



# Fun and unusual Parent-to-be, Pregnant Parent, New Parent , Baby and Toddler classes **PRE-BIRTH - 5 YEARS**

Simply Kidz offer a wide range of fun, social & support groups as well as stimulating activities and classes for you and baby to meet other like minded people locally

## CONCEPTION, PREGNANCY & BIRTH



**IVF / Adoption / Fostering** social & support groups  
**Pregnant Mums** social & support group . What the books—and sometimes your best friends—don't tell you!



**Massage** for Pregnant mums

**Yoga** classes for Pregnancy

**Reiki** for Pregnancy & mum 'n' baby



**HypnoBirthing** classes

In association with Nick Meredith

Turn **Breech Babies** or **Induce** labour

In association with Phoenix Chinese Medical Centre



## OCCASIONS

**Bargain Photographer**—studio sitting, great action shots with toys, bubbles, ball pools or stunning portraits. Just baby or the family to mark that special occasion—only £15 and includes an 8x6 photo



**Babysitting**—CRB checked and experienced childminders and mums provide this service for your peace of mind



**Weaning Workshops**—easy, practical advice and examples. Proven to work with both baby-led and parent-led weaning methods



**Venue hire**—hire our venue for our children's messy play parties or a party of your own making



## 0 - 3 YEARS

**Babygrowz** parent & developmental play classes for you and baby to learn and grown together

**Messy Play** —let us do the cleaning whilst you have all the fun!

**Dads** only classes—safe rough 'n' tumble bonding classes

**Social sessions**—enjoy music play, soft play, swimming outings or trips to central park, etc. with these drop-in pay-as-you-go classes

**Baby Massage**—alleviate colic symptoms, know how to treat the main childhood diseases and much more with our Accredited teachers

**Baby Yoga**—all proceeds from this class are donated to charity. Learn authentic Indian baby yoga unchanged for generations

**Saturday** classes for busy parents to re-connect & spend quality time together

## 3 - 5 YEARS

**Toddler Tai Chi**—moves that improve co-ordination and balance taught in between energetic exercises

...and **much more** coming soon!

**CALL SANDY on 01733 315757**

**WWW.SIMPLYKIDZ.CO.UK**

**info@simplykidz.co.uk**

