



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 classes 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



0 - 5 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

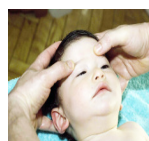
Social sessions—enjoy music play, soft play, swimming outings or trips to central park, etc. with these drop-in pay-as-you-go classes

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

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



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



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

CALL SANDY on 01733 315757

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