - 10:40.

*Fun and educational classes with songs, experiments & story*

**Ages:** 3 - 7 yrs. **Cost:** £4.75 per session (*booking essential*).

**Dates:** 1 Aug - 8 Aug.

## DANCE & DRAMA

### Amanda's Action Club

07946707695. [www.amandasactionclub.co.uk](https://www.amandasactionclub.co.uk)

• **Amanda's Action Club (Zoom Sessions):** 9:00 - 9:30.

*Tailored dance, music and fitness sessions.*

**Ages:** 6 mths - 4 yrs 6 mths.

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

**Dates:** 1 Aug - 8 Aug.

BOOK NOW

### diddi dance SE London

07973982790. [www.diddidance.com](https://www.diddidance.com)

• **diddi dance in da House:** 10:00 - 10:45.

*£6 per week - includes classes every day of the week!*

**Ages:** 1 yrs 6 mths - 5 yrs.

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

**Dates:** 1 Aug.

### diddi dance Shrewsbury and South

#### Telford

07967430682. [www.diddidance.com](https://www.diddidance.com)

• **diddi dance in da house!** 9:30 - 10:15.

**Ages:** 1 - 5 yrs.

**Cost:** £1 per session (*booking essential*).

**Dates:** 1 Aug - 8 Aug.

BOOK NOW

### Solo Dance With Rosy May

07936 390462. <https://www.twitch.tv/rmdancer97>

• **Free Online Classes - Summer Term:** 17:00 - 18:00.

**Ages:** 10 - 99 yrs. **Cost:** Free (*drop in*).

**Dates:** 1 Aug - 8 Aug.



### Tot Bop

01525 237474 / 07775 582791. [www.totbop.co.uk](https://www.totbop.co.uk)

• **Tot Bop Dance Classes (Online):** 11:00 - 11:45.

**Ages:** 1 - 9 yrs. **Cost:** £5 per session (*booking essential*).

**Dates:** 1 Aug - 8 Aug.

WEBSITE

BOOK NOW

## PHYSICAL FUN

### Matt Fiddes Martial Arts

0800 0350415. [www.mattfiddes.com](https://www.mattfiddes.com)

• **Martial Arts (Online) Junior and Family:** 10:00 - 10:45.

**Ages:** 7 - 99 yrs.

• **Martial Arts (Online) Mighty Matts:** 9:00 - 9:30.

**Ages:** 3 yrs - 6 yrs 11 mths.

**Cost:** Free (*booking essential*).

**Dates:** 1 Aug - 8 Aug.

## Are you running online classes or events?

Add them to the Lockdown Guide for FREE at [toddle.fun/lockdownlisting](https://toddle.fun/lockdownlisting)

## Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at [toddle.fun/lockdownguide](https://toddle.fun/lockdownguide)

### YogaPebbles

07905 624353. [www.yogapebbles.co.uk](http://www.yogapebbles.co.uk)

- **Children's Yoga Online** : 10:30 - 11:30.

Children's and family yoga online each week

**Ages:** 4 - 18 yrs.

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

**Dates:** 1 Aug - 8 Aug.

BOOK NOW

### Soo Yoga

01604 621004. [www.sooyoga.com](http://www.sooyoga.com)

- **Online Fitness Classes with Kristina Rihanoff & Ben Cohen:** 10:00 - 10:30.

Bodyweight Circuit Training, HIIT, Barre Sculpt & Dance Fit

- **Online Yoga with Kristina Rihanoff:** 10:30 - 11:15.

Enjoy yoga with Kristina Rihanoff - all ability levels

**Cost:** £0.50 per session (booking essential).

**Dates:** 1 Aug - 8 Aug.

BOOK NOW

## HEALTH & WELLNESS

### ATP Health and Fitness Norwich

07824 995689. [www.healthandfitness.uk.com](http://www.healthandfitness.uk.com)

- **Home Cardio & Combat with Matt:** 9:30 - 10:15.

**Ages:** 0 - 99 yrs.

**Cost:** £3 per session (drop in).

**Dates:** 1 Aug.

BOOK NOW

### Lisa Valentine Yoga

07957 215495. [lisavalentinyoga.co.uk](http://lisavalentinyoga.co.uk)

- **Subscription to monthly online class's:** 10:00 - 10:00.

**Cost:** £6.25 per session (booking essential).

**Dates:** 1 Aug.

BOOK NOW

### Suffolk Woman's Wellness Centre

01473 730035. <https://swwcuk.com/od-menu>

- **Barre Fit with Nina:** 9:00 - 10:00.

**Ages:** 0 - 99 yrs. **Cost:** £5 per session (drop in). **Dates:** 1 Aug - 8 Aug.

### YogaWalks and Bowen Therapy

07950 573719. [www.facebook.com/YogaWalks](https://www.facebook.com/YogaWalks)

- **Live online Yoga with Lizzy in your home:** 9:45 - 10:30.

**Ages:** 0 - 99 yrs.

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

**Dates:** 8 Aug.

## Looking for something specific?

Search at [www.toddleabout.co.uk](https://www.toddleabout.co.uk) - it's easy!



## Are you running online classes or events?

Add them to the Lockdown Guide for FREE at [toddle.fun/lockdownlisting](https://toddle.fun/lockdownlisting)

## Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at [toddle.fun/lockdownguide](https://toddle.fun/lockdownguide)

# SUNDAY

## MUSIC & SIGNING

### Piano Penguins

[pianopenguins.square.site](https://pianopenguins.square.site)

- **Piano Penguins Online:** 10:30 - 11:00.

*Live streamed music class played on piano, violin & ukulele*

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

**Dates:** 2 Aug - 9 Aug.

## DANCE & DRAMA

### diddi dance Shrewsbury and South

#### Telford

07967430682. [www.diddidance.com](https://www.diddidance.com)

- **diddi dance in da house!:** 10:00 - 10:45.

**Ages:** 1 - 5 yrs.

**Cost:** £1 per session  
(*booking essential*).

**Dates:** 2 Aug - 9 Aug.

BOOK NOW



### Tot Bop

01525 237474 / 07775 582791. [www.totbop.co.uk](https://www.totbop.co.uk)

- **Tot Bop Dance Classes (Online):** 11:00 - 11:45.

**Ages:** 1 - 9 yrs. **Cost:** £5 per session (*booking essential*).

**Dates:** 2 Aug - 9 Aug.

WEBSITE

BOOK NOW

## HEALTH & WELLNESS

### Physio Pilates MK - Specialist Postnatal

#### Pilates Classes in Milton Keynes

[www.physiopilatesmk.co.uk](https://www.physiopilatesmk.co.uk)

- **Physio Pilates MK - Online Mum's and Beginners**

**Pilates:** 10:00 - 11:00.

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

**Dates:** 9 Aug.

BOOK NOW

### Soo Yoga

01604 621004. [www.sooyoga.com](https://www.sooyoga.com)

- **Online Yoga with Kristina Rihanoff:** 10:00 - 11:00.

*Enjoy yoga with Kristina Rihanoff - all ability levels*

**Cost:** £0.50 per session (*booking essential*).

**Dates:** 2 Aug - 9 Aug.

## Are you running online classes or events?

Add them to the Lockdown Guide for FREE at [toddle.fun/lockdownlisting](https://toddle.fun/lockdownlisting)





Always  
Online

toddle<sup>about</sup>  
Loving life with little ones

Just want to dip in to classes at a time that suits you?  
Discover pre-recorded sessions, for you to access any time.

### Amanda's Action Club

Enjoy Amanda's Action Club sessions at any time, from the comfort of your own home. Access the videos of these fun and exciting sessions until the end of the summer.

**Ages:** 0 - 5 years

**Cost:** £2 per week

**Phone:** 07946 707695

**Email:** [amanda@amandasactionclub.co.uk](mailto:amanda@amandasactionclub.co.uk)

[www.amandasactionclub.co.uk](http://www.amandasactionclub.co.uk)

BOOK NOW

### Baby Cherish

Are you looking for an activity to do with your baby at home? Would you like to learn a new skill? Welcome to the Beginners baby massage course @Home.

**Ages:** 0 - 6 months

**Cost:** £30.00

**Phone:** 07875 074611

**Email:** [sarah@babycherish.co.uk](mailto:sarah@babycherish.co.uk)

[www.babycherish.co.uk](http://www.babycherish.co.uk)

BOOK NOW

### British Motor Museum

The British Motor Museum has organised a range of 'stay at home' activities for all the family to enjoy. From puzzles and crafts, science experiments and more!

**Ages:** All ages

**Cost:** Free - donations welcome

**Email:** [enquiries@britishmotormuseum.co.uk](mailto:enquiries@britishmotormuseum.co.uk)

[www.britishmotormuseum.co.uk/whats-on/tag/family](http://www.britishmotormuseum.co.uk/whats-on/tag/family)

### Calypso Kids

Join our free online group and access recorded music sessions where everyday items become drums, maracas and pom poms!

**Ages:** 0 - 5 years

**Cost:** Free

**Phone:** 07890 399162

**Email:** [hello@calypsokids.co.uk](mailto:hello@calypsokids.co.uk)

[www.facebook.com/groups/266075601089033/](https://www.facebook.com/groups/266075601089033/)

### diddi dance Shrewsbury

Online fun and funky preschool dance classes for energetic little movers. Sessions encourage a love of movement to last a lifetime through dancing games, learning songs and changing dance themes.

**Ages:** 1½-4½ years

**Cost:** £3/week

**Phone:** 07967 430 682

**Email:** [charlotte.burgess@diddidance.com](mailto:charlotte.burgess@diddidance.com)

[www.diddidance.com/diddi-dance-shrewsbury/](http://www.diddidance.com/diddi-dance-shrewsbury/)

### June's Chatterbox Tunes

Watch some pre-recorded music sessions with singing, signs, puppets, instruments, guitar and props, and also a storyline lullaby songs video.

**Ages:** 2 months to 4 years

**Cost:** FREE

**Phone:** 07851 353396.

**Email:** [jl.chatterbox@gmail.com](mailto:jl.chatterbox@gmail.com)

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

Do you offer pre-recorded classes or events?

Add them to the Lockdown Guide for FREE at [toddle.fun/prerecordedlisting](https://toddle.fun/prerecordedlisting)

Follow us for  
daily updates!



## Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at [toddle.fun/lockdownguide](https://toddle.fun/lockdownguide)

### Leiston Library

Leiston Library has a weekly Baby Bounce video on our Facebook page, songs and rhymes for under 5s. Also links to craft activities for little hands.

**Ages:** 0 - 5 years

**Cost:** Free

**Phone:** 01728 831252

**Email:** [gayla.rowling@suffolklibraries.co.uk](mailto:gayla.rowling@suffolklibraries.co.uk)

[Leiston Library Facebook page](#)

### Lizzie Edwards Yoga

Postnatal yoga for you to access anytime, anywhere. Relax and feel good with yoga classes, technique videos and meditations, plus classes for you and baby to do together.

**Ages:** 6-8 weeks post birth onwards

**Cost:** £15 per month

**Phone:** 07796 954527

**Email:** [lizzieedwardsyoga@gmail.com](mailto:lizzieedwardsyoga@gmail.com)

<http://Patreon.com/lizzieedwardsyoga>

### Magical World of Stories

Stories, songs and either activities and ideas to help your little one learn through play or step by step guides to complete a crafting activity. All based around a theme.

**Ages:** 4 months - 6 years

**Cost:** £14 for 7 week term

**Email:** [Jennifer.herbent@virginmedia.com](mailto:Jennifer.herbent@virginmedia.com)

[www.facebook.com/MagicalWorldofStories](http://www.facebook.com/MagicalWorldofStories)

### Melody Music

A 30min weekly, pre recorded music and sensory class for under 5s

**Ages:** 0 - 5 years

**Cost:** £8 a month

**Email:** [stephanie@melodymusic.me.uk](mailto:stephanie@melodymusic.me.uk)

[www.facebook.com/melodymusicforbabiesandtoddlers/](http://www.facebook.com/melodymusicforbabiesandtoddlers/)

[melodymusicforbabiesandtoddlers/](http://www.facebook.com/melodymusicforbabiesandtoddlers/)

### Mini First Aid Suffolk

Learn valuable first aid skills in the comfort of your own home with the fantastic ONLINE version of the 2-hour baby & child first aid class, with an option to attend a top-up session for hands-on practice at a later date.

**Ages:** 18-99 years

**Cost:** Free

**Phone:** 01473 723960.

**Email:** [julierdaniels@btinternet.com](mailto:julierdaniels@btinternet.com)

[www.staugustinesipswich.org.uk](http://www.staugustinesipswich.org.uk)

### MiniJam

Join MiniJam's jazz, funk & latin nursery rhyme remixes alongside DIY instruments to get creative with at home. Tasks & tricks to keep your little one engaged.

**Ages:** 0-5 years

**Cost:** £3 per video + Free track downloads

**Phone:** 07723 510320

**Email:** [hello@minijam.uk](mailto:hello@minijam.uk)

[www.minijam.uk](http://www.minijam.uk)

BOOK NOW

### Musical Bumps South Leicestershire

Musical fun and learning. Sessions are booked in blocks. You have access to all age specific classes & a bank of 100+ bite size songs to use at your convenience.

**Ages:** 0 - 4 years

**Cost:** £4 each

**Phone:** 07516 473668

**Email:** [anna.thomas@musicalbumps.com](mailto:anna.thomas@musicalbumps.com)

[www.musicalbumps.com](http://www.musicalbumps.com)

### Nature Makers

Access to our private Facebook group with 4 lessons recorded in multiple short videos covering topics of weather, rainbows, spring and worms using nature art & stories to learn.

**Ages:** 1 - 6 years

**Cost:** £12 per month (4 classes)

**Email:** [faye@nature-makers.co.uk](mailto:faye@nature-makers.co.uk)

[www.nature-makers.co.uk](http://www.nature-makers.co.uk)

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### Rhythm Time (Cheshire)

Short videos containing songs and, sometimes a story, linked to different themes. Themes so far include: Easter, Numbers, Garden and Farm.

**Ages:** 0 - 5 years

**Cost:** Free

**Phone:** 07871 450140.

**Email:** [info@singsongstories.co.uk](mailto:info@singsongstories.co.uk)

<https://www.youtube.com/channel/UCwQx7a0x5Ln4lpNGA7Rku6g>

BOOK NOW

### Ride On Time

Weekly ride-on videos including singing & dancing - lots of fun!

**Ages:** 1 - 5 years

**Cost:** Free

**Phone:** 07789 887636.

**Email:** [info@rideontimehire.com](mailto:info@rideontimehire.com)

[www.facebook.com/rideontimehire/](http://www.facebook.com/rideontimehire/)

### Shake Rattle and Boogie

Online boogie classes providing dance and music sessions for babies, toddlers and pre-schoolers.

**Ages:** 0-4 years

**Cost:** £4 per session - discounts for block bookings

**Phone:** 07984 158281

**Email:** [info@shakerattleandboogie.com](mailto:info@shakerattleandboogie.com)

[www.shakerattleandboogie.com](http://www.shakerattleandboogie.com)

### Sing and Sign Coventry and Kenilworth

A ten week online course, accessible when and as many times in the week as you want. Zoom sessions to check in and Whatsapp groups to keep in touch.

**Ages:** 0 - 2 years

**Cost:** £40 for a ten week course

**Phone:** 07920 066652.

**Email:** [singandsigncoventry@sky.com](mailto:singandsigncoventry@sky.com)

[www.singandsign.co.uk/classes/classes-near-you/coventry-&-kenilworth](http://www.singandsign.co.uk/classes/classes-near-you/coventry-&-kenilworth)

### SingSongStories

Short videos containing songs and, sometimes a story, linked to different themes. Themes so far include: Easter, Numbers, Garden and Farm.

**Ages:** 0 - 5 years

**Cost:** Free

**Phone:** 07871 450140.

**Email:** [info@singsongstories.co.uk](mailto:info@singsongstories.co.uk)

[View on Youtube](#)

### St Augustine's Church

Enjoy a weekly activity sheet on St Augustine's website. Each week there is a different theme with lots of activity suggestions and songs to sing.

**Ages:** 4 mths - 5 years

**Cost:** Free

[www.staugustinesipswich.org.uk](http://www.staugustinesipswich.org.uk)

### Suffolk Libraries

Access singing sessions, crafts, storytimes and various activities for children on the Suffolk Libraries website. All videos are also being uploaded to Youtube.

**Ages:** 0-5 years

**Cost:** Free

**Email:** [hannah.foulstone@suffolklibraries.co.uk](mailto:hannah.foulstone@suffolklibraries.co.uk)

[www.youtube.com/user/SuffolkLibraries](http://www.youtube.com/user/SuffolkLibraries)

### Suffolk Wildlife Trust

Every Friday morning there is a new video uploaded with an activity your child can do in your back garden! The activities are simple & require only household items.

**Ages:** 1yr 6 mths - 11 yrs

**Cost:** Free

**Email:** [lauren.mack@suffolkwildlifetrust.org](mailto:lauren.mack@suffolkwildlifetrust.org)

[www.facebook.com/KnettishallHeath](http://www.facebook.com/KnettishallHeath)

### Sunnymead Minnows

Search Sunnymead Minnows for regular posts featuring activities, nature, songtime and storytime.

**Ages:** 0-5 years

**Cost:** Free

[www.facebook.com/SunnymeadMinnows](http://www.facebook.com/SunnymeadMinnows)

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### Synergy Dance at Home

Professional online dance & yoga sessions to allow children, teens and families to keep up their activities at home, open to all. Includes courses for Special Needs, the visually impaired and the elderly.

**Ages:** 4 years +

**Cost:** £7 for a course (less than £1 per class)

**Phone:** 07713 254260.

**Email:** [rachael.swann@gmail.com](mailto:rachael.swann@gmail.com)

[www.synergy-dance-online.teachable.com/](http://www.synergy-dance-online.teachable.com/)

### Tadpole Tunes

Weekly videos uploaded to the Facebook page - [Tadpole Tunes IP31 IP32 IP30](#). Mini Tadpole Tunes sessions for you to enjoy at home in June and July!

**Ages:** 9 months to 4 years

**Cost:** Free

**Email:** [angela@tadpoletunes.co.uk](mailto:angela@tadpoletunes.co.uk)

[www.tadpoletunes.co.uk](http://www.tadpoletunes.co.uk)

### Teddies Music Club

Sessions include real, live music, led by two musicians. Painted props drawing demos with every session (these two are also artists!) with an original picture to download and colour in afterwards.

**Ages:** 0 - 4 years

**Cost:** £1.99 per month for unlimited access

**Phone:** 01628 671146.

**Email:** [zitanewcome@hotmail.com](mailto:zitanewcome@hotmail.com)

[www.teddiesmusicclub.co.uk](http://www.teddiesmusicclub.co.uk)

### Toddler Sense Milton Keynes

Every Toddler Sense session is jam-packed with activities and fun adventures to help your toddler burn off excess energy and develop vital physical, communication, social and intellectual skills.

**Ages:** 13 months to 5 years

**Cost:** £4 per week or £14 for 4 weeks

**Phone:** 07972 798017

**Email:** [miltonkeynes@toddlersense.co.uk](mailto:miltonkeynes@toddlersense.co.uk)

[www.toddlersense.com/milton-keynes/](http://www.toddlersense.com/milton-keynes/)



### Tot Bop

Tot Bop dance classes available weekly. Fun, funky and imaginative dance classes, for each age and stage:

*Tiny Tots:* 1-2½ yrs; *Baby Boppers:* 2½-3½ yrs; *Funky*

*Monkeys:* 3½-5 yrs; *Groovy Movers:* 5-9 yrs; *Tot Bop*

*Tap:* 4/5-9 yrs.

**Ages:** 1 - 9 years

**Cost:** £30 for 6 sessions

**Phone:** 01525 237474.

**Email:** [rachelkenning79@gmail.com](mailto:rachelkenning79@gmail.com)

[www.totbop.co.uk/online-members-area/](http://www.totbop.co.uk/online-members-area/)

WEBSITE

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### Tumble Tots Basingstoke

A new video is released every Monday, Wednesday and Friday at 2.30pm. Also available on YouTube.

**Ages:** Walking to school age

**Cost:** Free

**Phone:** 07368 500820.

**Email:** [basingstoke@tumbletots.com](mailto:basingstoke@tumbletots.com)

[www.tumbletots.com/basingstoke](http://www.tumbletots.com/basingstoke)

### Tumble Tots Epsom

Enjoy these Tumble Tots at Home videos. They have lots of songs, body identification rhymes and co-ordination activities to help keep active in body and mind, while having fun.

**Ages:** 0-5 yrs

**Cost:** Free

**Phone:** 07539 468002.

**Email:** [epsom@tumbletots.com](mailto:epsom@tumbletots.com)

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

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### Warwickshire Libraries

Short Rhyme Time videos of favourite rhymes and songs sung by Library Staff.

**Ages:** 0 - 2 years

**Cost:** Free

**Email:** [libraryevents@warwickshire.gov.uk](mailto:libraryevents@warwickshire.gov.uk)

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

### Wriggle Dance Theatre

2 series of 'Wriggle at Home' videos, and fun bite-sized creative dance sessions.

**Ages:** 2-5yr olds and their grown-ups

**Cost:** Free

**Phone:** 07771 888157

**Email:** [lucy@wriggledancetheatre.co.uk](mailto:lucy@wriggledancetheatre.co.uk)

[www.wriggledancetheatre.co.uk](https://www.wriggledancetheatre.co.uk) and

[www.youtube.com/channel/UCZBFEdB5emF5otLvwmLh-kw](https://www.youtube.com/channel/UCZBFEdB5emF5otLvwmLh-kw)

### YogaPebbles

Fun online weekly children's yoga, grown ups join in too! Your child will learn to move, stretch, breathe into their body and learn valuable mindfulness techniques to help cope with change.

**Ages:** 4 - 18 years

**Cost:** £12 per month

**Phone:** 07905 624353

**Email:** [lisyogapebbles@gmail.com](mailto:lisyogapebbles@gmail.com)

[www.yogapebbles.co.uk](https://www.yogapebbles.co.uk)

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## Looking for something specific?

Search at [www.toddleabout.co.uk](https://www.toddleabout.co.uk) - it's easy!



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# Indoor Scavenger-Hunt



How many of these items can you find?



1. Teddy Bear



2. Car keys



3. Cup



4. Toy Truck



5. Toothpaste



6. Pillow



7. Sunglasses



8. Book



9. A flip flop



10. Unicorn



11. Pair of socks



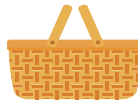
12. Pencil Case



13. Notebook



14. Pom pom



15. Basket



16. Hairband



17. Clock



18. Feather



19. Dinosaur



20. Bottle

Ideas of what to do with the items once you've found them all:

- Write a story that includes 5 of the items
- Draw your favourite item from the list
- Sort them in alphabetical order

Remember to tidy up afterwards!

Extracted with kind permission from [Hobbycraft](#). [Download Now](#)



# Hunting Rainbows

Find 6 items that match each colour of the rainbow & note them in the box.  
Group them together and make your own rainbow indoors!

Red

Find 6 Red items

Orange

Find 6 Orange items

Yellow

Find 6 Yellow items

Green

Find 6 Green items

Blue

Find 6 Blue items

Purple

Find 6 Purple items

Extracted with kind permission from [Hobbycraft](#). [Download Now](#)

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[www.toddleabout.co.uk](http://www.toddleabout.co.uk)