

TinyTalk baby signing and singing classes

Various dates and locations. Helping babies to communicate before they can talk. To find a class visit www.tinytalk.co.uk

Toddler Yoga

For dates and locations, contact Zoe Flint at Top to Toe Massage on 01362 851819 or visit www.toptotoemassage.co.uk.

Waterbabies

Various locations. Learning to swim – fun for babies and parents alike. Suitable from birth upwards. Call 01603 702 589 or visit www.waterbabies.co.uk

Waveney Gymnastics Club

Southwell Road, Lowestoft. Exploratory fun play sessions, encouraging physical development and social interaction, as well as structured gymnastics lessons. For babies and toddlers aged 8 weeks upwards. Call 01502 501419 or visit www.waveneygymnastics.org

Wicklewood Baby & Toddler Group

Wicklewood village hall, 1.15–2.45pm (term time). Come and join us meet new friends while your little ones play. Lots of new toys, crafts, games, songs refreshments and fun. £1.50 per parent/carer family. Contact Nicki on 01953 600762 or email goodings123@btinternet.com

Wymondham Baby Café

Methodist church, Town Green, Wymondham. Mondays 10am–12 noon. Mums-to-be, parents, carers and families welcome. Enjoy support and advice while relaxing with a tea or coffee, squashes and home baking. Call 01953 603792.

SUFFOLK

EVENTS

Lantern-Lit Christmas at Anglesey Abbey

4 Dec, 10.30am–8pm. Children's lantern-making workshops then procession. E: angleseyabbey@nationaltrust.org

Santa Specials

5, 12, 18 & 19 Dec, 11am–5pm, Mid-Suffolk Light Railway. Includes refreshments, entertainment and present for each child. T: 01449 766899 W: mslr.org.uk

Winter Wonderland, Cornhill, Ipswich

5 Dec. 11am–3pm. Santa will be handing out presents from his magical grotto (Presents are £3 with a donation going to charity). Real reindeer and entertainment.

Christmas Lights Switch On, Halesworth

4 Dec. Carol singing, historic, themed dress, fireworks and live music.

Food, Drink & Gift Fair

4 & 5 Dec. The Chill Company, Stowmarket. 10am–4pm. Free entry. Children's entertainment, BBQ, free tastings.

Breakfast or Tea with Santa

1–24 Dec. Meet Santa Claus, play pass the parcel, listen to a story, enjoy some refreshments and take home a special gift. Booking essential. T: 01394 445400

Arty Crafty Christmas

2, 9 & 16 Dec. At 11am. Snakes and Ladders, Cavendish Street, Ipswich Encourage the kids to express their creativity. Create special Christmas cards, glittery tree decorations and more. W: snakes-and-ladders.co.uk

Kids Christmas Crafts

4 Dec. Lakenheath Fen. 2–4pm. Learn how to make animal Christmas cards, Crackers, decorations and much more. W: rspb.org.uk

Father Christmas

5 Dec. Pakenham Water Mill, Bury St Edmunds. Presents for all children. Mill open from 3pm, Father Christmas arrives by boat at 4.30pm. W: pakenhamwatermill.co.uk

Christmas Festival at Jimmy's Farm, Ipswich

4&5 Dec. 10am–5pm. Fun and free entertainment for all the family! W: jimmysfarm.com

Christmas Wonderland

11–23 Dec. 11am–3pm. Easton Farm Park. £5 entry fee includes a visit to Father Christmas in his Grotto, sleigh ride, hug a bunny, nativity and lots more. W: eastonfarmpark.co.uk

Christmas at Banham Zoo

4–5, 11–12, 18–24 Dec. 11am–3pm. Santa's Grotto plus winter "Amazing Animals!" presentation and seasonal activities in the Education Centre. W: banhamzoo.co.uk

REGULAR ACTIVITIES

Arrival baby feeding and weaning support

Martlesham Pavilion, Martlesham Heath IP5 3SL. Free baby feeding and weaning group sessions. Thursdays 1–4.30pm. Drink tea and talk through any questions with us and our friendly group of mums and new babies. Expert advice and support on hand. Tel. 01394 459415 or visit www.ArrivalBreastfeedingSupport.com.

Baby massage

Needham Market Community Centre, School Street, Needham Market, Suffolk. Massage may help with colic, nasal congestion, constipation and sleep. Suitable for babies 0–12 months. Call Katy Nash 01473 748571 or visit website: uk.geocities.com/katyj@btinternet.com

Bosom Buddies

Breastfeeding support by trained volunteers from the Breastfeeding Network (BfN). Wednesday 10am – 12pm (term-time only). Bury Library Children's Centre, Sergeant's Walk, Bury St Edmunds, Suffolk IP33 1TZ

Bosom Buddies breastfeeding drop-in

Framfield Medical Centre, Woodbridge IP12 4FD. Thursdays, 10am–12 noon. Run by trained volunteers from the Breastfeeding Network. Join us for a cup of tea and a chat in a child-friendly environment. Contact Lynne Wearing on 07766 624944.

The Creation Station

Various time and locations. Creative fun with for children aged 1–5 years. Call Charmaine Longman 07855 370418 or visit www.thecreationstation.co.uk

Gymbabes – 6 months to walking

Various times and locations. For details contact Angela Clark 01502 582453 or 07789 426560, or visit www.tumbletots.com

'Le Club Francais' French Club – 3 to 9 years

Moreton Hall Health Club, Mount Road, Bury St Edmunds IP327BJ. Sat 11.30am–13.30pm. Structured course with games, songs and quizzes. Contact Jonathan Hayes 01359 232127 or 07986 484332 or visit www.lcflubs.com/jonhayes/

Library activities – storytelling and nursery rhymes

ariouk library locations throughout Suffolk. Free of charge. Contact 01473 584563 or emailhelp@suffolklibraries.co.uk

Little Nippers

Yaxley Village Hall, near Eye. Yaxley and Mellis Baby and Toddler Group. Contact Lauren Fox 01379 788758, 07786636620 or yamlittlenippers@btinternet.com

Monkey Music – 3 months to 4 years

Sudbury, Bury St Edmunds and Long Melford. Contact Sarah McCarter 01284 723313, sarah.mccarter@monkeymusic.co.uk, or visit www.monkeymusic.co.uk

Music with Mummy – 3 years and under

Various locations. Contact Polly Carnegie 01284 850830 or Samantha Pickering 01284 725341, email samthingnice@yahoo.co.uk, or visit www.musicwithmummy.co.uk

Nature Bugs outdoor parent and toddler group

Thornham Walks, Thornham Magna, Eye IP23 8HH. Thursday (term time) 10am–12 noon. Nature walks, gardening, crafts and singing. Call Joanne on 01449 780369 for further info or to book a place.

NCT Bumps and Babes

Eye, Complementary Medicine Centre, Gilchrist Unit. Mondays 10.30am–noon. Non-members welcome. Contact Garance Lawrence 01379 643024.

NCT Crawlers and Cruisers

Roydon Church Parish Room. Fridays 10am–11.30am. Non-members welcome. £1 per family. Contact Kirsty 01379 688138.

Pre-School Music (PRESMA)

Various locations each weekday. Songs and musical games for babies and preschoolers. Contact 01603 628626 or email presma@preschoolmusicassoc.freeserve.co.uk (office hours Mon–Fri 10am–1pm, closed Thursdays), or visit www.presma.org

Pyramids Playbus

Purpose-built double-decker bus visiting rural villages in mid-Suffolk. Play and education facilities for preschool children, a meeting place for carers. Call Sue Stanislawski 01379 650746 or 07931 347130 (bus mobile 07836 745050) or visit www.pyramidsplaybus.co.uk

Tadpole Tunes

Various locations, Bury St Edmunds. Independent music classes run by qualified teachers based in three areas of. Contact Nancy on 01284 717054, email nancy@tadpoletunes.co.uk, or visit our website www.tadpoletunes.co.uk.

Tumbletots – walking-school age

Various times and locations. Physical activities to develop confidence and control. Call Angela Clark 01502 582453 or 07789 426560 or visit www.tumbletots.com

West Stow Anglo-Saxon Village

A1101 near Bury St Edmunds IP28 6HG. Open 10am–5pm (last entry 4pm summer, 3.30pm winter) daily. Reconstructed village on original site, plus café, adventure playground, nature trails etc. Contact 01284 728718 or visit www.weststow.org

All listings are correct, to the best of our knowledge, but we suggest you telephone the organiser before going along. For more ideas on local events and up-to-date listings check out www.whatson4littleones.co.uk or www.netmums.com/whatson/

Entry in our What's On listings is free! Email details to editor@sproutsmagazine.co.uk