

Lockdown Activity Guide

toddle^{about}

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.

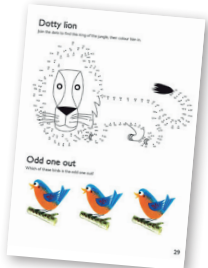
10TH AUG-6TH SEPT 2020

Click Day
to see what's on



Birthday
SHOUTOUT

Activity Sheets



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

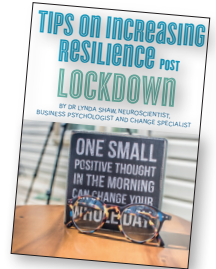
FRIDAY

SATURDAY

SUNDAY

ALWAYS ONLINE

Tips on Resilience
post Lockdown



Win a Lux Baby
Gift Set



Win a Stomp Rocket®
Junior Glow





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



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 months. We hope you all have a fabulous, fun-filled day.



James Ling from Abingdon,
turning 3 years old



Kinza Rahman from London,
turning 1 years old



George from Coventry,
turning 8 years old



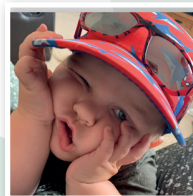
Arthur from Nottingham,
turning 2 years old



Theo Davies from Daventry,
turning 2 years old



Sofia Fletcher from Leamington
Spa, turning 4 years old



Tommy Massey from Stowmarket,
turning 2 years old



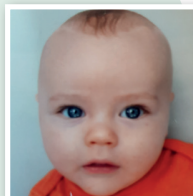
Charlie Massey from Stowmarket,
turning 6 years old



Lola Wilkinson from Liskeard,
turning 3 years old



Libby Oldfield from
Northampton, turning 2 years old



William (Billy) Laurence Byron
Page from Stratford-Upon-Avon,
turning 1 years old



Emilia Flockhart from Ipswich,
turning 3 years old

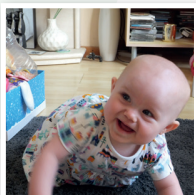
HAPPY BIRTHDAY TO YOU!



Birthday Shoutout Entries continued...



Ella Ayres-Keen, Joseph Ayres-Keen from Witney, turning 5 years old



Evelyn Harris from Wallingford, turning 1 years old



Toby Pearson from Bury St Edmunds, turning 3 years old



Evelyn Raines from Buckingham, turning 6 years old



Evie Violet Boniface from Mildenhall, turning 3 years old



Ellie-Mai Guest from Steeple Claydon, turning 4 years old



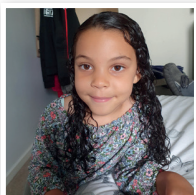
Tilly Grigg from Leamington Spa, turning 5 years old



Poppy Henson from Northampton, turning 2 years old



Toby Hemming from Ducklington, turning 3 years old



Savannah Nunley from Oxford, turning 7 years old



Ffion Venables from Aylesbury, turning 5 years old



Freya Goddard from Brackley, turning 1 years old



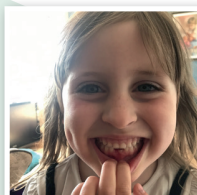
Joel Cornwell from Ipswich, turning 2 years old



Tilly Lloyd from Henley-in-Arden, turning 3 years old



Leo Bannister from Duston, turning 2 years old



Emily Atkins from Ipswich, turning 6 years old



HAPPY BIRTHDAY TO YOU!



Birthday Shoutout Entries continued...



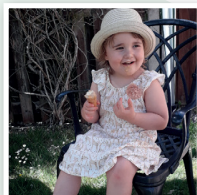
Noah Berry from Oxford,
turning 1 years old



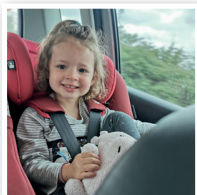
Ella Nolan from London,
turning 4 years old



Emily Bradshaw from Bury St
Edmunds, turning 3 years old



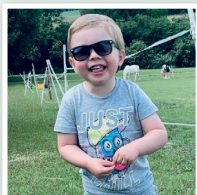
Florence L. Smith from Milton
Keynes, turning 3 years old



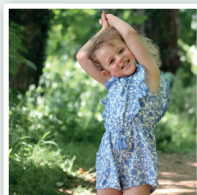
Matilda Boyce from Ipswich,
turning 3 years old



Harry Steed from Bucks,
turning 2 years old



Max Goldsmith from Kesgrave,
turning 3 years old



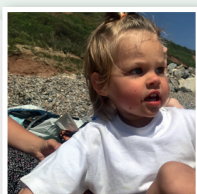
Ellie Rowntree from Felixstowe,
turning 4 years old



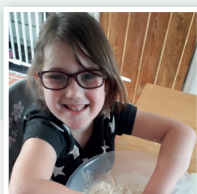
Jacob Long from Northampton,
turning 4 years old



Isabelle Eleanor Hope Buck from
Rugby, turning 4 years old



Rivendell Young from Ruishton,
turning 3 years old



Sophia Kitson from Brandon,
turning 6 years old



Rose Edgington from Solihull,
turning 3 years old



Lola Douch, Brodie Douch from
Oxfordshire, turning 7 years old



Oscar from Banbury,
turning 6 years old



Ayla Rose Jade Parej from Milton
Keynes, turning 1 years old

HAPPY BIRTHDAY TO YOU!



Birthday Shoutout Entries continued...



Pippa Louise Woods from Bury St Edmunds, turning 4 years old



Max Russell Sibley from Dunstable, turning 1 years old



Reece Mallaber from Daventry, turning 3 years old



Pinzie Laory from Kenilworth, turning 8 years old



Phoebe from Hemel Hempstead, turning 5 years old



Kenzie James Vincent from Stowmarket, turning 3 years old



Charlie Bennett from Warwick, turning 6 years old



Eloise Kathleen Florence Buck from Rugby, turning 5 years old



Olivia Davidson from Northampton, turning 4 years old



Myah Villiers from Wellingborough, turning 7 years old



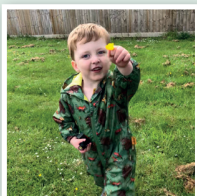
Henry Chase from Leamington Spa, turning 2 years old



Sonny Garvey from Didcot, turning 5 years old



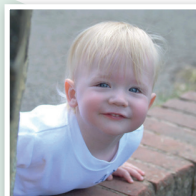
Ruby Sunasky from Northampton, turning 1 years old



George Wood from Leamington Spa, turning 4 years old



Jasper Fagg from Northampton, turning 3 years old



Alexander Dexter-Hicks from High Wycombe, turning 2 years old

TIPS ON INCREASING RESILIENCE POST LOCKDOWN

BY DR LYNDA SHAW, NEUROSCIENTIST,
BUSINESS PSYCHOLOGIST AND CHANGE SPECIALIST



Try making resilience one of your five a day!

Change is inevitable but huge global changes like we are facing today can overtake all of our resilience reserves.

However if we can **build our resilience** to face new challenges, ultimately we can **grow**, we increase our **empathy and compassion**, find **purpose**, **reconnect**, **reduce burnout**, and ultimately **improve our physical and mental health**.

Try making resilience one of your five a day!

Build resilience by... Having a plan

Plan for just today or perhaps the week ahead. Address important issues so they are dealt with. Careful time management and organisation are key and makes your capacity to recover from difficulties quicker. Work out your new normal.

Routines help most of us feel in control whether we are a child or an adult but be sure to throw in a lot of time for fun and laughter.

Build resilience by... Adopting positive thinking

Accept that we don't know how long the challenges we face are going to be for but know that this difficult period will end. Whilst we should all be allowed to feel how we feel, it is shown that those who face adversity with a positive mindset, deal with stress and problems better and have a better health outcome long term.

Talk to other people with a positive mindset rather than those who drain you. Stay social and focus on what brings you enjoyment and fun.

Build resilience by... Playing to your strengths

What can you do right now that you are really good at? Boost your and your family member's confidence and self-esteem by playing to your strengths. Are you a fantastic leader, baker, runner, organiser, teacher or gardener?



Build resilience by... Leading a healthy lifestyle

Including regular physical exercise, a good sleeping pattern, low stress and a healthy diet. For example, a lack of quality sleep can weaken our emotional mental well-being and therefore our resilience.

Exercise on the other hand helps to alleviate stress by reducing cortisol and norepinephrine whilst releasing feel good endorphins, dopamine and serotonin that may offset feelings of anxiety and negative self-talk.

Build resilience by... Taking your time

One positive effect of lockdown is it forced many of us to slow down so try to keep elements of this new pace of life to have a good work/ life balance.

Focus on the key priorities because everything does not need to be done at once. Avoid rushing big decisions, instead prioritise the issues which need to be acted upon first.

Perhaps get up more slowly in the morning, have a longer down time before going to bed, make weekends a time of quality time with friends and family and establish device free time.

About Dr Lynda Shaw

Energetic and enthusiastic, renowned for warm, confident and engaging speaking style

Neuroscience has pushed new boundaries of understanding and can now offer real insight as to how and why the brain makes us behave the way we do. With this knowledge in mind you can unblock, keep pace, embrace and even accelerate change for yourself, your personal life, your business and for all those who you live and work with on a daily basis.



Following a tried and tested approach combining neuroscience, business psychology and personal business experience (having founded and operated three successful businesses herself), Dr Shaw offers a multi-disciplinary programme to enable organisations and individuals to get up to speed and stay there and adapt for a constantly changing world.

www.drlyndashaw.com

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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

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

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 10 Aug - 31 Aug.

MUSIC & SIGNING

Little Signers Club Suffolk

07720 349424. 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: 10 Aug - 17 Aug.

BOOK NOW

Mini Music Makers

07846771608. www.minimusicmakers.co.uk

• **Mini Music Makers - LIVE Online:** 10:00 - 10:30.

Fun, energetic, educational music classes every day

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 10 Aug - 24 Aug.

Music Bugs Northampton

07811 771480.

www.facebook.com/groups/1712119012194411/

• **Music Bugs Online session:** 10:00 - 10:40.

Ages: 0 - 5 yrs. **Cost:** £3.50 per session (booking essential).

Dates: 10 Aug - 31 Aug & 10 Aug - 31 Aug.

Musical Minis @home

020 8868 0001; athome@musicalminis.co.uk.

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: 10 Aug - 31 Aug.

BOOK NOW

Rhythm Time Cheshire

01270 884583. online.rhythmtime.net

• **Rhythm Time Cheshire (Online):** 9:00 - 9:30.

Fun, quality music and multi-sensory classes.

Ages: 0 - 6 yrs.

Cost: £5.75 per session
(booking essential).

Dates: 10 Aug - 31 Aug.

BOOK NOW

Rhythm Time Huddersfield

07792 849779. www.rhythmtime.net

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

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

Dates: 10 Aug - 24 Aug.

Are you running online classes or events?

Add them to the Lockdown Guide for FREE at toddle.fun/lockdownlisting

Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at toddle.fun/lockdownguide

Sing and Sign Coventry and Kenilworth

07920066652. www.singandsign.co.uk

• Sing and Sign Babes Zoom

Sing and Sign Zoom baby signing and music classes

Times: 12:00 - 12:30. **Ages:** 0 - 6 yrs. **Dates:** 10 Aug - 2 Sep.

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: 10 Aug - 31 Aug.

Sing and Sign East Northants

07585 557664. 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: 10 Aug - 31 Aug.

Sing and Sign Ipswich

07445 263270. 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: 10 Aug - 31 Aug.

Sing and Sign Oxford

07795 005832. www.singandsign.co.uk

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

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

Dates: 10 Aug - 31 Aug & 10 Aug - 31 Aug.

SENSORY & DEVELOPMENT

Baby College at Home

01865 421879. 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

• Baby Sensory @ Home: 11:00 - 12:00.

Ages: 0 - 1 yrs 1 mths.

Cost: £4 per session

(*booking essential*).

Dates: 10 Aug.

BOOK NOW

Nanos Spanish

07940738221. www.nanospanishclub.com

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

Cost: £5 per session

(*booking essential*). **Dates:** 10 Aug.

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: 10 Aug - 24 Aug.

Phonics with Robot Reg Wimbledon

Tooting and Mitcham

07954622371. www.robotreg.co.uk

• Phonics with Robot Reg at home!: 10:00 - 10:45.

Fabulous and fun, live and interactive classes!

Ages: 1 mths - 6 yrs. **Cost:** £7 per session (*booking essential*).

Dates: 10 Aug - 31 Aug.

TinyTalk

Bogon Regis & Surrounding Areas

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: 10 Aug - 24 Aug.

Tots Play in Rugby

07908 367264. www.totsplay.co.uk

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

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

Dates: 10 Aug - 24 Aug.

CREATIVE

British Motor Museum

01926 641188. www.britishmotormuseum.co.uk

• Mini Motorists - online!: 11:00 - 11:30.

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

Dates: 17 Aug.

Are you running online classes or events?

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DANCE & DRAMA

diddi dance Oxford & Surrounding

07922668740. www.facebook.com/diddidanceoxford

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

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

Dates: 10 Aug - 31 Aug.

Solo Dance With Rosy May

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

- **Free Online Dance Classes**: 17:00 - 18:00.

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

Dates: 10 Aug - 31 Aug.



Tot Bop

01525 237474 / 07775 582791. www.totbop.co.uk

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

Ages: 1 - 9 yrs.

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

Dates: 10 Aug - 31 Aug.

[WEBSITE](http://www.totbop.co.uk)
[BOOK NOW](#)

PHYSICAL FUN

Matt Fiddes Martial Arts

0800 0350415. www.mattfiddes.com

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

Ages: 7 - 99 yrs. **Cost:** Free (*booking essential*). **Dates:** 10 Aug - 31 Aug.

Tumble Tots (UK) Ltd

0121 585 7003. www.facebook.com/tumbletotshq

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

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

Dates: 10 Aug - 24 Aug.

HEALTH & WELLNESS

Inner Peace Hatha Yoga

07941 279343. 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: 10 Aug - 31 Aug.

Suffolk Woman's Wellness Centre

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

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

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

Dates: 10 Aug - 31 Aug.

YogaWalks and Bowen Therapy

07950 573719. 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: 10 Aug - 31 Aug.

PREGNANCY

YogaBellies Ipswich & Colchester

07305 267820. www.yogabellies.com

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

Ages: Pregnancy.

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

Dates: 10 Aug - 31 Aug.

Looking for something specific?

Search at www.toddleabout.co.uk

it's easy!



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TUESDAY

PARENTS & TOTS

Southwold Library

01502 722519. www.facebook.com/southwoldlibrary

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

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 11 Aug - 25 Aug.

MUSIC & SIGNING

June Chatterbox Tunes

07851 353396.

www.facebook.com/JUNESCHATTERBOXTUNES/

• **Online Music Movement & Sensory:** 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: 11 Aug.

BOOK NOW

Mini Music Makers

07846771608. www.minimusicmakers.co.uk

• **Mini Music Makers - LIVE Online:** 10:00 - 10:30.

Fun, energetic, educational music classes every day

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 11 Aug - 25 Aug.

Monkey Music

Aylesbury & High Wycombe

01494 819138. 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: 11 Aug - 18 Aug.

Musical Minis @home

020 8868 0001; athome@musicalminis.co.uk.

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: 11 Aug - 1 Sep.

BOOK NOW

TinyTalk Waveney & Mid-Suffolk

07419 322204.

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:** 11 Aug.

SENSORY & DEVELOPMENT

Baby College at Home

01865 421879. 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 Cherish Infant Massage

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: 11 Aug - 25 Aug.

Grow Together - Baby Massage and Yoga

07916 611066. 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: 11 Aug - 1 Sep.

BOOK NOW

Loving Hands Baby Massage & Yoga

07850425136. lovinghandsbabymassage.wordpress.com

• **Loving Hands Baby Massage Online:** 11:00 - 11:40.

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

Dates: 11 Aug - 1 Sep.

LullaBaby Newport

07507070394. LullaBaby.co.uk

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

Weekly themed classes

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

Dates: 11 Aug - 25 Aug.

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Get it sent straight to your inbox at toddle.fun/lockdownguide

Phonics With Robot Reg

07957 688101.

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

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

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

Dates: 11 Aug - 25 Aug.

Toddler Sense Milton Keynes

07972798017. 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:** 11 Aug.

CREATIVE

Captain Fantastic Entertainers

020 8245 9019. www.captain-fantastic.co.uk

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

Ages: 1 - 4 yrs. **Cost:** Free (*drop in*). **Dates:** 11 Aug - 18 Aug.

The Creation Station

King's Lynn & West Norfolk

07368658115. 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: 11 Aug - 1 Sep.

DANCE & DRAMA

Solo Dance With Rosy May

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

• **Free Online Dance Classes:** 17:00 - 18:00.

Ages: 10 - 99 yrs. **Cost:** Free (*drop in*). **Dates:** 11 Aug - 1 Sep.



Tot Bop

01525 237474 / 07775 582791. www.totbop.co.uk

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

Ages: 1 - 9 yrs.

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

Dates: 11 Aug - 1 Sep.

WEBSITE

BOOK NOW

PHYSICAL FUN

Tatty Bumpkin Yoga (North Bucks)

07745 301624. www.childreninspiredbyyoga.com

• **Tatty Bumpkin Yoga:** 10:00 - 10:30.

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

• **Baby Bumpkin yoga (from 6 weeks):** 11:00 - 11:45.

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

Dates: 11 Aug - 18 Aug.

Tumble Tots (UK) Ltd

0121 585 7003. www.facebook.com/tumbletotshq

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

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

Dates: 11 Aug - 25 Aug.

HEALTH & WELLNESS

Baby Sling Fit

www.babyslingfit.com

• **Online Postnatal Exercise classes:** 10:00 - 10:50.

Book a free taster session!

Ages: 18 - 99 yrs. **Cost:** £4 per session (*booking essential*).

Dates: 11 Aug - 1 Sep.

Fit with Mum

www.fitwithmum.com

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

Ages: 0 - 99 yrs.

Cost: £5 per session

(*booking essential*).

Dates: 11 Aug - 18 Aug.

BOOK NOW

Lisa Valentine Yoga

07957 215495. www.lisavalentinyoga.co.uk

• **Subscription to monthly online class's:** 10:00 - 10:01.

Cost: Free (*booking essential*).

Dates: 1 Sep.

YogaWalks and Bowen

Therapy

07950 573719. 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: 11 Aug - 1 Sep.

BOOK NOW

PREGNANCY

Positive Birth Northampton

07725109245. www.positivebirthnorthampton.co.uk

• **Boss your Birth online workshop:** 19:00 - 21:00.

A 2 hr workshop to take you from bricking it to bossing it!

Ages: Pregnancy. **Cost:** £25 per session (*booking essential*).

Dates: 18 Aug.

Are you running online classes or events?

Add them to the Lockdown Guide for FREE at toddle.fun/lockdownlisting

Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at toddle.fun/lockdownguide

WEDNESDAY

MUSIC & SIGNING

Mini Music Makers

07846771608. www.minimusicmakers.co.uk

• **Mini Music Makers - LIVE Online:** 10:00 - 10:30.

Fun, energetic, educational music classes every day

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 12 Aug - 26 Aug.

Monkey Music Aylesbury & High

Wycombe

01494 819138. 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: 12 Aug - 19 Aug.

Music Bugs Northampton

07811 771480.

www.facebook.com/groups/1712119012194411/

• **Music Bugs Online session**

Times: 11:00 - 11:40. **Ages:** 0 - 5 yrs. **Cost:** £3.50 per session (booking essential).

Times: 10:00 - 10:40. **Ages:** 0 - 5 yrs. **Cost:** £3 per session (booking essential).

Dates: 12 Aug - 26 Aug.

Musical Minis @home

020 8868 0001; athome@musicalminis.co.uk.

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: 12 Aug - 2 Sep.

BOOK NOW

Sing and Sign Coventry and Kenilworth

07920066652. 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: 12 Aug - 2 Sep.

TinyTalk Waveney & Mid-Suffolk

07419 322204.

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: 12 Aug.

SENSORY & DEVELOPMENT

Baby College at Home

01865 421879. 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

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

Ages: 0 - 1 yrs 1 mths.

Cost: £4 per session

(booking essential).

Dates: 12 Aug.

BOOK NOW

Kidslingo Fran Fleming

07787226406. www.kidslingo.co.uk

• **Frenchtastic Summer Special Aug 2020:** 9:15 - 9:45.

Ages: 0 - 8 yrs. **Cost:** £5 per session (booking essential).

Dates: 12 Aug - 26 Aug.

Loving Hands Baby Massage & Yoga

07850425136. lovinghandsbabymassage.wordpress.com

• **Loving Hands Baby Massage Online**

Times: 11:00 - 11:40. **Ages:** 1 mths - 1 yrs.

Cost: £4 per session (booking essential).

Dates: 26 Aug - 2 Sep.

Are you running online classes or events?

Add them to the Lockdown Guide for FREE at toddle.fun/lockdownlisting

Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at toddle.fun/lockdownguide

North London Baby Massage and Baby Yoga

07958 705282. www.babymassageandyoga.co.uk

• **Mummy & Baby Yoga Summer Workshop**: 10:00 - 11:15.

Cost: £15 per session (booking essential). **Dates**: 26 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: 12 Aug - 26 Aug.

Toddler Sense Milton Keynes

07972798017. 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**: 12 Aug.

CREATIVE

Smart Raspberry Cookery School

0845 269 2665. www.smartraspberry.com

• **Online Summer Holiday Cookery Workshops**: 10:00 - 12:30.

Ages: 5 - 15 yrs. **Cost**: £20 per session (booking essential).

Dates: 12 Aug - 2 Sep.

DANCE & DRAMA

Synergy Dance

07713254260. 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: 12 Aug - 2 Sep.

Tappy Toes Colchester

07308788008. 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: 12 Aug - 26 Aug.



Tot Bop

01525 237474 / 07775 582791. www.totbop.co.uk

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

Ages: 1 - 9 yrs.

Cost: £5 per session (booking essential).

Dates: 12 Aug - 2 Sep.

[WEBSITE](https://www.totbop.co.uk)
[BOOK NOW](#)

PHYSICAL FUN

Tumble Tots (UK) Ltd

0121 585 7003. www.facebook.com/tumbletotshq

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

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

Dates: 12 Aug - 26 Aug.

YogaPebbles

07905 624353. 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: 12 Aug - 2 Sep.

[BOOK NOW](#)

HEALTH & WELLNESS

Baby Sling Fit

www.babyslingfit.com

• **Online Postnatal Exercise classes**: 10:00 - 10:50.

Book a free taster session!

Ages: 18 - 99 yrs. **Cost**: £4 per session (booking essential).

Dates: 12 Aug - 2 Sep.

Inner Peace Hatha Yoga

07941 279343. www.innerpeaceyoga.co.uk

• **Beginner Hatha Yoga Class**: 10:30 - 11:30.

Feel stronger, calmer, better more of the time with yoga

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

Dates: 12 Aug - 2 Sep.

Are you running online classes or events?

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Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at toddle.fun/lockdownguide

Lisa Valentine Yoga

07957 215495. www.lisavalentineyoga.co.uk

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

Ages: Pregnancy.

Cost: £6.25 per session
(booking essential).

Dates: 12 Aug - 2 Sep.

BOOK NOW

YogaWalks and Bowen Therapy

07950 573719. 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: 12 Aug - 2 Sep.

PREGNANCY

Positive Birth Northampton

07725109245. www.positivebirthnorthampton.co.uk

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

Simple, but powerful tools for a positive birth experience

Ages: Pregnancy.

Cost: £199 per session (booking essential).

Dates: 12 Aug - 26 Aug.

YogaBellies Ipswich & Colchester

07305 267820. 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: 12 Aug - 2 Sep.

COMPETITION

**Win 'BEYOND THE RAINBOW'
LUX BABY GIFT SET,
WORTH £54.99**

We've teamed up with Novababy to give one lucky reader the chance to win a 'Beyond the Rainbow' Baby Gift Box.

This beautiful new baby gift set box is full of lovely items perfect to celebrate the arrival of a new baby.

The gift box contains a pair of 'beyond the rainbow' 100% Fairtrade organic cotton bodysuits by Little Green Radicals. A 'with love from the bump' wishstring by 'The Wishstring.Co', and a 'bear boggy' comforter by Danish super brand 'Happy Horse'.

Beautifully presented in a wooden Novababy keepsake gift box with sliding lid, perfect to keep babies special memories contained within.

The prize includes a personalised 'Hello Baby' gift card.

HOW TO ENTER

Enter via Facebook at

www.toddle.fun/novababy

Simply comment on the post to enter.

Competition closes midnight **Mon 24th Aug 2020**.

Enter at: www.toddle.fun/novababy

Toddle About readers get a **15% discount**.

No minimum purchase. Offer ends 31.10.2020

Use code TAS15 at checkout.

www.novababy.co.uk **NOVABABY**

**15% Off
use code
TAS15**

Terms and Conditions apply, visit bit.ly/tacompetitions for further details.



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Get it sent straight to your inbox at toddle.fun/lockdownguide

THURSDAY

PARENTS & TOTS

Southwold Library

01502 722519. www.facebook.com/southwoldlibrary

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

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 13 Aug & 27 Aug.

MUSIC & SIGNING

Little Signers Club Suffolk

07720 349424. 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: 13 Aug - 3 Sep.

BOOK NOW

Mini Music Makers

07846771608. www.minimusicmakers.co.uk

• **Mini Music Makers - LIVE Online:** 10:00 - 10:30.

Fun, energetic, educational music classes every day

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 13 Aug - 27 Aug.

Musical Minis @home

020 8868 0001; athome@musicalminis.co.uk.

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: 13 Aug - 3 Sep.

BOOK NOW

TinyTalk Waveney & Mid-Suffolk

07419 322204.

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:** 13 Aug.

SENSORY & DEVELOPMENT

Baby College at Home

01865 421879. 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 @Home

07729 284661. www.babysensory.com

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

Cost: £4 per session (booking essential).

Dates: 13 Aug - 27 Aug.

Baby Sensory Salisbury, Romsey & Totton

07984051713. www.babysensory.com/salisbury

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

Ages: 0 - 1 yrs 1 mths.

Cost: £4 per session

(booking essential).

Dates: 13 Aug.

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: 13 Aug - 27 Aug.

CREATIVE

The Creation Station

King's Lynn & West Norfolk

07368658115. 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: 13 Aug - 3 Sep.

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Get it sent straight to your inbox at toddle.fun/lockdownguide

DANCE & DRAMA

Solo Dance With Rosy May

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

• **Free Online Dance Classes:** 17:00 - 18:00.

Ages: 10 - 99 yrs. **Cost:** Free (drop in). **Dates:** 13 Aug - 3 Sep.



Tot Bop

01525 237474 / 07775 582791. www.totbop.co.uk

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

Ages: 1 - 9 yrs.

Cost: £5 per session (booking essential).

Dates: 13 Aug - 3 Sep.

WEBSITE

BOOK NOW

PHYSICAL FUN

Matt Fiddes Martial Arts

0800 0350415. www.mattfiddes.com

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

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

Dates: 13 Aug - 3 Sep.

Tumble Tots (UK) Ltd

0121 585 7003. www.facebook.com/tumbletotshq

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

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

Dates: 13 Aug - 27 Aug.

HEALTH & WELLNESS

Baby Sling Fit

www.babyslingfit.com

• **Online Postnatal Exercise classes:** 10:00 - 10:50.

Book a free taster session!

Ages: 18 - 99 yrs. **Cost:** £4 per session (booking essential).

Dates: 13 Aug - 3 Sep.

Inner Peace Hatha Yoga

07941 279343. www.innerpeaceyoga.co.uk

• **Mixed Level Hatha Yoga Class:** 12:00 - 13:30.

Feel stronger, calmer, better more of the time with yoga

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

Dates: 13 Aug - 3 Sep.

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: 13 Aug - 27 Aug.

• **Preparation for Birth – Pregnancy Movement and**

Relaxation Classes: 19:00 - 20:00.

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

Dates: 27 Aug - 3 Sep.

YogaWalks and Bowen Therapy

07950 573719. 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: 13 Aug - 3 Sep.

PREGNANCY

The Daisy Foundation : Towcester,

Brackley, Buckingham & Milton Keynes

07581 559856.

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: 13 Aug.

The Daisy Foundation Bury St Edmunds,

Thetford & Stowmarket

07881 378925. www.thedaisyfoundation.com

• **Daisy Birthing classes**

Times: 19:30 - 21:10. **Ages:** Pregnancy.

Cost: £72 per session (booking essential).

Dates: 13 Aug, 20 Aug - 3 Sep.

Are you running online classes or events?

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FRIDAY

PARENTS & TOTS

Southwold Library

01502 722519. www.facebook.com/southwoldlibrary

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

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 21 Aug.

MUSIC & SIGNING

Mini Music Makers

07846771608. www.minimusicmakers.co.uk

- **Mini Music Makers - LIVE Online:** 10:00 - 10:30.

Fun, energetic, educational music classes every day

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 14 Aug - 28 Aug.

Monkey Music Aylesbury & High

Wycombe

01494 819138. 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: 14 Aug - 21 Aug.

Musical Minis @home

020 8868 0001; athome@musicalminis.co.uk.

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: 14 Aug - 4 Sep.

BOOK NOW



Rhythm Time Leamington Spa, Warwick,

Kenilworth, Stratford upon-Avon

07469 186042. www.rhythmtime.net

- **Online Toddler/Pre-school Class:** 9:30 - 10:00.

Ages: 1 - 4 yrs.

- **Online Baby Class:** 10:30 - 11:00.

Ages: 1 mths - 1 yrs.

- **Online Young baby class £4 per week:** 11:30 - 12:00.

Ages: 0 - 5 mths.

Cost: £4 per session (booking essential).

Dates: 14 Aug - 28 Aug.

WEBSITE

SENSORY & DEVELOPMENT

Baby College at Home

01865 421879. 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

Nanos Spanish

07940738221. www.nanospanishclub.com

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

Cost: £5 per session

(booking essential).

Dates: 14 Aug.

BOOK NOW

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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: 14 Aug - 28 Aug.

DANCE & DRAMA

Amanda's Action Club

07946707695. 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: 14 Aug - 21 Aug.

BOOK NOW

Solo Dance With Rosy May

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

• **Free Online Dance Classes:** 17:00 - 18:00.

Ages: 10 - 99 yrs. **Cost:** Free (*drop in*). **Dates:** 14 Aug - 4 Sep.

Tappy Toes Colchester

07308788008. 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: 14 Aug - 28 Aug.

Tappy Toes Watford

07912 357851. www.tappytoes.com

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

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

Dates: 14 Aug - 28 Aug.



Tot Bop

01525 237474 / 07775 582791. www.totbop.co.uk

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

Ages: 1 - 9 yrs.

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

Dates: 14 Aug - 4 Sep.

WEBSITE

BOOK NOW

PHYSICAL FUN

Tumble Tots (UK) Ltd

0121 585 7003. www.facebook.com/tumbletotshq

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

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

Dates: 14 Aug - 28 Aug.

YogaPebbles

07905 624353. 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: 14 Aug - 4 Sep.

BOOK NOW

HEALTH & WELLNESS

YogaWalks and Bowen Therapy

07950 573719. 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: 14 Aug - 4 Sep.

Looking for something specific?

Search at www.toddleabout.co.uk

- it's easy!



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Subscribe to the Lockdown Guide for FREE

Get it sent straight to your inbox at toddle.fun/lockdownguide

SATURDAY

MUSIC & SIGNING

Piano Penguins

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: 15 Aug - 29 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: 15 Aug - 29 Aug.

CREATIVE

Mini Professors Cambridge North

07745 973392. www.miniprofessors.com

- **Mini Professors @Home:** 10:00 - 10:50 & 11:15 - 12:05.

Ages: 2 - 8 yrs.

Cost: £5.50 per session

(booking essential).

Dates: 15 Aug - 22 Aug.

BOOK NOW

Mini Professors North Leeds Limited

07779302442. 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: 15 Aug - 22 Aug.

DANCE & DRAMA

Amanda's Action Club

07946707695. 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: 15 Aug - 22 Aug.

BOOK NOW

Solo Dance With Rosy May

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

- **Free Online Dance Classes:** 17:00 - 18:00.

Ages: 10 - 99 yrs. **Cost:** Free (drop in). **Dates:** 15 Aug - 5 Sep.



Tot Bop

01525 237474 / 07775 582791. www.totbop.co.uk

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

Ages: 1 - 9 yrs.

Cost: £5 per session (booking essential).

Dates: 15 Aug - 5 Sep.

WEBSITE

BOOK NOW

PHYSICAL FUN

Matt Fiddes Martial Arts

0800 0350415. 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: 15 Aug - 5 Sep.

YogaPebbles

07905 624353. 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: 15 Aug - 5 Sep.

BOOK NOW

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Add them to the Lockdown Guide for FREE at toddle.fun/lockdownlisting

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Get it sent straight to your inbox at toddle.fun/lockdownguide

HEALTH & WELLNESS

Lisa Valentine Yoga

07957 215495. www.lisavalentinyoga.co.uk

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

Cost: £8.33 per session

(booking essential).

Dates: 15 Aug - 22 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: 15 Aug - 29 Aug.

PREGNANCY

NCT

0300 330 0700. www.nct.org.uk

• **National Childbirth Trust (NCT):** 12:00 - 12:19.

Live online antenatal courses.

Ages: Pregnancy. **Cost:** £15 per session (booking essential).

Dates: 22 Aug.

Positive Birth Northampton

07725109245. www.positivebirthnorthampton.co.uk

• **FREE online Hypnobirthing Taster:** 10:00 - 11:00.

Free online Hypnobirthing taster

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

Dates: 15 Aug.

Win

COMPETITION

STOMP ROCKET®
JUNIOR GLOW, WORTH £12.99

Enter your name into our free prize draw to win a Stomp Rocket® Junior Glow.

Inspire the next generation of engineers and astronauts and keep kids active and screen-free with Stomp Rocket®, a great range of fun and STEM-inspired toys & games.

All products are portable, fast, easy to assemble, with no batteries required. Ideal for socially-distanced days out in the park or holidays.

Full power to kids and parents – run, jump and STOMP for 100% thrills and spills!

There's flying fun all day and night for the younger kids with Stomp Rocket® Junior Glow. This set of four foam-tipped, glow-in-the-dark rockets soar up to 100 feet!

Terms and Conditions apply, visit bit.ly/tacompitions for further details.
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HOW TO ENTER

Enter via Facebook at www.toddle.fun/stomprocket

Simply comment on the post to enter.

Competition closes midnight

Sun 23rd August 2020.

Enter at: www.toddle.fun/stomprocket

TKC

Stomp Rocket® is available from John Lewis, Hamleys, Toymaster and Amazon

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Follow us for
daily updates!



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SUNDAY

MUSIC & SIGNING

Piano Penguins

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: 16 Aug - 30 Aug.

CREATIVE

Mini Professors Cambridge North

07745 973392. www.miniprofessors.com

• **Mini Professors @Home:** 10:00 - 10:50.

Ages: 2 - 8 yrs.

Cost: £5.50 per session

(booking essential).

Dates: 16 Aug - 23 Aug.

BOOK NOW

DANCE & DRAMA



Tot Bop

01525 237474 / 07775 582791. www.totbop.co.uk

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

Ages: 1 - 9 yrs.

Cost: £5 per session (booking essential).

Dates: 16 Aug - 30 Aug.

WEBSITE

BOOK NOW

HEALTH & WELLNESS

Suffolk Woman's Wellness Centre

01473 730035. www.swwcuk.com

• **Monthly Masterclass:** 10:00 - 11:00.

Ages: 18 - 99 yrs. **Cost:** £10 per session (booking essential).

Dates: 16 Aug.

Looking for something specific?

Search at www.toddleabout.co.uk

- it's easy!



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Always Online

toddle^{about}

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

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

www.babycherish.co.uk

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

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

www.facebook.com/groups/266075601089033/

Daisy First Aid Milton Keynes

Online Parent First Aid Class. An engaging and interactive 2 hour e-learning course that will teach how to deal with emergencies, accidents and illnesses.

Ages: Adults

Cost: £20

Phone: 07491 909713

Email: mk@daisyfirstaid.com

www.daisyfirstaid.com/milton-keynes

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

www.diddidance.com/diddi-dance-shrewsbury/

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June's Chatterbox Tunes

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

Ages: 2 months to 4 years

Cost: FREE

Phone: 07851 353396.

Email: jl.chatterbox@gmail.com

www.facebook.com/JUNESCHATTERBOXTUNES

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

[Leiston Library Facebook page](https://www.facebook.com/LeistonLibrary)

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

[Http://Patreon.com/lizzieedwardsyoga](https://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

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

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

[melodymusicforbabiesandtoddlers/](https://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

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

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

www.musicalbumps.com

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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

www.nature-makers.co.uk

Rhythm and Rhyme

Multi Sensory music classes bringing all the learning and fun to you at home. Our members online content also includes Makaton lessons, interactive sensory stories and sensory activities.

Ages: 0 - 4 years

Cost: £12 for 1 month

Phone: 07795 484494

Email: laura.harding@rhythmandrhy.me

www.rhythmandrhy.me

BOOK NOW

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

co.uk

<https://www.youtube.com/channel/UCwQx7a0x5Ln4lpNGA7Rku6g>

[UCwQx7a0x5Ln4lpNGA7Rku6g](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

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

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

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

[View on Youtube](https://www.youtube.com/channel/UCwQx7a0x5Ln4lpNGA7Rku6g)

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

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Get it sent straight to your inbox at toddle.fun/lockdownguide

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

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

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

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

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

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

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

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

www.totbop.co.uk/online-members-area/

WEBSITE

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Get it sent straight to your inbox at toddle.fun/lockdownguide

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

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

www.facebook.com/tumbletotsepsom/

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

www.facebook.com/warwickshirelibraries/

Wordplay at Gainsborough

Join our Wordplay group where we will be posting craft activities and messy play ideas for under 5s.

Ages: 0 - 5 years

Cost: Free

Phone: 01473 927270

Email: help@suffolklibraries.co.uk

www.facebook.com/gainsboroughlibrary

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

www.wriggledancetheatre.co.uk and

[www.youtube.com/channel/](https://www.youtube.com/channel/UCZBFEdB5emF5otLvwmlLh-w)

[UCZBFEdB5emF5otLvwmlLh-w](https://www.youtube.com/channel/UCZBFEdB5emF5otLvwmlLh-w)

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

www.yogapebbles.co.uk

BOOK NOW

Looking for something specific?

Search at www.toddleabout.co.uk - it's easy!

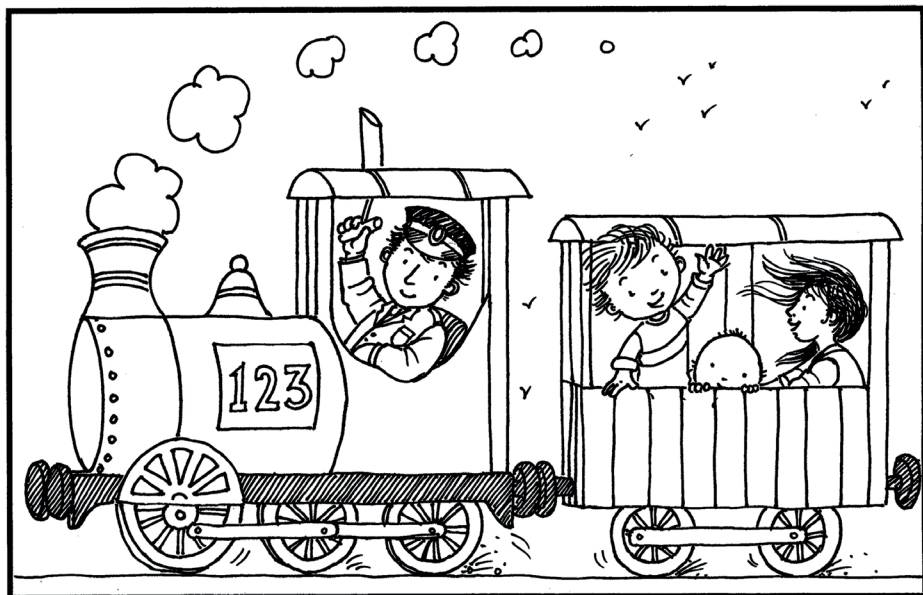
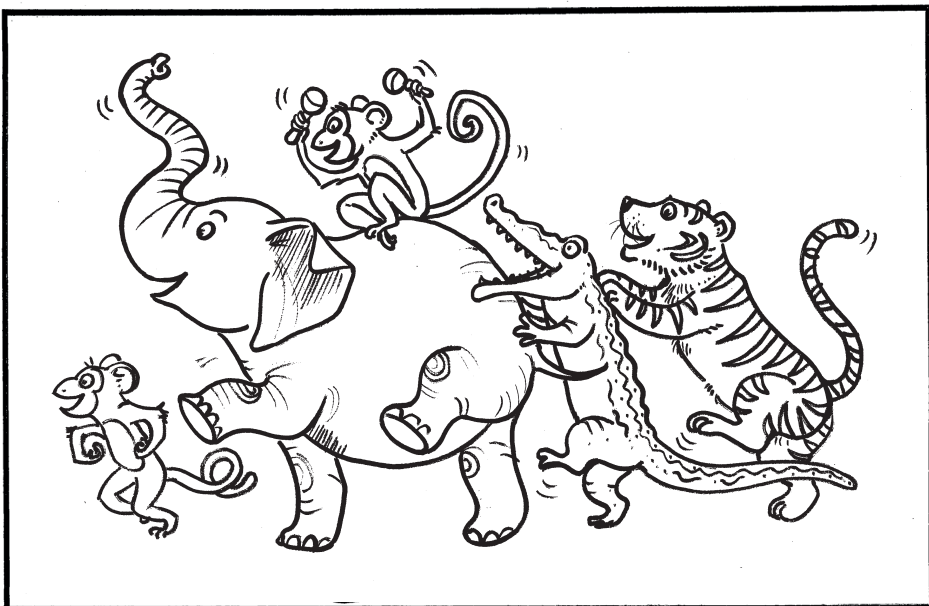


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Teddies Music Club



The Runaway Train

www.teddiesmusicclub.co.uk

Designed by **Teddies Music Club.**

Garden birds

Can you find all the words in the puzzle?

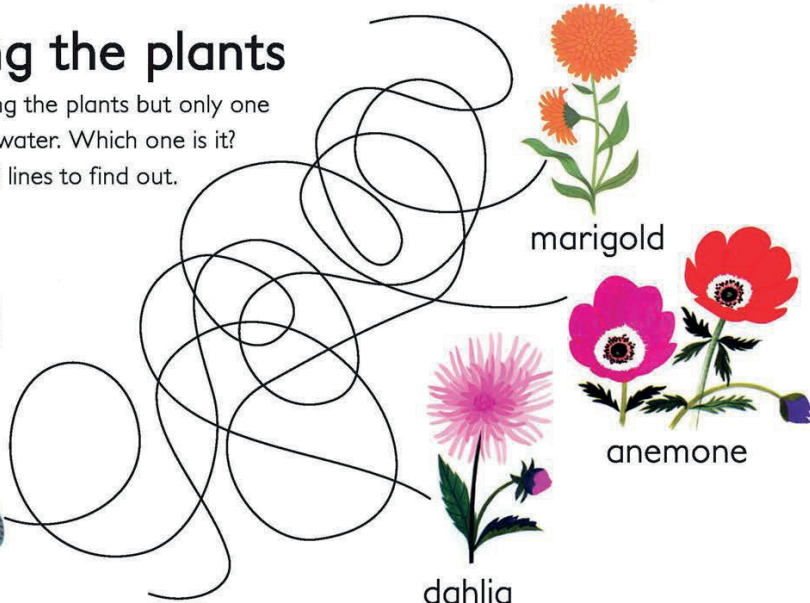
sparrow	crow
thrush	finch
warbler	starling
blackbird	dove
woodpecker	robin



s b l a c k b i r d s w
s t v n l f w c e z p o
t h r u s h i a s w a o
a t e r r b w h c h r d
r l f b l q a x e c r p
l x i d r c r o w n o e
i e n c o b b k e i w c
n h c u b h l g i f y k
g r h x i y e d o v e e
k o c j n b r f w c f r

Watering the plants

This boy is watering the plants but only one is getting enough water. Which one is it?
Follow the tangled lines to find out.

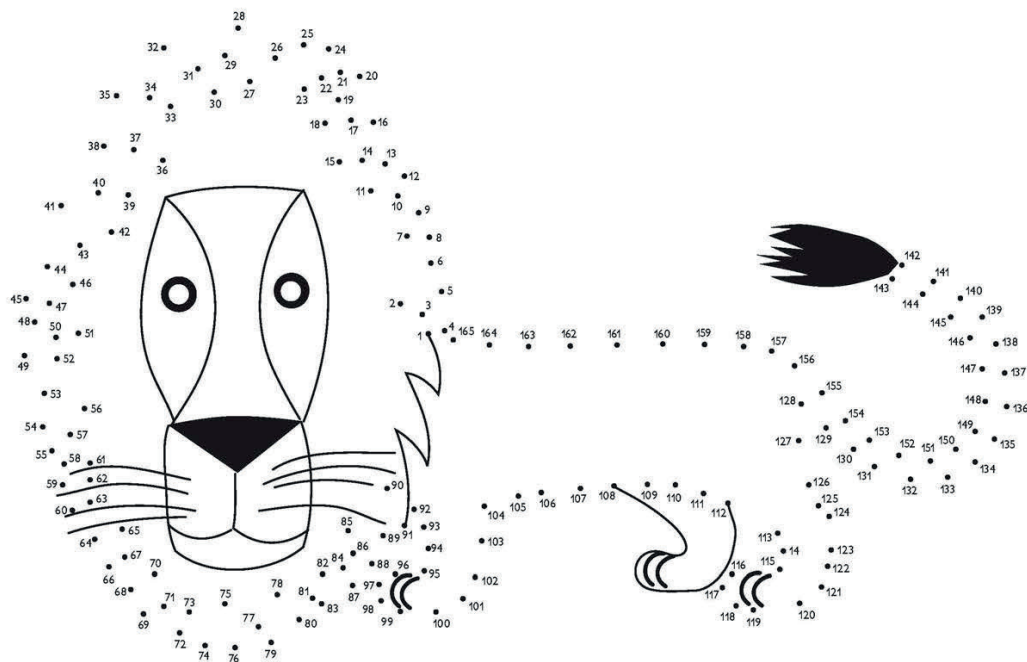


Extracted with kind permission from [Nature Activity Book](#), by Alain Grée.

[Buy Now](#)

Dotty lion

Join the dots to find this king of the jungle, then colour him in.



Odd one out

Which of these birds is the odd one out?



Extracted with kind permission from [Nature Activity Book, by Alain Grée.](#)

[Buy Now](#)

Discover what's on for little ones online

Just enter your child's age, and away you go!



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www.toddleabout.co.uk