

FREE

The Local Baby & Toddler Magazine

toddleabout

January - March 2010

Loving life with little ones



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Hello!



And welcome to the first issue of Toddle About!

This magazine has been a long time coming - ever since my wife and I had our own babies and discovered just how hard it is to find out about the things that are going on for little ones around here!

So within these pages, you will find many of the things that we - and most new parents - have wanted to know since becoming mums & dads. For example, you will find loads of local groups and classes which we've listed by area and day of the week so you can either plan ahead or quickly dip in when you find yourself crying out for some adult company or a place to entertain your little ones on an idle afternoon.

The Toddle About Directory at the back of the magazine is a great place to find out about the baby & toddler-related businesses in your area. And don't forget to check out our centre-pages which are full of special offers! Other than that, there are tonnes of articles and features that have been loads of fun to research for you.

We hope you enjoy the 1st issue of Toddle About. You can share your thoughts on most of the articles at www.toddleabout.co.uk and we would love to hear if there are any changes or additions you would like us to make so please get in touch!

Tim, Editor

Contact us on 01327 355238, or info@toddleabout.co.uk
Toddle About, Caswell House, Caswell, Towcester, NN12 8EP

This furry little fella is called Charlie!

Charlie has been travelling around Northamptonshire, and has found some great places to visit in 'Out & About' on page 50.

He is also a big fan of winning free stuff and he has dug out some great prizes from local businesses - find the competitions and you could win your own copy of the new Farmer Foggy DVD, or a studio photo session and print worth £85!



Charlie the Chimp

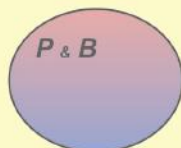
Cover picture: Child playing at
Child First nursery, Moulton (p.16)

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Jo Whiley to the Rescue!

It restores our faith in humanity when we see someone go out of their way to help someone else, and even more so when it's a celebrity. Jo Whiley showed how well mums really can multi-task when she recently came to the rescue of local grandmother Barbara Marshall during the morning school run.



Barbara Marshall: Eternally Grateful

Barbara was in a state of shock when Jo met her - her car was a mangled mess after being hit by another driver who, blinded by the low morning sun, had failed to see a 'Give Way' sign and smashed into her, sending her car spinning.

"I nearly asked her if she worked at a local supermarket!"

Jo and her husband Steve, with two of their four children in tow, stopped to help Barbara, who was overwhelmed and in shock. They swapped insurance details with the other driver on Barbara's behalf and then gave her a lift back to their house where they helped her to calm down and called her husband to let him know what had happened.

Amusingly, it was only whilst resting at Jo Whiley's house that Barbara realised who her saviours were. "At her house, Jo told me she had recently changed her hours and now worked weekends. I recognised her face, and given that she was working weekends, I nearly asked her if she worked at a local supermarket! Thankfully I asked her what she did for a living instead and she told me she worked in radio - as soon as she said that I knew who she was!"

"I would love to thank Jo and Steve for their support at that scary time," says Barbara. "They have four children and were in the middle of moving house, yet they still found time to help me".

Sadly, a virtually identical accident occurred at the same crossroads two weeks later, but this time the lady who was hit died. The junction in question is where the Helmdon-Towcester road crosses the Slapton-Silverstone road just outside Abthorpe.

Did you know...

1. Jo Whiley is a Radio 1 DJ and a TV presenter, often hosting the televised coverage of gigs and festivals such as Glastonbury.
2. Jo is 44, and was born in Northampton on the 4th July 1965.
3. She went to Campion School in Bugbrooke and swam competitively for Northamptonshire until she was 15 years old.
4. Jo lives in South Northants with her husband Steve Morton, a former Virgin Records executive, and their four children - India (17), Jude (10), Cassius (8) and Coco Lux (1).
5. Jo released her autobiography "My World in Motion" in July 2009.

The Greatest Children's

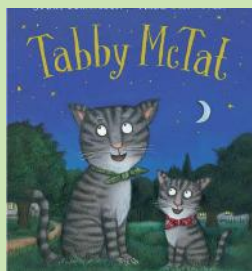
Toddle About invited Pat Saunders, owner of Poppy's Books to share her all-time favourite children's books.

Pat has been selling children's books for nearly 18 years, and she has been reading them even longer!

If you would like to add your comments or recommend your own favourites, visit our forum online at www.toddleabout.co.uk and share!



New Release



If you are in any way a fan of Julia Donaldson and Axel Scheffler's books, then you will be pleased to know that the creators of The Gruffalo have not disappointed with Tabby McTat.

It is the story of a cat's friendship, love and loyalty, and with their trademark beautiful illustrations and rhymes it had the whole family smiling from beginning to end.

RRP £10.99 (Hard Back)

Editor

The Monster Bed by Jeanne Willis

This is my all time favourite book! Denis the monster lives with his Mum in a cave in the woods and is scared of humans. His mother tells him not to worry, that they don't exist. However, he does worry and when she finally manages to get him into bed, he decides to sleep under the bed so that a human can't hide there. Meanwhile, a little boy is lost in the wood and seeks shelter in the cave. He climbs into the bed but, worried that there might be a monster under it; he looks underneath and....Aaaargghh!

Written in rhyme, The Monster Bed is easy to read, wonderfully funny and children love it.

Published by Andersen Press
£5.99 and as a Mini Treasure by Red Fox £1.50

Age range 2 - 5

I Love You Blue Kangaroo by Emma Chichester Clark

I adore this book!

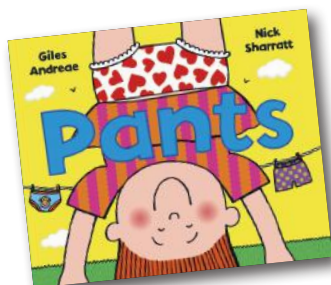
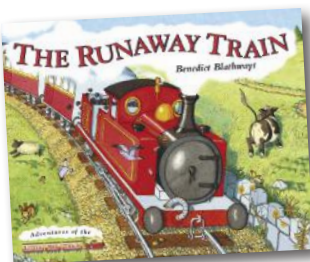
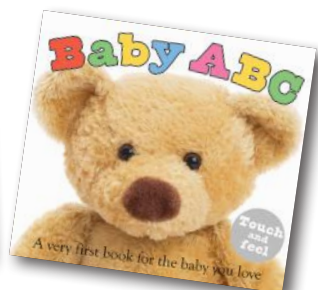
Blue Kangaroo belongs to Lily, the little girl on the cover. Lily loves her blue kangaroo and takes him to sleep next to her in bed each night. However, each page brings a new gift for Lily - new cuddly animals that she also takes to her bed until gradually Blue Kangaroo is knocked out of the bed and she decides there is no room for him any more. The drawings of Blue Kangaroo's face are wonderful as he lies in bed worrying.

Published in h/b, p/b and this edition board book by Andersen Press £4.99

Age range 3 - 6

Books Ever Written...

...ACCORDING TO
PAT SAUNDERS



Pants

by Giles Andreae

Pants is very attractive to children with its bright primary colours. Given the choice, children who see Pants on my stand at sales would, almost to a toddler, choose this book. The vibrant illustrations by Nick Sharratt provide lots of things to talk about – silly things!

The book begins with:

“Small pants, big pants,
Giant frilly pig pants”

Very easy to read, children ask for it to be read over and over again – and you really won't mind!

Published in paperback £5.99
by Corgi and board book edition £4.99 David Fickling Books
Age range 18 months - 5

The Little Red Train:

The Runaway Train

by Benedict Blathwayt

The Little Red Train series, I feel, is often under-rated. The stories are all very simple and easy to read, however the illustrations are so detailed that I have kept a child entertained for half an hour with just one page.

Children love spotting the cows and sheep in the field or the boats and lorries at the seaside.

In this story the Little Red Train sets off down the track without Duffy, his driver, who has forgotten to put on the brakes.

Published by Red Fox £5.99
Age range 2 - 6

Baby ABC

by Roger Priddy

Baby ABC is a gorgeous touch and feel board book, suitable for babies of all ages. All the pictures are photographs and excellent ones too! I not only have favourite books but I also have favourite pages in books – S is for Strawberry is my favourite in this book. It looks like a strawberry and feels like one, with each seed raised for little hands to touch.

Published by Priddy Books
£8.99



Many thanks to Pat Saunders for contributing to this feature. If you want to make your own mind up about these books, you can buy all these titles and more at www.poppysbooks.co.uk. Save money with the Poppy's Books discount offer in our centre-pages!

Most children love making cakes and it really isn't as hard as you may think. Why not make sure you have the ingredients ready, then next time you find yourself at a loose end with a child to entertain you can give it a go?



For the cakes:

175g (6oz) margarine
175g (6oz) sugar
3 eggs
175g (6oz) self raising flour

For the icing:

icing sugar
lemon juice
food colouring (optional)
hundreds and thousands



Equipment:

bowl & wooden spoon
kitchen scales
muffin tray
paper cake cases

Yummy Cup Cakes

1. Pre-heat the oven to 190°C, 375°F, Gas mark 5.
2. Put the margarine and sugar in a bowl and use a wooden spoon to mix them together. Try to keep stirring until the mixture changes from yellow to white and is soft and fluffy.
3. Add the eggs one at a time, mixing each one in thoroughly before adding the next. If the mixture starts to look a bit curdled add a little of the flour.
4. Then add the flour and stir in fairly slowly and carefully until it is all mixed together.

And that's the cake mixture done - it really is that easy!

5. Next, put the cake cases into the muffin tray.
6. Now using a teaspoon or two, spoon the cake mixture into the cake cases until they're about half full.
7. Put in the oven and bake for 15 - 20 minutes.
8. When the cakes are cool, make the icing by mixing some icing sugar with lemon juice, and then use a teaspoon to put some on the top of each cake. Sprinkle hundreds and thousands on top straight away before the icing hardens.

Tips:

- 1) Use a plastic mixing bowl if you have one as it won't smash if it accidentally falls on the floor!
- 2) Fill your washing up bowl with warm soapy water before you start and have a cloth handy to clean up any spills and mucky hands.
- 3) Let your child get as involved as possible with the whole process!





STRAIGHT IN AT

The Deep End

If you're intending to follow through on your New Year's Resolution to get fit, then there are few better activities to do with your little one than swimming. Tamsin Brewis, who runs local baby-swimming company Water Babies, gives us some tips and exercises to help you get out of the house and into the pool with your baby.

TIP: Dressing your baby

You'll find that a toasty baby is infinitely happier than a shivering one! Do make sure you put your baby in a wetsuit at the start of the session. It's very easy to take it off if they get too hot, however if they start getting too cold, putting anything on them at that stage will do little to make them warmer. Keeping little ones warm in water is a serious consideration as the body can lose heat up to 25 times faster than on land – and a baby's body can lose heat even faster than an adult's.

TIP: Interact with your baby

Once you're in the pool, keep your baby constantly moving all the time: bouncing across the water, swinging them round, singing nursery rhymes as you go. You'll find they respond really positively, especially as they'll love sharing such an unusual one to one time with you. However, if they're still very small, don't be surprised if they don't appear to be remotely interested in what you're doing, there'll be a huge amount of other stimulating things attracting their attention.

Exercise: Water Safety

It's important that your baby learns what to do if they fall in the water by accident. Start by sitting them on the side of the pool and bring them into the water, taking them a little way from the edge. Then, whilst repeating, "turn, turn," turn them to face the side. Saying "kick, kick," bring them back to the edge. And then say, "Hold on" and encourage them to grab the side. As with all else, repeat over and over!

Exercise: Humpty Dumpty

This is a great favourite. Sit your child on the side of the pool as you sing Humpty Dumpty to them. On the words 'had a great fall' bring them into the water (but don't take them under) then swim them round in a circle and pop them back up on the side. In the winter months the air temperature in pools can drop slightly, so if it does feel a bit cold, limit the amount of time your baby spends out of water. They'll be most comfortable with their shoulders under the surface.

Exercise: Grab the toy!

Hold your baby to your side with both hands around their torso, making sure their mouth is away from the water and their arms are free. Throw a brightly coloured toy ahead and encourage them to kick their legs as they reach for it. As with everything you do, always give loads of praise and encouragement. As soon as they've grabbed it, throw it again, and again, and again, and again...

TIP: Getting Changed

At the end of your session, wrap baby in a dry towel and place them somewhere safe whilst you get changed. By the time you're ready, they'll be warm and dry, so getting them dressed will be a much easier. Make sure there's no water remaining in their ears then, finally, pop a hat on your tired but happy little one, who'll hopefully be snuggling down for a good sleep as you leave.

If the idea of swimming with your baby for the first time is a little daunting, or if you would like some more ideas on exercises to do in the pool, there are plenty of classes that are run locally for you to choose from: see pages 47 - 48. They are a great way to get more comfortable in the water, and to meet other mums too!

Thanks to Water Babies for their contribution to this article: www.waterbabies.co.uk

Real Nappies...

5 Reasons to give them a go:

Easy to Use



Modern Real Nappies come in many shapes and styles. Designed to be comfortable and secure, it is easy to find the ideal nappy for any baby. Its not all pins and origami, many parents now buy shaped Real Nappies which are styled just like disposables and fasten with poppers or Velcro.

Use a nappy liner to catch the solids, which are then conveniently flushed down the toilet; collect your nappies in a lidded bucket, lined with a mesh bag. Once full, pop them in the washing machine before drying and using them again!



Save Money

Using washable nappies instead of disposables can save parents at least £500, even more when the same nappies are used again on a second or third baby. This also takes into account the extra washing which comes to only £1 a week.



OR PERHAPS...

It is not an earth-shattering revelation to find out that using disposable nappies is bad for the environment. We all know it, but the vast majority of us carry on using them, albeit with an apologetic shrug of our shoulders. But can we be blamed? Not really. After all, we lead busy lives and most of us aren't *ignoring* the environmental issues we face. As a nation we have gone through no less than an eco-revolution in the last decade – and many of us are now recycling our glass, plastics, paper, cardboard and metal that only 5 years ago would have been filling up landfill sites.

But sadly more must be done.

It is estimated that Britain may run out of landfill



...Another Option

space within 7 years. 7 years! My daughter won't even be out of primary school by then. You could certainly be forgiven if you were somewhat dismissive of this statistic: after all, it joins the other doom-laden warnings such as oil-fields depleting, ice-caps melting and rain forests disappearing which we have heard so often, it's hard not to become somewhat desensitised. But when you stop to consider that 2.5 million nappies are disposed of in Northamptonshire alone every month, and it takes 500 years for a nappy to decompose – it doesn't take a genius to work out that that can't go on much longer.

Though it would be wonderful, even the most idealistic environmental activist knows that we are not going to get everyone using cloth nappies. After all, some of us retch just changing nappies, let alone

WOULD THEY WORK FOR YOU?

3

Kind to the Environment

By using Real Nappies instead of disposables a household can halve its weekly rubbish and reduce their global warming impact by up to 40%. The perfect way to start safeguarding our environment for your baby's future.

4

Fabulous Fabrics

Modern Real Nappies are available in a range of fabrics including cotton, bamboo, microfibre and fleece. Whether you are looking for exceptional drying capabilities, something natural or super soft, there is a fabric to suit you and your baby.

5

Fun and Funky

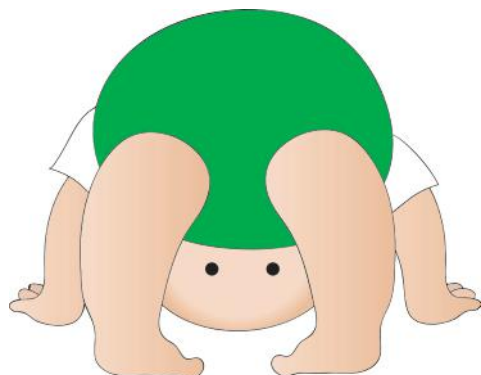
Real Nappies come in a variety of patterns and colours, so parents needn't compromise on style! Your baby can look cool and comfortable in all the latest Real Nappy trends.

Written by the Go Real Campaign. For more information on nappy types and how to use real nappies, visit www.goreal.org.uk or ring 0845 850 0606.



washing them! The good news is that you do have another option, and – wait for it – you can still use disposable nappies!

Green Bottoms, a local Northamptonshire firm, can



now recycle your disposable nappies. Through a magic process developed in Canada, they take away your used nappies and convert them into components to make plastic decking, paper, cardboard and energy (so you're helping those rain forests and polar ice-caps too!)

And they make it so easy! Green Bottoms pick the nappies up from your house like the bin man and provide you with everything you need: from a special recycling bin, to fragranced nappy-sacks and a never-ending supply of industrial-strength bin bags. And the cost? Just £10.35 per month.

You can even get a discount on the Green Bottoms service when you use their special offer voucher in the Toddle About Special Offers section in our centre-pages. You can visit Green Bottoms at www.gogreenbottom.co.uk or contact them on 01933 225 611.

Toddle Models

Make us smile!



Winner! Hannah playing peepo! 2 years

Back in November we told our subscribers that we would be running this feature as a bit of fun and asked them to send in pictures of their little angels and monkeys that would make us smile - for whatever reason! First place went to the picture that made us smile the most - and 2-year old Hannah had us beaming with this cute picture of her peeping out of her toy house. So proud parents Julia and Kevin have won this picture captured forever as a professional 16" x 16" canvas print, mounted on a stylish Photo Block. Congratulations!

A couple of submissions, though extremely funny, were a bit risqué and had to be left out! But the rest still make great viewing - we hope you enjoy them as much as we did!



Alexander, 10 months



Matthew, 9 months



Lucy, 6 months



Ethan, 2 years



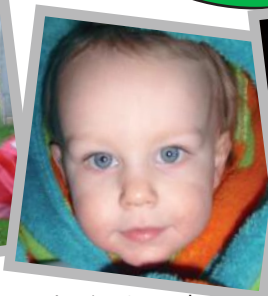
Isaac, 6 months



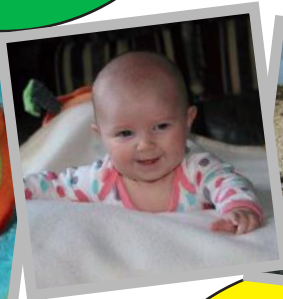
Zara, 2 years and George, 1 yr



Erin, 1 year



Lewis, 18 months



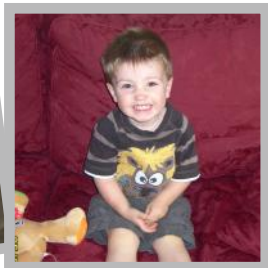
Harriett, 3 months



Ewan, 2½ years



Huw, 2 years



Jacob, 2 years



Sienna, 4 months

Would you like to see your favourite picture here in our next issue?

We would like to say a huge thank you to everyone that sent in photos of their beautiful babies and cheeky children - we've loved looking through them and it's a privilege to be able to share the smiles with everyone.

In our April issue, Toddle Models is being sponsored by Mark Betts Photography and our next winner will be receiving a free family studio photo session and a complimentary 12"x8" mounted print, in total worth £85.00!

To enter, just email your favourite picture to info@toddleabout.co.uk by 10th March 2010 and make us smile!

Mark Betts Studios

www.markbettsphotography.co.uk

Did you know...

...the government will pay you £190 if you are pregnant?

In 2009, the Government launched a new one-off, tax-free payment from HM Revenue & Customs (HMRC) for all mums-to-be.

To receive the one-off payment of £190 for each pregnancy, you need to get a claim form from your doctor or midwife and then send it within 31 days to HMRC. This grant is not means tested and it will not affect your tax credits or any other benefit. The grant will be paid directly into your bank or building society account.

This grant may not be available to you if you are not ordinarily resident or have a right to reside in the UK, or if you are subject to immigration control.

For more information speak to your midwife or doctor or go to the website www.campaigns.direct.gov.uk/money4mum2be/

Written by Valerie Gommon, BA (Hons), RM,
Independent Midwife

www.3shiresmidwife.co.uk



Mums Making it

Starting Out on Your Own

For most new mums, the question of if and when they go back to work is a big one. Many of us don't have a choice, and it can heart-wrenching to leave our newfound bundles of joy in someone else's care while we go to a place we would rather not be, working in a job we'd rather not be doing. Caroline Ashworth tells Toddle About how she overcame this dilemma by setting up her own business so she could take new baby Alfie to work with her!

Nearly two years ago, Caroline was a successful restaurant manager. After being effectively forced out of her job when she fell pregnant, she re-trained and founded pre-school activity business Jittabugs which gives parents the chance to experience the whole gamut of yoga, massage, signing and physical play with their babies. In just a year, Jittabugs now has 9 franchises being run in England and Scotland, and has received a 'Highly Commended' certificate from *Mums in Business* for achievements to date.

The fact that Caroline started Jittabugs when her baby was just 6 months old makes this even more impressive. And you're certainly not alone if you are wondering how she managed it. For Caroline, it seems it was more a question of motivation than anything else. "I think it helped that I had already run a theatre school of my own," Caroline tells us, "but the key was my baby boy. I wanted to make him proud of his mummy".

Getting Started

For most mums, the idea of setting up their own business is a truly daunting one, and is something that many dismiss as impractical or beyond their means. But there is plenty of advice available for anyone looking to start out on their own – The Business Link and Chamber of Commerce are both great places to go as a first port of call. They run some excellent free seminars and one-to-one sessions in and around Northampton that will take you through the main questions you need to consider when deciding if being your own boss



Seeing things from a whole new

is indeed the right thing for you.

And if money is the big obstacle for you, they can advise you on the best institutions to approach for funding. Caroline received a £3,000 loan from her local council to start Jittabugs, for example.

If starting from scratch is just a bit too big a step, then a franchise might be the perfect compromise for you. For an up-front fee, you effectively buy an 'off the peg' business with existing branding, training and systems. The great



perspective with Jittabugs

But if you'd rather relax with a massage...

Pregnancy is a joyful time, but it can also be a challenging and stressful experience. A mother's body is changing quickly to meet the needs of the growing child and her health and wellness is a critical factor in the safe development of the baby within.

Pre-natal massage focuses on some of the unique physical needs of the mother-to-be and is much more than just a luxury. Massage is a wonderful solution to some of the temporary challenges of pregnancy. It provides relaxation by relieving stress on joints, easing pain, and helping with the postural changes associated with the progressing pregnancy. Massage therapy is also believed to stimulate the endocrine system, which helps to stabilise hormone levels and relieve nervous tension. Certain massage oils and creams, including

those that contain vitamin E, may help keep the skin supple, which can reduce the discomfort caused by the constantly growing belly.

Massage therapy is not only beneficial before childbirth, but during labour and also afterwards. Post-natal massage focuses on helping to restore the mother's body to its pre-pregnancy condition. Massage therapy plays an important part in restoring the abdominal muscles and the uterus to its normal healthy state and stability. It relieves muscle tension and stress from everyday activities, especially new mothering duties. Besides the physical benefits, the special attention and quiet time during massage can also help to balance the new mother's emotional state.

Written by Annukka Barrett, Local Massage Therapist. See full advert on page 42.

thing about a franchise is that you know the business works, and having belief that your business can succeed is absolutely critical to it's success, no matter what it is.

The Pay Off

And is it worth it? "I must admit I don't enjoy doing admin in the evenings," says Caroline, "But being my own boss and being able to spend time with my boy and see all the other babies each week makes it so rewarding". And it sounds like you can make a good living from it too. You can work as

many or as few hours as you want, making £40 profit per hour-long session. Caroline estimates that once they are up and running, Jittabugs mumpreneurs can earn £1,600 a month whilst working only 12 hours a week.

There are dozens of franchise opportunities to choose from, and you can find a selection in the Business Opportunities section of The Toddle About Directory on pages 39 - 41.

To find out more about the Jittabugs

franchise opportunity, contact Caroline on 01200 44 26 23 or visit www.jittabugs.com. You can also qualify for a massive discount on your franchise using the voucher in our centre-pages.





The Call of the Wild

*M*y first proper introduction to the concept of a more natural education occurred whilst promoting our free subscription at The Baby Fair this November. Truth be told, it wasn't the Child First Nursery stall itself that captured my attention, rather, it was the larger than life presence of it's MD, Tom Shea.

Standing at over 6 feet tall, and with a loud, cheery voice, Tom is somewhat akin to my childhood imaginations of Father Christmas. He has an impressive presence, yet a friendly manner, and despite being a self-confessed grumpy old man, it is apparent that he is very kind, with an unbridled passion for educating the young in a completely natural way.

During one of the slower afternoon periods, we began talking and found some common ground. Tom invited me and my family to visit his nursery, and as a result we spent a very enjoyable morning wandering round the woods which surround the nursery, enjoying biscuits made

by the children, and sitting in front of the cosy open fire.

Set in 3 acres of land, the Child First nursery is somewhat reminiscent of a small Hogwarts.



Moulton Lodge is a beautiful grade II listed building, with many original features and a very welcoming, homely feeling, enhanced dramatically by the open (but protected) fire in the grand hearth of the reception room. Set over 2 floors, the nursery seems to go on and on, with plenty of space and activities for the children to take advantage of. But it was outdoors that really grabbed my attention.

Tom and his team have done a truly fantastic job of reclaiming the land from the brambles and undergrowth to make a won-

derful, natural classroom for the children. Despite having removed roughly a third of the trees from the land, the Lodge's garden hosts a very inviting wood, which beckons you in with the promise of secret hideaways and childhood adventures. The 'forest' contains a liberal scattering of props for the children including rope swings, a table and chairs, dens, a teepee, stepping stones, and even a barbecue for toasting marshmallows on dusky autumn afternoons. It is easy to see why the children all seem so happy to play in this lovely space.

The nursery also has two impressive vegetable



patches which are planted and harvested by the children and their carers, (we took 3 leeks home with us – donated, not stolen...) and an enclosed, lawned play garden. The children are encouraged to make the most of the outdoor space whenever they want and it was apparent from the frequent excursions we witnessed during our visit that they are not shy in taking advantage of that!

Forest Schools

The concept of using nature's classroom is far from a new one, however. Most commonly referred to as Forest Schools, they first sprang up in Sweden in the 1950's, and made their way across Europe to Britain in the mid-1990s. Like other Forest Schools, Child First Nursery encourages children to take the lead with their learning and for staff to follow the children's interests instead of planning set activities for the day. This harnesses the children's natural thirst for knowledge, which is so often dampened by more formal

teaching where boundaries are imposed and objectives must be hit according to a pre-determined schedule. In contrast, forest school children take on tasks that are appropriate to their skill-level

and interest, causing their self-esteem and confidence grow as they accomplish each task without the pressure of a 'standard' to be hit.

I must admit that my imagination was captured by this approach to schooling, but I had a nagging doubt that the children must miss out on learning *some* things if they can simply choose to do whatever they want. Yet this approach (called Free-Flow Play) is endorsed by the government for all nursery- and reception-aged children. Free-Flow Play is supposed to happen in all nurseries and reception classrooms as stated in the Early Years Curriculum, though in practice the amount of time in the day devoted to it varies widely. Additionally, all Early Years settings are required to have access to the outdoors, and children are supposed to be encouraged to make use of the outside space whenever they want.

The Research

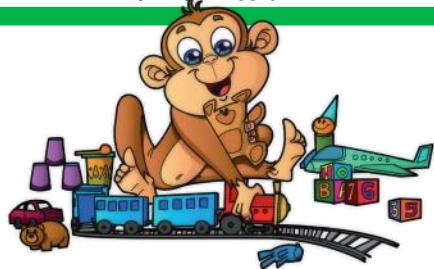
There is good evidence that forest schools work. Studies carried out in both Sweden and Germany, found that children who attended forest schools were far happier than their urban-school counterparts. They showed that they had higher self-esteem and levels of confidence, and interacted with other children and adults in a much kinder, tolerant and co-operative manner. They also had fewer sick days, which was attributed to the greater

amounts of fresh-air and exercise enjoyed by the children, along with the reduced risk of infection associated with being outdoors. It also showed improved levels of concentration and coordination.

Though we are still far behind the likes of Germany and Sweden, it seems that access to a natural education is becoming more and more available to parents who lean toward this method of learning. As well as Child First, there are a handful of other Forest Nurseries springing up around Northamptonshire, plus the Everdon Activity Centre and The Early Years Forest School Project, which both provide 6-week forest school courses for preschoolers all over the county.

If you are in any way curious about Forest Schools, I wholeheartedly recommend a visit to your local forest nursery to see what it's all about. We had a great time at Child First, and I'm sure you would too - you can email Tom to set up a visit at tom.s@childfirst.co.uk. Just don't forget your wellies!





Shop About Town

BABY & TODDLER MUST-HAVES

Tripp Trapp® Highchair

The Tripp Trapp® is definitely worth a look because it grows with your child from about 6 months to their teenage years. Not only can your child use this chair to sit at the table and join in with family meals as a baby, but they can also use it as a toddler and an older child. The unique adjustability of Tripp Trapp® in both seat and footrest height and depth means they can continue to sit comfortably at the table as they grow, removing the need for a booster seat in that awkward in between stage.

Available in-store from Pink & Blue Baby World on the High Street in Daventry, who are the only stockist in Northants: £110.00 (RRP £135).



Bunnytime Alarm Clock

Get some more sleep with this ingenious clock which tells your child when they can come and wake you, before they are able tell the time.

At a time you choose, the rabbit's eyes open and ears pop up so your child knows it's time to get up - perfect for a child who is old enough to entertain themselves in bed for a while.

Buy from Blooming Marvellous for £20.

www.bloomingmarvellous.co.uk



CUSHI TUSH™

Cushi Tush is a lightweight, paediatrician approved, floor based baby seat, ideal for feeding and play time.

Complete with tray, Cushi Tush is available to buy online from www.cushitush.co.uk for just £34.99

The Wean Machine

helps you prepare fresh baby food with no fuss, no mess and no noise.

Just fill the bowl 2/3rd's full with soft fruit or suitable cooked foods, squeeze the handles together, and spoon feed your baby straight from the bowl. It also helps with portion control as the bowl is the size of a young baby's stomach, so you won't have more food than you need.

£19.97 from www.pinkandbluebabyworld.co.uk



iCandy Pear Tandem Pushchair

Whether you are expecting twins or your second child, the iCandy Pear offers ultimate flexibility with a unique design allowing over twenty practical combinations for either twins or a newborn and older child (up to 3 yrs). The multi-position seat units easily convert into carrycots, and they can be independently manoeuvred to face forward or rearward. Handily, the Pear folds away compactly and can be used as a single pushchair at any time.

Prices available at Pink & Blue Baby World on the High Street in Daventry: Northamptonshire's only iCandy retailer.



YabbaYabba - Unique canvas prints for children

Give your little one's room a refresh for 2010, or create a beautiful nursery for your newborn baby with original designs and bespoke canvas prints from YabbaYabba.

Available from www.YabbaYabbaOnline.co.uk, buy this 16" print (with real sparkles!) for £35 - also available as 10" or 12" at £15 & £20.

BabyHawk Mei Tai Carrier

A carrier that is comfy for both baby and mum! The BabyHawk can be used from newborn to 35lb, on front or back, and is very easy to put on on your own.

Buy in the UK from bigmamaslings.co.uk, or have one custom made with your choice of fabrics and colours from the US site babyhawk.com. Price: £53.



Cheeky Wipes

No more chucking endless baby wipes in the bin, no more worry about harsh chemicals on your baby's skin. Using a hassle free washable cloth system, Baby Wipes All-In-One Kit helps you do your bit for the planet and saves you £200+ p/a!

Available at Mocha Mama cafe in Kettering (p.41) for just £29.95 (£5 less than cheeky wipes website).



And for the Dads...

The Cry Translator

from Biloop Technologies

The Cry Translator is an app for the iPhone that eases the anxiety many parents have in caring for their crying infant by helping them to recognize their baby's different cries so they can respond to his/her needs more quickly.



It works by registering the pattern of the pitch, loudness, tone and inflection of the baby's cry, which it then 'translates' as a cry for tired, hungry, etc. It then gives you suggested actions to take. And all this within 10 seconds.

Clinical tests have - apparently - rated the Cry Translator as accurate 96% of the time. We have no idea if it works, but it seems like fun to try!

£17.99 from iTunes and www.crytranslator.com



Is your little one sitting comfortably?



AWARD WINNING BABYSEAT

CUSHI TUSH

The Perfect Babysitter



See our exclusive 'Toddle About' voucher offer.

£34.99

including tray.

Also Available



All prices include UK delivery.

Paediatrician Approved

The Cushi Tush floor seat has been specially designed for comfort and to promote good posture.

Feeding and Play Time!

Keeps baby securely in place. Parents have found the tray ideal for baby led weaning.

Safety Tested

Suitable from 3 - 18 months, the seat has a wide base to prevent tipping.

Easy to carry around.

Weighing less than 1kg! Cushi Tush is the ideal portable baby seat.



BUY ONLINE
www.cushitush.co.uk

The Evil TV



2009 saw the controversial topic of television brought afresh to the headlines with new research showing that watching television is bad for children and that children under 2 should not be allowed to watch any television at all. But how concerned should we be?

Personally, I have a love-hate relationship with television. Sometimes, all I want to do is curl up in front of a movie or some mindless television and simply relax. I have great childhood memories of TV and have enjoyed many a nostalgic conversation about the

differing merits of Mr Ben, Willo the Wisp and The Magic Roundabout (am I showing my age?!) My daughter absolutely loves watching TV, and I really enjoy seeing her laugh and jump up and down as she watches Iggle Piggle and his friends do their thing.

But at the same time I can't shake the feeling that TV is, well, evil. I am one of those people who cannot help but watch a TV if it is on in the same room: it sucks me in and I become powerless to switch it off. I will watch anything, and I sometimes wonder just how much my opinions and feel-

ings are manipulated according to some producer's mysterious agenda. My evenings become incredibly short and unproductive once I turn on the telly, and I have definitely noticed how much more energy I have in the evening if the box doesn't make an appearance.

Perhaps it's just me. Regardless, the new research prompted me to delve deeper into the issue and I have summarised overleaf the main arguments for and against TV to help you make up your own mind.

The Prosecution

TV slows language acquisition in young children

The Seattle Children's Research Institute found that for every extra hour a toddler watches DVDs, they learn six to eight fewer words than children who spend no time in front of the screen. Children need to practise speaking to learn new words, and they say considerably less when the TV is on – even just in the background.

Reduces ability to concentrate

Due to the fast-moving images and swiftly changing scenes, TV watching can raise a child's threshold as to what will hold their attention and keep them entertained. Extreme TV critics claim TV is largely responsible for the dramatic increase in cases of ADD (Attention Deficit Disorder) seen in recent years.

Impacts ability to socially interact

As watching television is typically a passive activity with little or no interaction with other people, time spent in front of the TV is time not being spent playing with other children and practising social skills.

**“Theatre is life, film is art,
TV is furniture” Anna Lowman**

Physically limits range of eye movement

Watching television involves very little eye movement, so the muscles around the eye do not get a 'work out' during screen time. This leads to weaker muscles which can limit the range of eye movement.

Reduces creativity

Creativity is a skill like any other that needs to be practised in order for it to develop, and there is no more important a time for doing so than when children are in their most formative years. Television offers no opportunity for children to use their imagination as they are enjoying the products of someone else's.

To the Extreme...

Anti-TV extremist group White Dot encourages 'activists' to switch off TVs whenever they see them, by using the "TV-B-Gone" remote control: a one-button power-off remote that works on nearly all models of TV.



Lowens levels of self-esteem

The factors that affect levels of self-esteem are many, however research has shown that self-esteem grows when a child takes on a task or activity and achieves a measurable result. This kind of active problem-solving is typically lacking when watching television.

Increases chances of obesity

There have now been many studies that have linked obesity with excessive television watching. Any sedentary activity like watching the box replaces time spent in physical activity and increases the chances being obese. In the majority of cases, obese children are then obese for life.

Causes depression

Whilst we generally feel more energised after physical activity or play, research has shown that watching TV leaves the viewer lethargic and lacking in energy. This often results in extending our watching sessions thereby compounding the problem, and increasing the chances of feeling depressed when we re-enter the 'real world'.



The Defence

TV is cultural common ground

Television acts as a common ground for people of all ages and cultures to bond over. Children enjoy the same experiences as each other when they watch the same programme, and this allows them to create points of similarity which can blossom into friendship.

Quality family time

When children watch television with their parents, valuable family time can follow when discussing the content of a programme, or in pursuing further activities to learn more about a particular topic.

Promotes Reading

Most popular children's programmes can now be found in book-form. Presenting a child's favourite TV character or programme topic to them in book format can be a great way to motivate them to read.

TV is Educational!

Through television, children are able to witness

things that would otherwise be impossible for many families. Exotic animals and plants, foreign landscapes, music and art are all brought into our living rooms for our children to enjoy and learn from. Through its combination of sound and moving images, TV provides a uniquely effective medium for getting a message across, even teaching children complicated new skills such as sign language.

**“Imagine if we had no TVs...
What would we point our furniture at?”**
unknown

Teaches values and ethics

Many children's programmes and cartoons contain powerful moral or value-based lessons that children can learn from. These are sometimes explicitly explained at the end of a show, or demonstrated more subtly through the actions of the characters.

Breaks down boundaries

Children are exposed to a wide variety of cultures, religions and people through television. This fosters familiarity, understanding and acceptance of people and cultures that are different.

Helps parents address taboo subjects

TV programmes often explore controversial or sensitive issues, which can make it easier for children to have happy, open and honest discussions around these issues with their parents.

It helps get the housework done

At a very practical level, many parents – especially those with demanding children – find the television very handy when there is a mountain of housework to get done!

Tips from the National Literacy Trust

‘Good’ TV programmes:

- Are high-quality
- Are age-appropriate
- Offer opportunities for verbal responses
- Have a balance between familiar and new content
- Provide enjoyable watching for both parent and adult
- Have minimal stimuli. E.g. A single adult narrator

In General:

- Limit the exposure of children, especially under 2s, to TV
- Interact with children during viewing by explaining and discussing content
- Switch off the TV when you're finished
- Take televisions out of the bedroom
- Encourage imaginative play based on what was watched

Have your own say by commenting on our forum at www.toddleabout.co.uk

Groups & Classes

Thanks to the many of our subscribers who have helped us, you will find plenty of the groups and classes in your area here, broken down by district, day of the week and then local area. If you want to use something more interactive, visit our website at www.toddleabout.co.uk where you can simply plug in your postcode and it will give you the things closest to you!

Northampton Borough

MONDAYS

Abington

Abington /Kingsthorpe NCT

Various members houses

10:00 -12:00; Free

Sonja Goff - 01604 711852

For bump - 4. Everyone welcome!

Blackthorn

Childminding Group: 9:30 – 11:30

H/Visitor Clinic: 13:00 – 15:00

Blackthorn Children's Centre,

Longmead Court, NN3 8QD

01604 413504

All free drop in sessions

Cliftonville

Active Baby Company Swimming

Cripps Recreation Centre,

Northampton General Hospital,
NN1 5BD

9:00 - 10:00 ; £48 per 6-wk term

Denise - 01604 826066

www.activebabycompany.co.uk

Swimming sessions for 18 mths - 4yrs.

Prebooking essential

Duston

Duston Mums & Tots

Duston Village Hall, Sycamore
Road

9:30 - 11:30

Termtime only

Duston Rhymetime

Duston Library Children's Centre,

Pendle Road, NN5 6DT

10.30 - 11.00; FREE

01604 585882

dustlib@northamptonshire.gov.uk

Free singing sessions. Termtime only

Health Advice & Breastfeeding

Support with Stay & Play

Duston Library Children's Centre,

Pendle Road, NN5 6DT

14:00 - 15:00 ; FREE

01604 752891

Earls Barton

Earls Barton NCT Group

10:00 - 12:00; Free

Louise - 01604 811151

All welcome!

Far Cotton

St Marys Tiddlywinks Parent and Toddler Group

St Mary's Church, Abbey Road,
NN4 8EY

9:15 - 11:00

For 0 - 5s. Termtime only

"Daddy, did your hair slip?"
3 year old girl

Grange Park

Grange Park Parent & Toddler Group

Grange Park Community Centre,
School Lane

9:30- 11:30 & 12:45 - 14:45; £1.60

Claire - 07854 010587

0 - 4. Free first session

Hardingstone

Cheeky Monkeys

Hardingstone Village Hall, High
Street, NN4 6DA

9:30 - 11:30; £2.00

Gwen - 01604 762954

For 0 - 4 years

Headlands

Parents & Babies Group

Headlands Children's Centre,

Bushland Road, NN3 2NS

10:00 - 12:00 ; Free

01604 411440

For 0 - 15 mths. Drop in session inc. tea
& coffee and Musicana session



Hunsbury

Danes Camp Parent & Under 8s Water Play Session

Danes Camp Leisure Centre,
Clannell Road, NN4 0RX

8:45 - 10:30; £3.70 (£2.30 for
members), tots free

01604 837200

Maximum of two children under 8
years old; must be supervised by a
parent or adult throughout

Kingsthorpe

Messy Play

Kingsthorpe Children's Centre,
St.Davids Road, NN2 6NS

10:00 - 11:30; Free

01604 791537

Health Visitor Drop In

Kingsthorpe Children's Centre,

St.Davids Road, NN2 6NS

12:30 - 14:30; Free

01604 791537

Northampton Centre

Mini Springers Parent & Toddler Group

Springs Family Centre, Spring
Boroughs, NN1 2SN

10:00 - 12:00; Free

Robyn - 01604 630457

For 0 - 5s. All welcome.

Chatterbox

Mount Pleasant Baptist

Church, 147-155 Kettering Road,
Northampton, NN1 4BS

9:30 - 11:15;

For 0 - 5s. Termtime only.

Hopscotch Childminding Group

Vernon Terrace School,
Northampton

13:00 - 15:00; Free

Waterbabies Swimming

Northampton

Morning; £120 per 10-wk course

Tamsin - 01295 709221

www.waterbabies.co.uk

30-minute swim sessions for 0 - 4s.

Prebooking essential.

Northampton Borough

Semilong

Bangladeshi Mums and Tots
The Gateway Centre, Mill Rd, NN2
6AX
13:00 - 15:00 ; FREE
Sophia Miah - 01604 624930
Tots group for Bangladeshi families

Spencer

Camrose Breastfeeding Group
Camrose Sure Start Centre,
Streatfield Road, NN5 7DF
9:30 - 12:30 ; Free
01604 585219
Breast Feeding Support Drop In Group

St James

St James Parent and Toddler Group
St. James Community Centre, St.
James Road, NN5 5LQ
10:00 - 12:00 ; £1.00
Sarah - 01604 456231
*Snack, tea & coffee provided.
Sometimes open during holidays &
messy play sometimes available.*

The Mounts

Mounts Baths Water Playgroup
The Mounts Baths, The Mounts,
Upper Mounts, NN1 3DN
14:00 - 15:30 ; £3.70 (£2.30 for
members), tots are free
01604 837400
*Maximum of two children under 8
years old must be supervised by a
parent or adult throughout.*

Thorplands

Midwife Drop-in: 9:30 - 11:30
**Cygnets Tots Group (with baby
yoga): 13:00 - 14:30**
Community Room, Thorplands
Children's Centre, Farm Field
Court, NN3 8AQ
01604 741131
Free drop in sessions

Whitehills

St. Mark's Parent & Tots Group
St Marks Church Hall, Greenhills
Crescent, NN2
10:00 - 11:15 ; £1.50 plus 20p p/c
Sue - 01604 715342
*Termtime only - Lively group of c.30
with 'messy' or 'craft' activity, books,
cars, home corner, bricks and sing-song.*

Wootton Fields

Wootton Fields Rhymetime
Wootton Fields Library, Wooldale
Road, NN4 6TP
1st week of mth 14:15 - 14:45pm
01604 669213
Free drop in music session

TUESDAYS

East Hunsbury

Hunsbury Rhymetime
Hunsbury Library, Overslade Close,
NN4 ORZ
10:30 - 11:00; FREE
01604 702830
Free music sessions open to all

TinyTalk Baby Signing

The Abbey Centre, East Hunsbury
10:15 - 11:15; £4 per family (£3.50
for bulk bookings)
Charlotte Cole - 07947 724194
www.tinytalk.co.uk
Drop ins welcome, termtime only

Ecton Brook

Creative Crafts
Ecton Brook Children's Centre,
Ecton Brook Road, NN3 5DY
9:30 - 11:00; Free
01604 409280
Drop in arts & crafts sessions

Far Cotton

Gloucester Parent and Tots Group
Gloucester Nursery School,
Camborne Close, NN4 8PH
9:00 - 11:00;
Rachael - 01604 762251

Goldings

Rainbows Childminding Group
Old Barns, The Obelisk Centre,
9:00 - 11:00;

Grange Park

Stepping Stones
Grange Park Community Centre,
School Lane, NN4 5FZ
9:15 - 11:00, every 2nd & 4th wk
Charlotte - 01604 875188
For 0 - 4s, includes breakfast!

Hardingstone Mums & Tots

Grange Park Community Centre,
School Lane, NN4 5FZ
9:00 - 11:00, 1st of every month
Louise (H/Visitor) - 01604 742420

Headlands

Drop In Health Clinic
Headlands Children's Centre,
Bushland Road, NN3 2NS
9:30 - 11:15; Free
01604 411440
*For Bump and Baby. Midwife and
health visitor present.*

Kingsthorpe

Aqualight Swimming
Fairfields School, Trinity Avenue,

Northampton, NN2 6JN
15:30 - 17:30; £106 p/ 11-wk term
Emmaline Kitson - 01604 830405
www.aqualightbabies.co.uk
*30 minute swim sessions for 0 - 5s.
Prebooking essential*

Double Trouble Twins Group

Kingsthorpe Children's Centre,
St.Davids Road, NN2 6NS
16:00 - 17:30; Free
01604 791537
Free drop in group for twins

Northampton Centre

Early Learning Centre Playtime
Early Learning Centre, 14 Peacock
Place, Abington St, NN1 2DP
9:30 - 11:30 (from February); Free
Sharon - 01604 626256
Drop in to play with ELC toys!

St Giles Toddle In

St Giles Church Centre, St Giles
Terrace, NN1 2BN
10:00 - 12:00; 20p per family
Sue Poole - 01604 230360
Termtime only - crafts, play and singing

Northampton Central Rhymetime

Northamptonshire Central Library,
Abington Street, NN1 2BA
10:15 - 10:45; Free
01604 462040
centlib@northamptonshire.gov.uk

St James

St. James Rhymetime
St James Library, 138 St James
Road, Northampton, NN5 5LQ
10:30 - 11:00; Free
01604 762192
jameslib@northamptonshire.
gov.uk

The Mounts

Parent & Tots
Duke Street Evangelical Church,
4-8 Duke Street, The Mounts,
Northampton, NN1 3BA
10:15 - 11:30; FREE
Moyra Murdoch - 01604 635535
For 0 - 4s. Termtime only

Thorplands

**Thorplands Children's Centre
Breastfeeding Group**
Farm Field Court, NN3 8AQ
12:30 - 13:30; Free
01604 741131
BreastFeeding Support Drop In Group

Every little helps, and now you can save some money by taking advantage of these great offers from local Baby & Toddler businesses.

Special

FREE
Forever Friends Bear

When you buy any Cushitush baby seat from www.cushitush.co.uk using the voucher code: **TABEAR**.

WENDY GRANT PHOTOGRAPHY
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wendygrant.co.uk
10% off base price on Jan bookings

Pink and Blue Baby World
Fashion and design for parents and babies

5% Discount with this Voucher

Voucher must be presented in store at time of purchase. Our standard Terms and Conditions apply. This voucher has no cash value.

Poppy's Books **10% off Books!**

Use code **TA10** at www.poppysbooks.co.uk

This voucher has no cash value

Jitta Bugs
www.jittabugs.com

£500 discount for all franchisees until 31st march 2010 when you quote "Toddle About"

caroline@jittabugs.com
01200 442623 / 07841 038 141

This voucher has no cash value

www.nannycompany.co.uk
info@nannycompany.co.uk
01604 707878

10% discount before 1st March 2010 when you quote 'Toddle About'

The Nanny Company

This voucher has no cash value

Shoebbox

10% off your shoe purchase with this voucher before 15th February 2010*

www.es-box.co.uk

*no discount on discounted/sale items
Only one voucher per purchase/family and not in connection with other discounts

www.butterflybras.co.uk

Butterfly Bras

10% off any purchase with this voucher before 31st March 2010

This voucher has no cash value

dragonswood

10% discount on wooden children's furniture with this voucher

www.dragonswood.co.uk

This voucher has no cash value

See advert on inside front cover

of child first day nursery

Free nursery registration on production of this voucher

This voucher has no cash value

Subscribe to toddleabout



Above: Sharon Birney draws the winners name and **Right:** The ELC Team



When you subscribe to Toddle About, not only do you guarantee yourself your own free copy delivered to your door, but you will also be entered into our free prize draw!

Our first prize draw was sponsored by Early Learning Centre and in December Sharon Birney, the manager of the ELC store in Peacock Place (Northampton) drew Stacy Powell's name out of the hat. Stacy and husband Dominic received the prize of £200 of ELC vouchers to spend on their beautiful baby daughter Amber. There was talk of buying a wooden trike, or possibly waiting till summer to get some of the bigger outdoor equipment. Or both! I suspect Christmas included some enjoyable catalogue-browsing...

Offers!

10% off child-proofing your kitchen with this voucher before 1st March 2010

20 Yrs Experience
14 ALL!

Jon Grant: 01327 831596

This voucher has no cash value.

www.fearfreebirthing.co.uk

HypnoBirthing® with Louise Ainsley

10% discount on classes booked in January 2010 with this voucher

Contact Louise on 01804 702223 or 07914 215705



Looking for Maternity Care advice?

This voucher entitles the bearer to A FREE CONSULTATION with Independent Midwife Sue Kinross Worth £50!

To arrange, call 0773 8818 549 or e-mail suekinross@googlemail.com



£20 off your photobooking fee with this voucher when you sign up to Water Babies classes

(Booking fee is normally £45)

www.waterbabies.co.uk
01295 709 221



10% off Pottery Painting with this voucher

www.thecraftycatstudio.co.uk 01327 342552

In Upper Stowe, NN7 4SH



1 month's free nappy recycling when you quote Toddle About*

GREENbottoms
Nappy Recycling Home Collection Service

www.gogreenbottom.co.uk

*Applies when you subscribe for 6 months or more

10% discount on hiring or buying a birth pool with this voucher when using doula service

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01788 576147 www.sacredspiraldoula.co.uk



FREE ENTRY for 1 child with this voucher

1 voucher per family

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FAMILY RUN BUSINESS
INDOOR ADVENTURE PLAY AREA

Valid at all times

Unit 15 Regent Park, Off Booth Drive, Park Farm, Wellingborough, Northants, NN8 6GR



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This voucher has no cash value.

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for Free... ...and WIN!

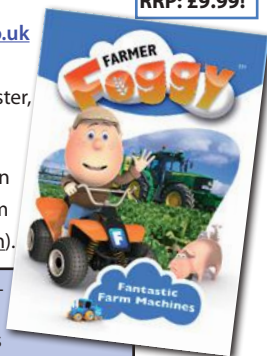


Winners Stacy and daughter Amber

Subscribe to Toddle About for free at www.toddleabout.co.uk or by sending your name, and postal & email addresses to FREEPOST RSCU-JHLR-BRKH, Toddle About, Caswell, Towcester, NN12 8EP.

New subscribers (before 10.03.10) will get the chance to win one of five copies of the brand new Farmer Foggy DVD from Northants-based Dimension Media (www.farmerfoggy.com).

The Farmer Foggy DVD series brings all the fun and excitement of the farm into your living room – but without the mud and the smell! As Foggy zooms around real-life farms on his nifty quad bike, he explains the amazing things that are going on.



Northampton Borough

Stitch in Time

Child & Parent Centre (NSPCC), 48
Waterpump Court, NN3 8UR
13:00 - 15:00; Free
01604 493336

Health Visitor Drop In and Toy Library

Community Room, Thorplands
Children's Centre, Farm Field
Court, NN3 8AQ
14:00 - 15:30; Free
01604 741131
Get health advice and borrow toys!

Wootton

Little Acorns Toddler Group

Wootton Trinity Church, High
Street, Wootton Village
9:30 - 11:00; £2 per family
Ruth - 07747 092990
*Includes tea/coffee/biscuits for
parents/carers and a snack for the
children. From birth to school age.*

WEDNESDAYS

Abington

Museum Toddler Group Session

Abington Museum, or
Northampton Museum & Art
Gallery
Twice monthly; Free
Liz Ravine - 01604 838111
For 0 - 5s. Call to check location.

Cliftonville

Active Baby Company Swimming

Cripps Recreation Centre,
Northampton General Hospital,
NN1 5BD
14:00 - 15:00; £48 per 6-wk term
Denise - 01604 826066
www.activebabycompany.co.uk
*30-minute swimming sessions for 8
mths to 3yrs. Prebooking essential*

Ecton Brook

Tiny Tots

Ecton Brook Children's Centre,
Ecton Brook Road, NN3 5DY
13:30 - 15:00; Free
01604 409280
Drop in stay & play session

Far Cotton

Far Cotton Rhymetime

Far Cotton Library, REC Centre,
Towcester Road, NN4 8LG
10:30 - 11:00; Free
01604 762192
cotlib@northamptonshire.gov.uk

Grange Park

*When Tommy's mum asked him how he knew the genders of their new baby
kittens, he said, "Daddy picked them up and looked underneath. I think it's
printed on the bottom." - 3 years old*

Tumble Tots

Grange Park Community Centre
School Lane, NN4 5FZ
9:30 - 10:10: Gymbabes;
10:30 - 11:15: Walking to 2 yrs;
11:30 - 12:15 or 2:00 - 2:45pm: 2
to 3 yrs;
13:00 - 13:45pm: 3 yrs - school
Gymbabes: £5.20 per session;
Tumble Tots: £5.50 per session or
£26/5-week term

Naomi - 07779 785 166
naomi.rsmith@tumbletots.com
*Structured Play for Babies aged 6
months up to School Age. Trial sessions
available, pre-booking essential*

Headlands

SANDS support group (Stillbirth and Neonatal Death Charity)

Headlands Children's Centre,
Bushland Road, NN3 2NS
19:00 - 21:00, last Wednesday of
month; Free
01604 411440
*Drop in support group, no booking
necessary*

Hunsbury

Danes Camp Parent & Under 8s Water Play Session

Danes Camp Leisure Centre,
Clannell Road, NN4 0RX
13:15 - 14:45; £3.70 (£2.30 for
members), tots are free
01604 837200
*Maximum of two children under 8
years old; must be supervised by a
parent or adult throughout.*

Kingsthorpe

Holy Trinity Mums & Tots

Holy Trinity Church, Church Hall,
Edinburgh Road
10 - 11:45;
Baby & Toddler Group

Stay & Play: 13:00 - 14:45

Midwife Drop In: 14:30 - 16:30
Kingsthorpe Children's Centre,
St.Davids Road, NN2 6NS
13:00 - 14:45; Free
01604 791537
Free drop in sessions

Lodge Farm

Play Sessions

The Barn, Lodge Farm Community
Centre, Crestwood Road, NN3 8JJ

9:30 - 11:30; Free
01604 785969
For parents and carers with 0 - 5s.

Northampton Centre

Spring Lane Baby Cafe Drop In

Spring Lane Surestart Children's
Centre, Spring Lane, NN1 2JW
9:30 - 11:30; Free
01604 629114
Breast Feeding Support Drop In Group

Chatterbox

Mount Pleasant Baptist
Church, 147-155 Kettering Road,
Northampton, NN1 4BS
9:30 - 11:15;
For 0 - 5s. Termtree only.

Hug in a Mug

The Bump, Birth & Beyond Space,
Spencer House, 3 Spencer Parade,
Northampton, NN1 5AA
13:15 - 14:30; £2.00
Claire - 07966 288236
*Support group for parents with babies,
and bumps. Share experiences and ask
questions. Inc. tea, coffee, & cake.*

Aqualight Swimming

Park Inn, Northampton
9:30 - 11am; £106 for 11-wk term
Emmaline Kitson - 01604 83 04 05
www.aqualightbabies.co.uk
*30 minute swim sessions for 0 - 3 yrs.
Prebooking essential*

Spencer

Camrose Breastfeeding Group

Camrose Surestart Centre,
Streathfield Road, Northampton,
NN5 7DF
9:30 - 12:30; Free
01604 585219
Breast Feeding Support Drop In Group

The Mounts

Mounts Baths Water Playgroup

The Mounts Baths, The Mounts,
Upper Mounts, NN1 3DN
14:00 - 15:30; £3.70 (£2.30 for
members), tots are free
01604 837400
*Maximum of two children under 8
years old; must be supervised by a
parent or adult throughout.*

Thorplands

Stay & Play: 13:00 - 15:30
Midwife Drop In: 13:30 - 15:30

Thorplands Children's Centre,
Farm Field Court, NN3 8AQ
13:00 - 15:00; Free
01604 741131
Free drop in sessions

Weston Favell

Weston Favell Rhymetime

Weston Favell Library, Weston
Favell Centre, NN3 8JZ
10:30 - 11:00 fortnightly; Free
01604 403100
westlib@northamptonshire.gov.uk

THURSDAYS

Cliftonville

Active Baby Company

Cripps Recreation Centre,
Northampton General Hospital,
NN1 5BD
9:00 - 10:00; £48 per 6-week term
Denise - 01604 826066
www.activebabycompany.co.uk
30-minute swim sessions for 6mths - 3
years. Prebooking essential.

Duston

St Luke's Mums & Tots

St Luke's CEVA School, St.
Crispins Drive, NN5 4BL
14:00 - 15:15
01604 592008
Recommended by Sara Picketts

Stay & Play Drop-In

Duston Library Children's Centre,
Pendle Road, NN5 6DT
9:30 - 11:30 & 13:00 - 15:00; Free
01604 752891
For 0 - 4s.

Sunbeams Stay & Play

United Reform Church, Main Road
Alternate Thursdays commencing
14th Jan: 9:30am - 11:30am
01604 752891

East Hunsbury

East Hunsbury Toddlers

East Hunsbury Primary School,
DSP Hall
9:30 - 11:00; £1.50 per family
For 0 - 4s. Term time only

Ecton Brook

Childminders Group: 9:15 - 11:15
Toddler Music: 9:30 - 9:55 &
10:00 - 10:30

Baby Clinic: 13:00 - 15:00

Ecton Brook Children's Centre,
Ecton Brook Road, NN3 5DY
01604 409280
All free drop in sessions

Grange Park

Talking Point

10 Foxglove Close, Grange Park
10:00 - 12:00; FREE
Charlotte Nobbs - 01604 875 188
or Louisa Corkan - 01604 742410
*For bump - 8 months. Chance for new
mums to meet, chat and ask questions
they might have of the Health Visitors*

Headlands

Headlands Parent and Tots Group

Headlands Lower School,
Bushland Road, NN3 2NS
9:00 - 11:00; £1.00
Julie Stevens - 01604 413462
*For 0 - 4s. Term-time only - snacks and
loads of activities - everyone welcome
mums, dads, gramps etc.*

Autism Concern Parent Group

Headlands Children's Centre,
Bushland Road, NN3 2NS
9:30 - 11:00, fortnightly; Free
01604 411440
*For 0 - 4s. Creche places available if
booked in advance*

*"Tell me when you're asleep, ok?" - 7 year old
boy, overheard talking to his little brother*

Hunsbury

Danes Camp Parent & Under 8s Water Play Session

Danes Camp Leisure Centre,
Clannell Road, NN4 0RX
8:45 - 10:30; £3.70 (£2.30 for
members), tots are free
01604 837200
*Maximum of two children under 8
years old; must be supervised by a
parent or adult throughout*

Kingsthorpe

Kingsthorpe Homebirth Group

Whitehills Nursery School, Acre
Lane, NN2 8DF
19:30 - 21:30, 1st Thursday of
every month; FREE
Kelly - 07716 017366
www.nothamptonhomebirth.co.uk
*Organised by NCT Antenatal teachers
and Independent Midwives, the group
offers a safe environment in which to
discuss home birth options.*

Kingsthorpe Surestart

Breastfeeding Group

Kingsthorpe Surestart Children's
Centre, Kingsthorpe Grove
Northampton, NN2 6NS
15:30 - 17:30; Free

01604 791537

Breastfeeding Support Drop In Group

Reynard Way Toddler Group

Reynard Way Evangelical Church,
Reynard Way, NN2 8QY
13.45 - 15.15;
Sam - 01604 516157
For 0 - 4s. Inc. Drink and Snack

Moulton

Toddle Inn

Carey Baptist Church, 34 West
Street, NN3 7SB
10:30 - 12:00 and 13:30 - 15:00
For 0 - 4s.

Boothville & Moulton NCT Group

Various parents' houses
10:00 - 12:00; Free
Carolyn - 01604 790496
All welcome - call for location!

Northampton Centre

Waterbabies Swimming

Northampton
Morning; £120 for 10-wk course
Tamsin Brewis - 01295 709221
www.waterbabies.co.uk
30 minute swim sessions for 0 - 4s.
Prebooking essential

Rectory Farm

Rectory Farm Toddler Group

Rectory Farm Primary School,
Olden Rd, Northampton NN3 5DD
9:30am;

St James

Lyncrest Primary School Parent & Toddler

Lyncrest Ave, NN5 5PE
13:00 - 15:00; £1 per family
Mrs Smith - 01604 751336
bursar@lyncrest.northants-ecl.gov.uk
*For 0- 4s, inc. snack & drink. Termtime
only.*



Northampton Borough

The Mounts

Mounts Baths Aquanatal Fitness Class

The Mounts Baths, NN1 3DN
19:15 - 20:15; £4 (£3.50 with
leisure card which is £14 p/a)
01604 837400
Prebooking essential

Thorplands

Teens & Tinies

Community Room, Thorplands
Children's Centre, Farm Field
Court, NN3 8AQ
11:30 - 13:00; Free
01604 741131
For young mums

Drop-in Sessions

Child & Parent Centre (NSPCC), 48
Waterpump Court
10:00 - 12:00; FREE
01604 493336
*For 0 - 4s. Snack & drink provided, toys,
arts & crafts, music, role-play area.
Very informal. Practitioners onsite for
advice or to discuss any concerns.*

Weston Favell

Tumble Tots

St. Peters, Church Hall, High Street,
Weston Favell, NN3 3JX
Gymbabes: 9:30 - 10:10;
Walking to 2 yrs: 10:30 - 11:15am;
2 to 3 yrs: 11:30 - 12:15;
3 yrs - school: 13:00 - 13:45;
Gymbabes: £5.20 per session;
Tumble Tots: £5.50 per session or
£26 per 5-week term

Naomi - 07779 785 166
naomi.rsmith@tumbletots.com
www.tumbletots.com
*Structured Play for Babies aged 6
months up to School Age. Trial
sessions available, pre-booking
essential.*

Wootton

Wootton Fields Rhymetime

Wootton Fields Library, Wooldale
Road, NN4 6TP
3rd Thursday of mth 10:15 -
10:45
01604 669213
woolib@northamptonshire.
gov.uk

FRIDAYS

Abington

Abington Library Rhymetime

Lindsay Ave, NN3 2SJ
14:15 - 14:45; Free

01604 401402

Termtime only

TinyTalk Baby Signing

Park Avenue Methodist Church
10:15 - 11:15; £4 per family (£3.50
for bulk bookings)
Charlotte Cole - 07947 724194
charlottcec@tinytalk.co.uk
www.tinytalk.co.uk
Drop ins welcome, termtime only

*"And lead us not into temptation, but
deliver us some email." - 4 year old boy,
attempting to recite the Lord's Prayer*

Cliftonville

Active Baby Company Swimming

Cripps Recreation Centre,
Northampton General Hospital,
Cliftonville, NN1 5BD
9:00 - 12:00; £48 per 6-week term
Denise - 01604 826066
denise@activebabycompany.co.uk
www.activebabycompany.co.uk
*30-minute swim sessions for 10 weeks -
4 yrs. Prebooking essential.*

Duston

Walk & Talk

Duston Library Children's Centre,
Pendle Road, NN5 6DT
13:00 - 14:00; Free
01604 752891
Parent Led Buggy Walk

Duston & Villages NCT Baby & Toddler Group

Various members' houses
10:00 - 11:30; Free



Helen Moore - 01604 761975

For bump - toddler. All welcome!

Earls Barton

Earls Barton Rhymetime

Earls Barton Library, Broad Street,
NN6 0ND
14:30 - 15:00; FREE
01604 810726
Termtime only. Drop in music session

Ecton Brook

Baby Babble (<12 m): 9:30- 10:30

Soft Play (1-2 yrs): 13:45 - 14:45

Ecton Brook Children's Centre,
Ecton Brook Road, NN3 5DY
01604 409280
Free drop in sessions

Hardingstone

Northampton High School

Toddlers Group

Northampton High School,
Newport Pagnell Road, NN4 6UU
13:30 - 15:00
01604 667979
For 2 - 3 yrs. Termtime only

Headlands

Aqualight Swimming

Headlands, Northampton
9:30 - 11:30; £106 for 11-wk term
Emmaline Kitson - 01604 83 04 05
www.aqualightbabies.co.uk
*30-minute swim sessions for 0 - 4yrs.
Prebooking essential*

Kingsthorpe

Kids & Co.

Kingsthorpe Baptist Church Rooms,
High Street - entrance behind
Waitrose
9:30 - 11:00; 50p per adult
Dawn Horrocks - 01604 846737
For 0 - 5 yrs. Termtime only

Kingsthorpe Rhymetime

Kingsthorpe Library, Welford Road,
NN2 6AG
10:15 - 10:45; Free
01604 714021
kinglib@northamptonshire.gov.uk

Aqualight Swimming

Fairfields School, Trinity Avenue,
Northampton, NN2 6JN
12:00 - 14:00; £106 for 11-wk term
Emmaline Kitson - 01604 83 04 05
www.aqualightbabies.co.uk
*30-minute swim sessions for 0 - 3s.
Prebooking essential*

Moulton

Moulton Rhymetime

Moulton Library, Doves Lane,

NN3 7TA
2nd Friday of mth, 2:15-2:45; FREE
Free singing sessions open to all

Northampton Centre

Northampton Baby Cafe & Breast Feeding Support

The Friends Meeting House,
Wellington Street, NN1 3AS
10:30 - 12:30; FREE
Carolyn - 01604 790496
For breastfeeding mums.

Waterbabies Swimming

Northampton
Morning & Afternoon; £120 for
10-week course.
Tamsin Brewis - 01295 709221
www.waterbabies.co.uk
30-minute swim sessions for 0 - 4s.
Prebooking essential

Chatterbox

Mount Pleasant Baptist Church,
147-155 Kettering Road, NN1
4BS
9:30 - 11:15am
For 0 - 5s. Termtime only

Spencer

Camrose Breastfeeding Group

Camrose Sure Start Centre,
Streatfield Road, NN5 7DF
9:30 - 12:30; Free
01604 585219
Breast Feeding Support Drop In Group

St James

Stay & Play Drop-In

St James Clinic, St James
9:30 - 11:30; Free

Elim's Angels

Elim Christian Centre, Gladstone
Rd, NN5 7EG
10:00 - 11:30; £1 per family
Jenny - 01604 518394
For 0-5s.

The Mounts

Mounts Baths Water Playgroup

The Mounts Baths, NN1 3DN
14:00 - 15:30; £3.70 (£2.30 for
members), tots are free
01604 837400
Maximum of two children under 8
years old must be supervised by a
parent or adult throughout

Thorplands

Health Visitor Clinic: 9:00 - 10:30
Midwife Drop In: 9:30 - 11:30
Male "Whole You": 11:15 - 12:30
Toddler Tots Group: 13:00 - 14:30
Thorplands Children's Centre,

Farm Field Court, NN3 8AQ
9:00 - 10:30am; Free
01604 741131
All free drop in sessions

SATURDAYS

Blackthorn

Dads, Uncles & Grandads Group

Blackthorn Children's Centre,
Longmead Court, Blackthorn,
Northampton, NN3 8QD
10:00 - 12:00
01604 413504
Drop in group just for male carers

*A little girl was typing furiously on her
grandfather's computer. She told him
she was writing a story.
"What's it about?" he asked.
"I don't know," she replied. "I can't read."*

Grange Park

Tumble Tots

Woodland View Primary School
School Lane, NN4 5FZ
Gymbabes: 9:30 - 10:10;
Walking to 2 yrs: 10:30 - 11:15am;
2 to school: 11:30 - 12:15
Gymbabes: £5.20 per session;
Tumble Tots: £5.50 per session or
£26 per 5-week term
Naomi - 07779 785 166
naomi.rsmith@tumbletots.com
www.tumbletots.com
Structured Play for Babies aged 6
months up to School Age. Trial sessions
available, pre-booking essential.

Northampton Centre

Aqualight Swimming

Barry Road School Baths. Barry
Road, NN1 5JS
14:00 - 18:00; £106 for 11-wk term
Emmaline Kitson - 01604 83 04 05
www.aqualightbabies.co.uk
30-minute swim sessions for 0 - 7yrs.
Prebooking essential

The Mounts, Northampton

Mounts Baths Parents & Under 8s swim sessions

The Mounts Baths, NN1 3DN
14:00 - 17:00; £3.70 (£2.30 for
members), tots are free
01604 837400
Maximum of two children under 8

years old must be supervised by a
parent or adult throughout.

SUNDAYS

Hunsbury

Danes Camp Parent & Tots Water Playgroup

Danes Camp Leisure Centre,
Clannell Road, NN4 0RX
8:00 - 9:00; £3.70 (£2.30 for
members), tots are free
01604 837200
Maximum of two children under 8
years old must be supervised by a
parent or adult throughout.

Northampton Centre

Homebirth Support Group

The Bump, Birth & Beyond Space,
Spencer House, 3 Spencer Parade,
Northampton, NN1 5AA
14:00 - 16:00, 1st Sunday of mth
Claire - 07966 288236
For mums-to-be. Group run by Doulas,
donations accepted for tea, coffee &
cake. Q&A type format to find out
about how homebirth is supported
locally, birth pool demonstrations and
discussions on other complementary
therapies for pregnancy & labour.

Aqualight Swimming

Barry Road School Baths. Barry
Road, NN1 5JS
15:00 - 17:00; £106 for 11-wk term
Emmaline Kitson - 01604 83 04 05
www.aqualightbabies.co.uk
30-minute swim-sessions for 0 - 4s.
Prebooking essential

The Mounts

Mounts Baths Parents & Under 8s swim sessions

The Mounts Baths, Northampton
NN1 3DN
8:00 - 15:45; £3.70 (£2.30 for
members), tots are free
01604 837400
Maximum of two children under 8
years old; must be supervised by a
parent or adult throughout

Weston Favell

Lings Forum Parents and under 8s Swim Sessions

Lings Forum Leisure Centre, Billing
Brook Rd, NN3 8JR
10:00 - 11:00; £3.70 (£2.30 for
members), tots are free
01604 837 300
Maximum of two children under 8
years old; must be supervised by a
parent or adult throughout.

South Northants District

Mondays

Brackley

Preschool Gymnastics Club

Brackley Leisure Centre,
Springfields Way, NN13 6JJ

13:45 - 14:45

Booking line: 01280 701789

For 3 - 5 years. Termly course, termtime only. Booking Essential.

Noah's Ark

Methodist Church, High St, NN13 7DT

9:30 - 11:30

Parent & Toddler group for 0 - 5s

Tiddlers Stay & Play

Brackley Children's Centre,
Brackley Library, Manor Road,
NN13 6AJ

10:00 - 11:30; FREE

01280 841674

For 9 - 23 mths. Drop in playtime.

Farthingstone

Farthingstone Mums & Tots

Farthingstone Village Hall,
Maidford Rd, Farthingstone,
Towcester

14:00 - 15:30; £1.50

Jenny - 01327 361720 or 0790 9966806

0 - 5. termtime only.

*Joe hugged and kissed his
Mummy goodnight. He said, "I
love you so much that when you
die I'm going to bury you outside
my bedroom window."*

Towcester

Little Turtle Swim Company

Gateway School, St. Johns Rd,
Tiffield, NN12 8AA

9:30 - 12:00;

Zara Peasland - 01908 543384
www.littleturtleswimcompany.

co.uk

30 minute swim sessions for 6 mths - 5 yrs.

Breastfeeding Group

Brook Health Centre, Swinneyford
Road, NN12 6HD

11:00 - 12:30; Free

01327 323900

Advice, support and chit chat with
other mums, Health Visitor and

Breastfeeding Peer Counsellor. Very
informal and open to all mums in the
area.

To-Be's, Tots & Toddlers NCT Group

Towcester Community Centre,
Islington Road

10:00 - 11:30, 2nd and 4th

Monday of month; £1.50 / family
events@nct-towcester.org

All welcome! Inc. drink and snack. With
baby area and toddler toys.

Mighty Atoms

Towcester Centre for Leisure,
Springfields, NN12 6UW

14:00 - 15:00; £3.20 per child

01327 322480

Soft play fun for 0 - 5s

TUESDAYS

Brackley

Mighty Atoms

Brackley Leisure Centre,
Springfields Way, NN13 6JJ

9:30 - 11:30; £3.20 per child

Booking line: 01280 701787

Drop in soft play sessions for parents
with 0 - 5s

Little Fishes

Baptist Church, Waynflete Close,
NN13 6AE

9:15 - 10:30 or 10:45 - 12:00;

Parent & Toddler Group for 0 - 5s

Baby Rhymetime

Brackley Children's Centre,
Brackley Library, Manor Road,
NN13 6AJ

10:00 - 10:30; FREE

01280 841674

Drop in music session for 0 - 9 mths.

Brackley Library Storytime

Brackley Library, Manor Road,
NN13 6AJ

14:15 - 14:45; Free

01280 703455

Storytime session for all parents & tots

B.A.B.S. (Brackley, Breastfeeding Support Group)

Brackley Children's Centre,
Brackley Library, Manor Road,
NN13 6AJ

11:00 - 12:00; FREE

01280 841674

Breast feeding support group

Bugbrooke

Tiny Tots Service

Bugbrooke Church

14.15pm - 15:15;

Sue Pace

30 min singing and story service for
tots followed by toy-time & snacks

Tumble Tots

Bugbrooke Community Centre,
Camp Close, Bugbrooke, NN7 3RW

Gymbabes: 9:30 - 10:10;

Walking to 2 yrs: 10:30 - 11:15;

2yrs to school: 11:30 - 12:15;

Gymbabes: £5.20 per session;

Tumble Tots: £5.50 per session or
£26 per 5-week term

Naomi - 07779 785 166

naomi.rsmith@tumbletots.com

www.tumbletots.com

Structured Play for Babies aged 6
months up to School Age. Trial sessions
available, pre-booking essential.

Gayton

Gayton Parent & Toddlers Group

Gayton Village Hall, Hillcrest Road,
NN7 3HG

10:30 - 11:45; £1.50 per child +

50p p/c

Kerry - 01604 832890 or

07920449590

Inc drink and biscuit, toys, swings, slide
and village green just outside.

Litchborough

Litchborough Mums & Tots

The Village Hall, Northampton
Road, NN12 8JA

14:00 - 15:30; £1.50 per family

Vanessa - 01327 830823

For 0 - 5s. Termtime and Holidays too

Roads

Roads Parent & Toddler Group

Roads Village Hall, Bailey Brooks
Lane, NN7 2LS

10 - 12pm; £1.50 + 50p p/c over 1

Susan - 01604 863779

For 0 - 5s.



Towcester**Mighty Atoms**

Towcester Leisure Centre,
Towcester Centre for Leisure,
Springfields, NN12 6UW
9:30 - 11:30am; £3.20 per child
01327 322480

Indoor Soft Play fun for 0 - 5s

Waterbabies Swimming

Towcester
Morning; £120 for 10-wk course
Tamsin Brewis - 01295 709221
www.waterbabies.co.uk
30 minute swim sessions for 0 - 4s.
Prebooking essential

WEDNESDAYS**Brackley****Preschool Football Sessions**

Brackley Leisure Centre,
Springfields Way, NN13 6JJ
16:00 - 17:00;
Booking line: 01280 701790
*Termly football course for 4 yr-olds.
BOOKING REQUIRED. Termtime only.*

Grandparents Group

Brackley Children's Centre,
Brackley Library, Manor Road,
NN13 6AJ
13:30 - 15:00pm, 1st & 2nd weeks
of mth; FREE
01280 841674
Group for Grandparent Carers

Deanshanger**Deanshanger Toddler Group**

Holy Trinity Church, Deanshanger
13:30 - 15:00; Free
Jennie - 01908 564725
For 0 - 5s

Greens Norton**Tots Own Toddler Group**

St Bartholemew's Church
14:15 - 15:15; 30p per session
Harriet - 07738 003418
*Termtime only, inc. storytime, activity
for children, tea & a chat for parents*

Middleton Cheney**Middleton Cheney Rhymetime**

Middleton Cheney Library, Main
Road, OX17 2PD
10:00 - 10:30, 1st Wed of the mth
Free singing sessions open to all

Pattishall**Pattishall Mums & Tots**

Pattishall Parish Hall
13:30 - 15:00; £1.50
Termtime only - preschool also run here.

Road**Road Storytime**

Road Library, High Street, NN7
2NW
16:00 - 16:30; FREE
For 4 - 8s. Free Storytime sessions

Towcester**Wednesday Tots Group**

St John's Ambulance Hall, Islington
Rd, NN12 6AE
9:30 - 11:00; £1.40.
Jane - 01327 352321
*For 0 - 5s. Inc. drink & biscuit with sing-
song at end. Termtime only*

Baby & Me Group

Upstairs in Brook Health Centre,
Swinneyford Road, NN12 6HD
14:00 - 15:30; Donation for tea
01327 350182
*For new babies up to 6 months from
Towcester, Green's Norton & Silverstone
GPs. Run by Health Visitors covering
weaning, sleep, safety, baby massage
etc with outside speakers.*

Swimming Lessons

Towcester Leisure Centre,
Springfields, NN12 6UW
10 - 11:00am; £4.20 per 30 minute
lesson (member's rate)
01327 322480
*For 6 mths - 3 yrs, prebooked per term,
paid in advance.*

Waterbabies Swimming

Towcester
Afternoon; £120 per 10-wk course
Tamsin Brewis - 01295 709221
chasetheball@waterbabies.co.uk
www.waterbabies.co.uk
30 minute swim sessions for 0 - 4s.
Prebooking essential

THURSDAYS**Ashton****Ashton Parent & Toddler Group**

Ashton CE Primary School, Road
Hill, NN7 2JH
13:30 - 15:00; £1.00
Laura - 07825 371624

Brackley**Mighty Atoms**

Brackley Leisure Centre,
Springfields Way, NN13 6JJ
9:30 - 11:30; £3.20 per child
Booking line: 01280 701787
Drop in soft play sessions

Sparrows Toddler Group

St Peters Church (at the end of
Church Road)
9:30am - 11:30;

Brackley Rhymetime

Brackley Library, Manor Road,
NN13 6AJ
14:15 - 14:45; FREE
Cathy - 01280 703455
Free singing sessions open to all

New Baby & You

Brackley Children's Centre,
Brackley Library, Manor Road,
NN13 6AJ
10:00 - 11:00; FREE
01280 841674
*Advice and support for babies 5 - 9
mths old*

Bugbrooke**Bugbrooke Parent & Tots**

Sunday School, Church Lane,
Bugbrooke
9 - 11am; FREE
*For 0 - 4s. Drink and biscuit inc. with
crafts, painting and toys*

*Sally asked her Grandma how
old she was. Grandma replied
she was so old she couldn't
remember any more. To
which Sally said, "If you don't
remember, you must look in
the back of your pants. Mine
say 5 to 6."*

Deanshanger**Hoppers & Bouncers**

The Cloisters, Holy Trinity Church,
14:00 - 15:00; Free
Helena - 01908 563778
Bible Stories, Activities, and songs

Kislingbury**Kizzle Tots**

Kislingbury Baptist Church, Mill
Road, NN7 4BB
9:30 - 11:30; £1 per family
Heather - 07962 157669
For 0 - 4s. Termtime only.

Silverstone**Silverstone Tiny Tots**

St Michael's Church, Silverstone
9:15
Baby & Toddler Group open to all

South Northants District

Silverstone Tiggers

Methodist Church Rooms,
Silverstone Methodist Church
13:30 – 15:00

*Recced by Lucy Yarrow
For 0 – 4s. Termtime only*

Stony Stratford

Stony Stratford Storytime

Stony Stratford Library, 5-7 Church
Street, MK11 1BD
14:00 – 14:30; Free
01908 562562

*Sing along sessions for under 5s and
their parents & carers*

Towcester

Towcester Toy Library

Towcester Community Centre,
Islington Road
9:30 – 11:30; £1 entry to play.
Fiona - 01327 350603
*Play area, refreshments, nappy
changing room, free car park
Membership £7 p/yr, toy hire from 40p.
Free to those on benefits.*

FRIDAYS

Blakesley

Blakesley Mums & Tots

Blakesley Village Hall, Blakesley
10:30 – 11:30; £1.50 per family
For 0 – 5s. Includes drinks and biscuit

Brackley

Tadpoles Toddler Group

St Peters Church (at the end of
Church Road)
10:00 – 11:30

New Baby & You

Brackley Children's Centre,
Brackley Library, Manor Road,
NN13 6AJ
10:00 – 11:30; FREE
01280 841674
*Advice and support for babies 0 – 5
months*

Croughton

Croughton Mother & Tots Group

Croughton Village Hall
10:00 – 12:00; £2.00
Beckie – 01869 819734
*From birth - school. Term-time only.
Snack included.*

Deanshanger

Deanie Tots

Community Centre, Deanshanger
9:15 – 11:15;
Lois - 01908 569176

Deanshanger Rhymetime

Deanshanger Library, Little
London, MK19 6HT
14:00 – 14:30, fourth Friday of
mth; FREE

Free singing sessions open to all

Nether Heyford

Nether Heyford Little Fishes Parents and Tots

Nether Heyford Church rooms,
The Green, NN7 3LE
11:00 – 13:00; £1 per week (free
first session)
Sam - 01327 340700
*snack, drinks, tea or coffee. Bring
sandwiches for lunch.*

Towcester

Towcester Twins Group

The Clinic Room, Brook Health
Centre, Swinneyford Rd
14:00 – 15:30 fortnightly; FREE
Melanie - 01327 351097
Ring for details of exact dates

Swimming Lessons

Towcester Leisure Centre,
Springfields, NN12 6UW
10:00 – 11:00; £4.20 per 30
minute lesson (member's rate)
01327 322480
*Swim lessons for 6 mths - 3 yrs. Pre-
book per term, pay in advance.*

Towcester Rhymetime

Towcester Library, Richmond Road,
NN12 7EX
10:00 - 10:30 & 10:45-11:15, 2nd
and 4th Fridays of mth; FREE
Free singing sessions open to all

Little Turtle Swim Company

Gateway School, St. Johns Rd,
Tiffield, NN12 8AA
9:30 – 11:30
Zara - 01908 543384
zara@littleturtleswimcompany.
co.uk
www.littleturtleswimcompany.co.uk
30-minute swim lessons for 0 – 5yrs.

SATURDAYS

Brackley

Mighty Atoms

Brackley Leisure Centre,
Springfields Way, NN13 6JJ
10:30 – 12:30; £3.20 per child
01280 701787
Drop in soft play sessions

Swimming Lessons

Brackley Pool, Manor Rd, NN13

GEE

9:00; £4.20 per 30 minute lesson
01280 704906
*Swim lessons for 6 mths - 3 yrs.
Prebooked per term, paid in advance.*

Towcester

New Parent, Baby & Toddler Group

Towcester Tots day Nursery, 2
Watling St East, NN12 6AF
10:00 – 11.30, 2nd & 4th Saturday
of mth; £1.00
Melanie - 01327 354007
Drop in toddler group for 0 – 5s

*"When I called home one day, my
six year old son answered the phone.
"Hello," he said, panting a little. I said,
"Hi, Sam - you sound out of breath!"
He replied, "No, I have more."*

Mighty Atoms

Towcester Leisure Centre,
Springfields, NN12 6UW
9:00 – 10:15; £3.20 per child
01327 322480
Soft play drop in sessions for 0 – 5s

Little Turtle Swim Company

Gateway School, St. Johns Rd,
Tiffield, NN12 8AA
12:00 – 17:00;
Zara Peasland - 01908 543384
zara@littleturtleswimcompany.
co.uk
www.littleturtleswimcompany.co.uk
30-minute swim sessions for 0 – 6 yrs

Roadie

Roadie Rhymetime

Roadie Library, High Street, NN7
2NW
10:30-11:00, 1st Sat of mth; FREE
Free singing sessions open to all

SUNDAYS

Towcester

Active Baby Company Swimming

Gateway School, St. Johns Rd,
Tiffield, NN12 8AA
8:30 – 13:00; £40 per 5-week term
Denise - 01604 826066
denise@activebabycompany.co.uk
www.activebabycompany.co.uk
*30 minute swim sessions for 10 wks – 7
yrs. Prebooking essential.*

Daventry District

MONDAYS

Braunston

Little Fishes Toddler Group

All Saints Church, High Street

14:00 – 15:00; Free

Claire - 01788 890235

For 0 – 5s. Termtime only

Byfield

Baby Drop-in Clinic

Byfield Surgery, Church St. NN11

6NN

14:00 – 15:30pm; Free

Philippa - 01327 260804

Health Visitor drop in clinic - baby

weighing and health questions

Daventry

Acorn Parent & Toddler Group

United Reformed Church Foundry Place

9.30 – 11:00; £1.00

Rosemary - 01327 872650

For baby - 5 yrs. With reading corner!

Daventry Surestart Breastfeeding Group

Daventry Surestart Centre, 14

Benbow Close, Southbrook, NN11 4JP

13:00 – 15:00

Breast Feeding Support Drop In Group

Adventure World Soft Play

Daventry Leisure Centre, Lodge Road, NN11 4FP

9:30 – 17:30; £1.65 under 5s,

£2.30 5yrs+

01327 871144

Indoor soft play area For up to 8 yrs;

Tumble Tots

St. Augustine's Church Hall, London Road, NN11 4BZ

Gymbabies: 9:45 – 10:25;

Walking - 2yrs: 10:45 – 11:30;

2yrs to school: 11:45 – 12:30;

Gymbabes: £5.20; Tumble Tots:

£5.50 or £26/5-week term

Naomi - 07779 785 166

naomi.rsmith@tumbletots.com

www.tumbletots.com/

northampton

Structured play for babies aged 6

months - School Age. Trial sessions

available, pre-booking essential.

Harlestone

Harlestone Tiny Tots

Harlestone Village Hall

10.15 – 11.45am; £1.50 plus 50p p/

sibling 1 yr+

Janet Coull - 01604 843991

For 0 – 4s. On in holidays too.

Kilsby

Kilsby Playtime

Kilsby Village Hall, Rugby Road

9:45 – 11:45; £1.50 + 50p p/c

Parents, gramps & minders welcome.

Termtime only. Plenty of parking.

Long Buckby

Long Buckby Mums & Tots

Long Buckby Community Centre,

41 Station Rd, NN6 7QB

9.30 – 11:00

For 0-4s.

TUESDAYS

Boddington

Boddington Toddler Group

Boddington Village Hall, CV47

9:30 – 11:30;

Braunston

Braunston Toddler Group

Braunston Village Hall, NN11

13:30 – 15:00

Daventry

Middlemore Parents & Tots (NCT)

Middlemore Farm Pub, Hidcote

Way, Middlemore, NN11 5JZ

9:45 – 11:15; FREE

0844 2436102

For bump - 3 yrs. Refreshments may be purchased from bar.

Two or More Support Group (Twins+)

Middlemore Farm Pub, Hidcote

Way, Middlemore, NN11 5JZ

9:45 – 11:15, 3rd week of mth;

FREE

0844 2436102

For bump - 3 yrs. Informal support group for parents and carers of multiple birth families

Teddy Tuesday

Holy Cross Church, Church Walk - behind market square

13:30-14:45, 2nd Tues of mth; Free

Claire - 01788 890235

www.holycrosschurchdaventry.

org.uk

Termtime only. Inc. action songs,

"Look for Teddy & Friends" in church, storytime, big toys and home-made cake, tea & squash.

Adventure World Soft Play

Daventry Leisure Centre, Lodge Road, NN11 4FP.

13:00 – 17:30; £1.65 under 5s,

£2.30 5yrs+

01327 871144

Soft play area for up to 8 yrs

"But these are my feet!" Cried a 3 year old boy, when his mother told him his shoes were on the wrong feet

Stay 'n' Play

Daventry Children's Centre, 14

Benbow Close, NN11 4JP

12.30 – 14.30; FREE

Jenny - 01327 313861

For 0 -5s. Inc. messy play

Mums & Tums

Daventry Children's Centre, 14

Benbow Close, NN11 4JP

9.15 to 11.15, 1st Tues of month;

FREE

Jenny - 01327 313861

For pregnant mums. Run by midwife, providing pregnancy advice

Daventry Rhymetime

Daventry Library, North Street, NN11 4GH

10:00-10:20 and 10:30-10:50, fortnightly; FREE

Sharon

Free singing sessions open to all



Daventry District

Hot Tots Soft Play Baby & Toddler Group

Daventry Leisure Centre, Lodge Road, NN11 4FP.
9:00 – 11:00; £1.35 for 6-18mths and £2.85 for 18mths+
01327 871144

Drop in group for 6mths+. Bouncy castle and soft play area, baby play area, soft obstacle course & soft mats

Long Buckby

Long Buckby Mums and Babies Group

Baptist Church, on Market Place
10.30 – 12:00; FREE
Jane - 01327 843453

For 0 - 4 years. In school holidays too!

Weedon Bec

Little Goslings Baby & Toddler Group

Weedon Bec Village Hall, West St, NN7 4QU
13:30 – 15:00; £1.50 per family
Sonia - 01327 349951

Village toddler group run by local mum's. With refreshment, toys, crafts, song time and outside play area

Woodford Halse

New Babes Drop In Group

Woodford Halse Surestart
Children's Centre, Scrivens Hill, NN11 3SU
10:00 – 11:30; Free
For babies 0 - 9mths.

Woodford Halse Rhymetime

Woodford Halse Library, Village Hall, NN11 3RL
10:00-10:30, 1st Tues of mth;
FREE

Termtime only. Free sing-song session

Toddles Group

Woodford Halse Surestart
Children's Centre, Scrivens Hill, NN11 3SU
14:00 – 16:00; Free
01327 264809

For 9 – 18 mth-olds.

Chatterbox Baby & Toddler Group

Barby Village Hall, Barby, Rugby, CV23
9:30 - 11:30; £1.50
Inc drink & biscuit

Daventry

Toddlers, Bumps & Babies (NCT)

Family Centre, The Grange, Staverton Road
9:30 - 11:30; £1.00
0844 2436102

For bump – 4 yrs. Everyone welcome, includes refreshments and craft activities

Two or More Support Group (Twins+)

Family Centre, The Grange, Staverton Road
9:30 - 11:30, 1st week of mth; £1.00
0844 2436102

For bump – 4 yrs. Informal support group for parents and carers of multiple birth families

Toddler Time

Daventry Methodist Church Hall, Golding Close
10:00 – 12:00;

4 year old James was watching his Mummy breast feeding his new baby sister. After a while he asked: "Mummy - Is one for hot and one for cold?"

Adventure World Soft Play

Daventry Leisure Centre, Lodge Road, NN11 4FP.
13:00 - 17:30; £1.65 under 5s, £2.30 5yrs+
01327 871144
For up to 8 yrs

Itsy Bitsy (Baby clinic)

Daventry Sure Start Children's Centre, 14 Benbow Close, Daventry, NN11 4JP
12.30 - 2.30; FREE
Jenny - 01327 313861
Service provided by the health visitors for baby-weighing and advice.

Active Baby Company Swimming

Bodysense Health & Leisure, Barcélo Daventry Hotel, Sedgemoor Way, NN11 0SG

9:45 - 11:45; £48 per 6-week term
Denise - 01604 826066
denise@activebabycompany.co.uk
www.activebabycompany.co.uk
30-minute swim sessions for 10 wks – 4 yrs. Prebooking essential

Guildsborough

Guildsborough Surgery Breastfeeding Drop In

Guildsborough Surgery, High Street, NN6 8QE
11:00 - 13:00;
01604 740210
Breast Feeding Support Drop In Group

Hellidon

Hellidon Baby & Toddler Group

Various parent's houses
Afternoons;
Angela - 07973 659092
Small group that meets in parents' houses so the venue and times are subject to change! Please call Angela for details

Priors Marston

Priors Marston Toddlers

The Priors Hall, Priors Marston, CV47
9:30am - 11:30am;

West Haddon

Caterpillar Club

West Haddon Village Hall, The Green, NN6 7AN
9:15 - 11:15

Woodford Halse

Woodford Halse Surestart Breastfeeding Group

Woodford Halse Surestart
Children's Centre, Scrivens Hill, NN11 3SU
13:30 - 15:00;
01327 264809

Breast Feeding Support Drop In Group

THURSDAYS

Brixworth

Olive Shoots

Brixworth Library & Community Centre, Spratton Road
10:00 - 11:30
Margaret & John - 01604 646300
Baby & Toddler Group. Termtime only

Brixworth & Villages NCT Group

Naseby Church rooms
10:00 - 12:00; Free
Jo Savage - 01604 881344
All welcome!

WEDNESDAYS

Badby

Badby Mums & Tots

Badby Village Hall, The Green, Badby, NN11 3AF
9:30 - 11:30;

Barby

Byfield

Byfield Toddler Group

Byfield Village Hall, Byfield, NN11 6UT
10:00 - 11:30am

Davertry

Adventure World Soft Play

Davertry Leisure Centre, Lodge Road, NN11 4FP.
15:00 - 17:30; £1.65 under 5s,
£2.30 5yrs+
01327 871144
For up to 8 yrs



East Haddon

East Haddon Toddler Group

The Pavilion, East Haddon Playing Fields, (turning opposite The Red Lion Pub)
10:00 - 11:30; £1.50 per family
Annie - 01604 770844
For baby - 5 yrs.

Great Brington

Brington Mums & tots

The Reading Rooms, Great Brington, NN7 4JB
9:30 - 12:00; £2.00
Lucy - 07779 646074
*For 0 - 4s. In holidays too unless icy!
Inc tea, coffee and biscuits*

Hellidon

Active Baby Company Swimming

Hellidon Lakes Golf & Spa Hotel, Priors Marston Rd, NN11 6GG
14:00 - 17:00; £48 per 6-wk term
Denise - 01604 826066
denise@activebabycompany.co.uk
www.activebabycompany.co.uk
30-minute swim sessions for 8mths - 5yrs. Prebooking essential

Overstone

Aqualight Swimming

Overstone Park, Northampton
9:45 - 11:15; £106 for 11-wk term
Emmaline Kitson - 01604 83 04 05
info@aqualightbabies.co.uk
www.aqualightbabies.co.uk
30-minute swim sessions for 6mths - 3yrs. Pre-booking essential

Staverton

Staverton Mums & Tots

Staverton Village Hall, Croft Lane, NN11 6JE
10:30 - 12:00

Welton

Welton Toddler Group

Welton Village Hall
9:45 - 11:15
Baby & toddler group for 0 - 4s

Woodford Halse

Family Funtime

Woodford Halse Surestart Children's Centre, Scrivens Hill, NN11 3SU
13:30 - 15:30; Free
01327 264809
For 0 - 4s.

FRIDAYS

Brixworth

Brixworth Rhymetime

Jill Barber, Brixworth Library, Spratton Road, NN6 9DS
9.45 - 10.20; FREE
Jill - 01604 882153
*Free singing session open to all.
Termtime only*

Davertry

Breastfeeding Support Group

The Schoolrooms, United Reformed Church, Foundry Place, (next door to Dorothy Perkins)
12:00 - 14:00;
01327 313861
Breastfeeding drop in group with Health Visitors

Adventure World Soft Play

Davertry Leisure Centre, Lodge Road, NN11 4FP.
9:00 - 17:30; £1.65 under 5s,
£2.30 5yrs+
01327 871144
For up to 8 yrs

Stars Autism Support Group

Davertry & South Northants Family Centre, Staverton Road, NN11 4EY
10:00 - 12:00; Free
Mandy - 07531 235528
www.autism-stars.webs.com
Support group for parents & carers of children with Autistic Spectrum Disorders. Drop in for a chat.

Everdon

Everdon Mums & Tots

Everdon Parent & Toddler Group, Everdon Village Hall, NN11 13:00 - 15:30pm
Baby & Toddler group for 0 - 4s.

Long Buckby

Long Buckby Rhymetime

Long Buckby Library, Station Road, NN6 7QB
14:45 - 15:15, 2nd & 4th Fridays of mth; FREE
*Free singing sessions open to all.
Termtime only.*

Rugby

Rugby Breastfeeding Cafe

Claremont Children's Centre, Claremont Road, Rugby, CV21 3LU
12:00 - 14:00;
Rosie - 07772 280302
www.rugbybreastfeedingcafe.co.uk

WEEKENDS

Davertry

Adventure World Soft Play

Davertry Leisure Centre, Lodge Road, NN11 4FP.
Sat & Sun 9:00 - 17:30; £1.65 under 5s, £2.30 5yrs+
01327 871144
For up to 8 yrs. Please call to check open on weekends as private bookings accepted.

Stars Autism Support Group

Davertry & South Northants Family Centre, Staverton Road, NN11 4EY; FREE
10:00 - 12:00, 2nd Sat of mth
Mandy - 07531 235528
www.autism-stars.webs.com
Support group for parents & carers of children with Autistic Spectrum Disorders. Drop in for a chat.



The toddleabout Directory

Whatever you need for your little ones, you now have a new place to find it!

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(Please check website for opening times and costs)

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- Full training and sales support provided

Contact Pat Saunders about becoming an agent on
01603 860766 or 07747 808135 patasaunders@poppysbooks.co.uk

www.poppysbooks.co.uk

Baby Shops

Pink & Blue Baby World

Address: 58 High Street, Daventry, NN1 4HU

Tel: 01327 705900

Website: www.pinkandbluebabyworld.com

Everything you need from maternity to toddler.

See full advert on page 4

Baby Signing

Tiny Talk Baby Signing Classes

Classes: Tues am, E. Hunsbury & Fri am, Abington

Tel: 07947 724194 - Charlotte Cole

Website: www.tinytalk.co.uk

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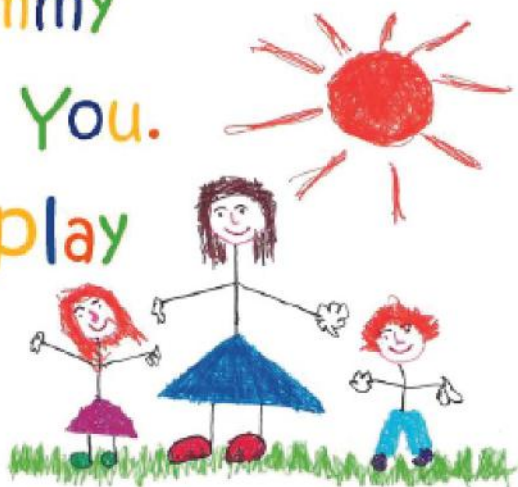
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www.nannycompany.co.uk

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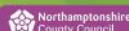
Brackley Children's Centre

Rhymetime Grandparents New baby
Additional Needs Kids & Co.
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Storytime
Stay & Play

For **all** parents and carers with
children aged 5 and under

Additional support available via our
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Brackley Library
Manor Road
Brackley
Northants
NN13 6AJ



Tel: 01280 841674/702312

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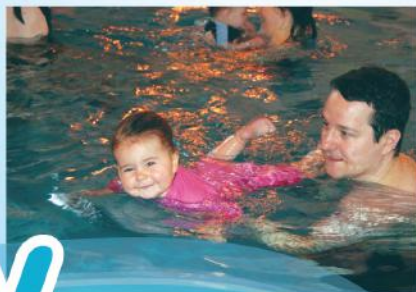
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Useful Numbers

Pregnancy

NCT Pregnancy and Birth Line: 0300 330 0772
British Pregnancy Advisory Service: 0845 730 4030

Breastfeeding

La Leche League: 0845 1202918
NCT Breastfeeding line: 0300 3300771

Bereavement

SANDS (for anyone affected by the death of a baby):
0207 436 5881
The Compassionate Friends (for parents following
the death of a child): 0117 9539639

Parenting

TAMBA Support Line (Twins & Multiple Births Association): 0800 138 0509
Parentline Plus (for anyone in stepfamilies):
0808 8002222

Single Parents

Families Need Fathers (Advice for separated couples on shared parenting): 0870 7607111
Gingerbread (For lone parents): 0800 018 5026
National Council for One Parent Families:
0800 0185026
Lone Parents: 0800 0185026

Support Helplines

BLISS (for parents with sick or premature babies):
0500 618140
Samaritans: 08457 909090
Childline: 0800 1111
Relate (Relationship guidance, support and advice):
01273 697997
NSPCC (Child Protection Helpline): 0800 8005000
The Young Women's Centre: 01604 601515
Homestart (for young families under stress in their own homes):
• Daventry and South Northants: 01327 703434
• Northampton: 01604 627692
Advisory Centre for Education (Advising parents on school-based issues): 0808 8005793
Northampton Counselling Service: 01604 401010
Refuge (Domestic Violence Helpline for women & children): 0808 2000 247
The D'arcy Lainey Foundation (for lesbian, gay, bi-sexual and transgender parents & their children):
01380 727 935
Fathers Direct (Info and support for dads): 0845 6341328

Fostering and Adoption

Adoption UK Helpline: 0844 8487900
British Association for Adoption and Fostering:
0113 289 1144

Additional Needs

AMAZE helpline (for parents of children with additional needs): 01273 772289
National Deaf Children's Society: 0800 8008800
National Autistic Society: 0845 0704004
Afasic (for children with speech or language impairments): 0845 3 55 55 77
ADDISS (For ADHD advice): 020 8952 2800
British Institute of Learning Disabilities: 01562 723 010

NHS

NHS Direct: 0845 46 47
National Pandemic Flu Service (Swine Flu):
0800 1 513 100
NeneDoc Northampton (urgent treatment or advice out of surgery hours): 03336 664664
NORMED (Out of hours centre): 01604 601170
SNOWDOC (South Northants with Daventry Doctors On Call – out of hours service): 01327 702215
Northampton General Hospital: 01604 634700
NGH Children's Wards:
• Disney: 01604 545518
• Paddington: 01604 545319
• NGH Neonatal Ward: 01604 545520
Blood Donor Appointment Line: 08457 711711

Police

Northants Police: 03000 111 222
Emergency Services: 999

Local Information

Northamptonshire County Council: 01604 236236
Northampton Borough Council: 01604 837 837
Daventry District Council: 01327 871 100
South Northants Council: 01327 322 322
NCC Families Information Service: 01604 237935
Citizens Advice Bureau: 0844 8552122
Welfare Rights (Daventry): 01327 701630
Welfare Rights (Northampton & South Northants):
01604 636 112
Child Benefit Enquiries: 0845 302 1444

Out & About FORESTS

Here are some ideas to help you get outdoors on some of those crisp Winter days! As they say, "There's no such thing as bad weather - only bad clothing!"

Harlestone Firs – Less than 4 miles, NW of Northampton Centre, NN5 6UJ

Covering a number of acres, Harlestone Firs is a beautiful forest, criss-crossed by numerous paths and walkways that allow you to wander in the calm, natural environment for as long as you want. Though it is mostly wooded area, there are some places that make for a good picnic spot (weather permitting!), and as it is very flat, it is the perfect place for a leisurely walk or cycle with the children. There is free parking on the main road, though it is a busy road so remember to keep a good hold on your little ones. It is also located opposite the Wyevale Garden Centre if you feel the need for a coffee and a rest afterwards!



Salcey Forest – 7 miles South of Northampton Centre, NN7 2HX

Salcey is such a large forest, it is easy to get lost as you explore the many trails. There is a little wood cabin cafe, toilets and a playground near the main car park. It offers miles of walks, a family

cycle route and a horse riding trail. The forest also boasts a crowd-pulling Tree Top Walk which climbs through the trees at a gentle gradient (which is fine for all but the newest toddlers) to the lookout point which gives you a fantastic view over the tree-top canopy. Parking is £2.00. If you forget your change, you can pay by phone but beware because mobile reception is poor!

Badby Wood – 3 miles South of Daventry, NN11 3AR

Owned by the Fawsley estate, Badby Woods are famous for their bluebells in Spring. Just outside the historic village of Badby, the woods are a beautiful place for a walk. It contains "the largest of a localised group of ancient semi-natural woodlands" which is registered as a Site of Special Scientific Interest. If you want to see the best of what the woods have to offer, make sure you wear your wellies and are prepared for a steep climb in places. Young children will probably need to be carried at times, so be ready! Afterwards, The Windmill pub is warm and cosy, making it the perfect place for lunch or a relaxing drink with some sleepy children.



Playground Focus

East Haddon Playground

Thanks to the hard work of a number of resident-volunteers over the last two years, £62,000 has been raised to replace East Haddon's old and worn-out playground. The new playground is a state-of-the-art, year-round play area carefully and bespoke designed for children aged 0 – 13 yrs. The main climbing frame is a modular piece that grows with a child's age from one end to the other, so that siblings can play next to each other on age-appropriate apparatus.

The playground was officially opened on 17th October, by Sylvia Blacklee, 92, and her husband Philip whose daughter was the first child to play on the original set of swings which were made by the local blacksmith in the late '50s.



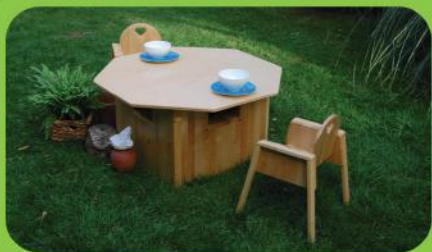


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