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West London

From the Editors...



FamiliesWest



@FamiliesWest

Hello! We're Anna and Rach, the new editors of Families West London. We are thrilled to take on the magazine and already have lots of new ideas to bring to it. In this issue, you will find a new look What's On guide on pages 12 to 14. Here, we aim to provide something you can do with the family almost day by day throughout March and April. It's a one stop place to see what's on without having to trawl the internet! Now all we need is some lovely Easter weather so you can get out and enjoy all that is on offer. You'll also find the usual abundance of parenting and educational articles, designed to help you cope with modern parenting.

Have lots of Easter Fun! *Anna & Rach*

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Introducing AKA - Transformational Life Coaching for Women

AKA Life Coaching is a Life Coaching, Family Support and Early Intervention Service for Women. They support a variety of needs; professional women, parents (single, married, divorced, young) carers (caring for family members with disabilities), survivors (domestic abuse, trauma) and look after community projects (Health Care, Social workers, Teachers and Parental Workshops, School Conduct). The company, run by Michelle Alexander, has an underpinning goal to create Work and Life balance through one to one sessions or workshops

Michelle has 23 Years of experience working with children and families - 18 Years working in Early years and Education (14 of which Managing) and 5 Years working in Early Intervention. She works with clients to identify their strengths and their family's. She will help clients develop a plan to address any challenges they are facing. Michelle comments, "Being a parent is a very big, important role that we are rarely prepared for. Coaching works on the idea that the client has the answers. The job of the coach is to simply help you realise your potential and be confident in yourself."

Contact Michelle on 07841 864315 • WWW.AKALIFECOACHING.COM

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Peak Performance from Stagecoach Performing Arts Chiswick as they celebrate 20 year anniversary

As Principal of a performing arts school, you must be doing something right when students you encountered at a young age later join your staff. That's the case with Sally Catlin, Principal of Stagecoach Chiswick. "I'm passionate that we teach more than acting, dancing and singing. It's about building life skills, such as communication, confidence and creativity; we help students to blossom as individuals, unlock their potential and embrace opportunities."

A drama graduate who sidestepped into a media career, Sally acquired the Chiswick franchise in 2000. 'I wanted to get back to my roots. Together with my sister, we started with one school but over 20yrs, have opened more schools across Chiswick, Kensington, Hammersmith and most recently, Acton & Ealing Broadway.'

Sally sums up 'I am incredibly proud to have been at the helm of Chiswick throughout the past 20 years. It is a real privilege to have been a part of so

many young people's lives. Watching them progress into confident, well-rounded individuals is what it's really all about'. Stagecoach Chiswick holds classes on Fridays at Grove Park Primary School and Saturday all day at The William Hogarth School and the teaching is divided into age groups: Early Stages (4-6 year-olds); Main Stages (6-16); and Further Stages (15+). Two-week trials at discounted rates.

Contact Sally Catlin on 0208 398 4709
chiswick@stagecoach.co.uk • www.stagecoach.co.uk/chiswick



Parents' Views: Stage Academy

Stage Academy is an innovative part-time performing arts school for 4 to 18 year olds in Hammersmith and the surrounding areas. As well as nurturing incredible performers, Stage Academy's ethos is to inspire its students with the self-confidence, teamwork, ambition and responsibility they need to achieve success both on-stage and off. Stage Academy 6-18s experience four professional classes a week covering acting, singing, dance and finally a specialist module that changes each term. Stage Academy Jrs is a great class for 4-6s featuring specially written resources that will help your child make new friends, express their individuality and prepare them for the adventures and challenges of growing up.

What Parents Say: "Good service and friendly staff. Definitely, I would recommend to others. She likes it so much!" Marta "Excellent, very professional" Erika "The themes are brilliant, Andrew's professionalism is exceptional and consistent, our daughter has achieved lots already and we're only just getting started" Ayse

Stage Academy 4-18s runs at Hammersmith Academy, W12 9JD every Sunday from 26th April with a free trial for all new students. Book now to secure your child's space.

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contact@stageacademy.co.uk



Invisible goodness wrapped up in fun Perform founder, Lucy Quick tells us more...

Perform classes are a bit like a pasta sauce that's filled with hidden vegetables: kids think it's really tasty and don't realise that it's full of healthy nutrition. I see our classes like this - invisible goodness wrapped up in an hour of games, role-play, dance routines and songs. The children think they're enjoying an hour of fun but they're also being equipped with essential confidence-building social skills.

We all want our children to be happy, feel confident enough to try new things and interact well with others. Taking part in regular drama activities encourages confident and fluent speaking, boosts reading and writing abilities and enhances coordination and spatial awareness. Rescuing a mermaid from a pirate ship might seem like just imaginative improvisation for 6 year olds, but it's teaching problem-solving and team-work too.

Early drama, dance and singing lessons changed my life and helped shape my vision for Perform - to deliver classes with a specific focus on developing a child's confidence and social skills - not to create just another drama school.

Try a FREE no-obligation drama class in Acton, Brook Green, Chiswick, Chiswick Park, Ealing, Hammersmith, Maida Vale, Marylebone, Notting Hill, Shepherds Bush and White City.

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Outings to the local environment, plays, concerts and recitals are all part of their education programme. Nutritious and balanced meals are provided daily. Open morning slots are Wednesday 18th March or Tuesday 24th March 2020 at 9.30 – 10.30. Alternatively, you can book an individual viewing. You will see the children in action, meet the teachers and have an opportunity to join the Montessori at a discounted rate.

07856 364153 • info@stmatthewsmontessori.com
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Encouraging Reluctant Readers

By Tom Palmer

Children must read. It's good for them!

Unfortunately, that's the last thing a child who doesn't like reading wants to hear. They might think reading is boring. They might have low confidence. They might even have an unidentified issue like dyslexia. Being told that reading is good for them just makes them feel worse.

My mum knew I hated reading. The more pressure she applied the more stubborn I was about it. I reacted to the pressure by defining myself as a non-reader and once I'd told myself that, I became even more entrenched. Then my mum changed tack. She did some things which made me want to read and to eventually call myself a reader.

Forget that loving reading is good for children. Make reading relate to something they already love.

Make a list of the things your child is passionate about. Do it now. Write down the five experiences, television shows, sports, interests that enthuse them. These are the things that are probably going to get your child into reading. For me it was football...and then football...

Start with their favourite television show. Television is seen as one of the enemies of reading. But it's so good now, it's sometimes hard to tear yourself away. It's helpful then that a lot of shows have books linked to them. Search for an official book or biography of one of the main characters on the show's website. Is there spin-off fiction? An annual? If enough people watch a show – say, like *Strictly* – then there'll be a book.

Teachers and school librarians often know more about what a child might like to read than a parent. Talk to your child's teacher or school librarian. They also know what books have worked for other children in the past. They're experts.

Have a day out. Football. Cinema. Theme park. Zoo. Whatever you do, there will usually be books available. Gift shops at the end of museums or theme parks often have books or guides. Theatres and sports venues have programmes. For me, it was Leeds United match day magazines, but I accept they're not to everyone's taste!

Who does your child admire? A dancer? A singer? A sports person? Has that person written a book? There are more and more celebrities writing books. As a non-celebrity author I hate it, but, as a parent of an impressionable child, it's great for you. Look the celeb's name up on Amazon and see what's out there. If you don't want to buy it, then head to the library.

Role models are not just famous people. Does your child have a coach, teacher, aunt or neighbour that they admire? For me it was my sister's boyfriend: he gave me books. I read them because they were from him. Get your child's role model to talk to them about books and recommend titles. A book from someone you look up to is more likely to get read.

You are your child's number one role model. Let them see you reading what YOU want to read!

Don't worry if your child doesn't finish every book. I finish less than half the books I read. Borrow from the library and then your child can experiment without it costing money.

Books are not always best. Does your child have a favourite magazine? There are hundreds of magazines for kids available from supermarkets

and high street newsagents. They cost a bit and there are far less words in them, but they're a great way to get children reading. They're colourful. They're silly. They're exciting.

Get a magazine delivered. The idea of a magazine arriving for your child (and your child alone) can be exciting for them. I had *Match* magazine delivered when I was a kid. I couldn't wait for Thursdays as a result.

Tom Palmer won the Ruth Rendell Award 2019 for his outstanding contribution to raising children's literacy levels in the UK. He is the author of 45 books for children, many about football, rugby and WW1 and 2; yet he only became a reader at age 17, thanks to his mum and what she did to engage him with reading.

For more information, visit www.tompalmer.co.uk

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Are you up to speed on tax free childcare?

By Sarah-Jane Butler

Tax-Free Childcare was introduced by the Government in April 2017 to replace Childcare Vouchers. At the same time it also increased free childcare hours. Whereas previously, childcare vouchers were a benefit offered by employers and free childcare hours were simply provided by nurseries, there is now a registration process and an eligibility criteria for both.

ARE YOU ELIGIBLE?

Yes, IF:

- Both parents are working (or a sole parent is working)
- Both earn over £131 per week
- Employed or self-employed
- Live in England
- You have at least one child aged 0-12 years old

No, IF:

- Either Parent earns over £100,000 per annum
- You are a two-parent household in which only one parent works
- You are receiving Tax Credits, Universal Credit or childcare vouchers through your employer

TAX-FREE CHILDCARE

The Tax-free Childcare Scheme is similar to corporate childcare vouchers in that it helps parents with funding towards the cost of childcare. However, it is administered for parents by the government and not by employers.



Parents must open an online account and the Government will pay £2 for every £8 paid into the account by the parent up to a maximum of £2,000 every year (i.e. a Government contribution of up to £500 per quarter). Parents will then be able to pay their Ofsted registered childcare provider (nursery, childminder, nanny or holiday club) directly from this account provided the childcare provider is linked to that account through its Ofsted registration number.

The benefit of this new scheme is that it is calculated per child (not per parent), therefore those with more children and higher childcare costs should be at an advantage. In addition, those that are self-employed, who were not previously entitled to join company schemes, are eligible under the new scheme.

Unfortunately, though, there are disadvantages too: namely that every three months you need to re-confirm eligibility for the scheme (which can be an administrative burden). The scheme is also ONLY available for children up to age 12 (compared to age 15 under the previous scheme) and, of course, parents must meet the eligibility criteria consistently throughout the year. This means that in the event of a bonus or commission, some parents may be taken above the eligibility maximum threshold of £100,000 per year or below the minimum of £131 per week in the event of unemployment or redundancy.

15 AND 30 HOURS FREE CHILDCARE

If parents meet the Tax Free Childcare Eligibility criteria above, they are also entitled to an additional 15 hours free (hence the name '30 hours free' childcare) which is offered for 38 weeks a year (roughly in line with school terms). In order to apply for the additional 15 hours, parents need to register via the Childcare Choices website. It is essential to do this prior to the term in which they are entitled to the benefit. For example, if your child turns 3 in November, you will be entitled to the additional 15 hours from 1 January, therefore you must apply prior to 31 December. Again, every three months you will be asked to re-confirm your eligibility.

WHAT NEXT?

Firstly, parents should check their eligibility and entitlements for any of the offerings. It's also important to fully understand the financial impact of such changes on your family.

FREE HOURS

Due to funding issues, most nurseries are offering increased hours, but not necessarily the full 30. Nurseries cannot charge you extra fees for the additional hours, but they can structure their hours in a way that you are still liable to pay for certain attendance. Check the specific offering of any nursery in which you wish to enrol your child.

CONSIDERATIONS

If you are still in a childcare voucher scheme through your employer (because you were registered before 1 October 2018) you may wish to consider which scheme is right for you. You can find out more and check your eligibility at www.childcarechoices.gov.uk

Many parents, particularly those with high earnings, will be better off sticking with their company childcare vouchers. However, there will be those who would benefit from the Government scheme. Check out the calculator www.gov.uk/childcare-calculator

Sarah-Jane Butler is Founder and CEO of Parental Choice, a 'one-stop shop' designed to help you find the perfect childcare solution for your family.

For more information, visit www.parentalchoice.co.uk



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Illustration: Mark Ruffle



Organised activity options for your child under 5

By Gabrielle Nash

If you ask mums and dads about what activities they enjoyed with their children when they were very young, many will speak fondly of their favourite playgroup or class. Such activities can become a lifeline for parents during those isolating and overwhelming first years and they're essential when you're desperate for some adult conversation. Of course, classes and groups are also a great opportunity for you to bond with your baby and give them early opportunities for socialization too.

Maybe you have already pre-booked a weekly sensory, music or swimming class for your little one or perhaps you're at home reading this with your baby or young toddler, thinking of ways to entertain them (and you) this week. Or maybe you're finding it tough just getting out to the shops. However you're feeling, there's no doubt that getting yourself along to something social can be hugely beneficial for you and your child.

Sarah has one daughter, now aged almost 4, and speaks fondly of the classes they participated in: "I loved having a music class booked each week with my 18 month old. It was something to look forward to – she loved the music and I enjoyed meeting other mums and drinking a rare coffee while it was still hot!"

So, what's the best way to find a class or group? You'll regularly find local options in this magazine and, as well as your local mum friends, you can also ask the wider local parent community on social media – word of mouth is great for a recommendation. It's worth checking out your local Children's Centre and library for suggestions too – some of these may be free.

Next, which type of class or group should you go for? This may depend on the options available where you live, as well as on your budget.

PLAYGROUP

If your main aim is to get something regular in the diary that is easy, cheap and good for meeting other parents with similarly aged children, then your local church or community playgroup is a great option. Playgroups are often central parts of a local community so if you're new or unfamiliar to an area you can find local support both from those attending and those running the group.

LIBRARY

Most local libraries have a weekly story or rhyme time session. These are simple drop-in activities and chances to socialise that can form a regular part of your week. They are almost always free! A library activity is also a great way of introducing this important source of books and resources to a young child and highlighting the importance of reading.

SENSORY OR MUSIC

Though not free, sensory or music classes can be lots of fun for older babies and toddlers. They are a fantastic opportunity for little ones to make a noise with their voices and with instruments, move around creatively and explore a new environment, all conveniently facilitated by a professional. You get a much needed chance to sit back and watch your child having fun, without having to provide it yourself!

SWIMMING OR GYM

If something a bit more physical appeals to you, then baby swimming or a gym/soft play-based class might be right for your child. Baby swimming can be a beautiful way to bond with your baby and a gym-based class is a great way for very active toddlers and pre-schoolers to burn off energy, as well as develop their gross motor skills.

CLASSES FOR YOU

Whilst it's harder with a toddler, when you have a baby, there are many activities aimed at you which your baby can attend too. Whether it's an outdoor exercise or yoga class or a baby friendly cinema showing, the change of environment is fun and stimulating for your baby too. You may even get to improve your fitness!

Any children's group or class will support a child's development: the routine, the opportunities for socialising and the experience of being in a new environment. So if it helps YOU get out of the house, share happy times with your child and get talking and meeting other parents in your situation, then nothing could be more worthwhile.

Follow Gaby @thelondonishmum

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Motivating good behaviour: what's the secret?

By Gabrielle Nash

If you're lucky enough to find bedtime a breeze, or have a co-operative child who eats all their vegetables, then you are indeed one of the fortunate and few.

If you regularly find yourself battling bath times and lack of fruit intake and gentle (and not so gentle) admonishment of your child just doesn't work, then it might be worth introducing a system to motivate good behaviour.

Reward-based systems like sticker charts are popular and effective tools because they're positive. "It's a straightforward concept" explains Dr Sarah Rose, a child psychologist at Staffordshire University "Children learn through association, so if a behaviour is associated with something nice happening they will be more likely to repeat that behaviour in future."

However, every child is wired differently, so it's important you think carefully about exactly what motivates your child. Reward charts can work well, as can marbles in a jar (or pasta in a pot). The idea here is that your child earns marbles for completing a task or behaviour. Once the jar/pot is full they earn an activity or treat.

Your child's age is also a factor. For toddlers a reward chart during potty training is great. A simple concept like 'do a wee in the potty and you can have a sticker' is easy to understand. But anything more complicated and a toddler will struggle because they don't fully understand the idea of consequence yet.



Once you're using a reward chart, it's important to be reliable and consistent. Ideally, you'd like your child to simply wish to behave well without needing the chart as motivation; the best way to encourage this is to combine the reward with plenty of praise.

Top tips for making reward systems work

KEEP IT SPECIFIC

Pick a few areas that need work and make sure to explain to your child why they're important.

For example, if your child struggles to go to bed without a fuss, try a reward chart for good behaviour at bedtime. Explain what that means for you (eg stay in bed) and why it's important (eg if you don't get plenty of rest, you won't have the energy for more fun tomorrow).

BE CLEAR ABOUT YOUR EXPECTATIONS

For example, if your child consistently behaves badly in public, on your next outing make it clear what the boundaries are for their behaviour: 'I would like you to walk nicely on the pavement with me' or 'I would like you to sit and read with me while we wait at the doctors.'

CONSIDER WHAT IT IS REASONABLE TO ASK OF THEM

This will be dependent on age, personality and energy levels. A tired child is considerably less cooperative.

PRAISE IS ESSENTIAL

A child who feels good when praised, is encouraged to develop a desire to be "intrinsically" well behaved and need rewards less.

FOCUS ON EFFORT, WHEN GIVING PRAISE

Be immediate and be generous, combining your words with eye contact and a cuddle.

Whenever discussing your child's good behaviour, never confuse them by also introducing a criticism or caveat.

SO WHAT ABOUT THE BAD BEHAVIOUR?

A child learns to repeat an action that gets the desired effect: attention from a parent. It could be that your child is behaving badly because they feel they need more of your time, so giving them plenty of attention when they are behaving well may alleviate negative behavior. The once popular options of using either a "naughty step" or a "time-out" are no longer well thought of because they are based on punishment. When used judiciously, however, what those methods can still offer, is an opportunity for both parent and child to calm down before tantrums or tempers explode.

Finally, while motivating your child to behave well is important, children do need to be able to make mistakes without negative consequence. So if your child slips up now and then, gently point this out and encourage them to try again. Remember all children learn by observation too. Model good behaviour towards them and others whenever you can.

Follow Gaby
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Why it's important to teach children to map read

In today's technology focussed world, the ability to map read, navigate and successfully get from place to place, remains a vitally important skill to teach our children.

At its most fundamental level, map reading develops children's spatial thinking skills, which in turn can deepen their knowledge of maths, science and technology. Spatial thinking is something we use in many everyday situations, from rearranging a bookcase, to picturing situations in our 'mind's eye.' It is the fundamental architecture which underpins our lifelong problem-solving skills.

It's also a great excuse to get outdoors into the wilds and get back to basics with your child in natural or urban surroundings.

Stanfords, the largest map supplier in the world, reports that its sales figures in the last couple of years show that demand for physical maps is not waning. It seems that, as human beings, we prefer to plan our trips with a hard copy, making notes on it and keeping it as a treasured travel memento. Most significantly, a physical map can't run out of battery power or be without signal in your hour of need!

Endurance adventurer and Ordnance Survey Get Outside Champion, Sean Conway, who has cycled, swum and run the length of Great Britain, is a lover of physical maps and has fond memories of learning how to map read as a child: "I remember being told how contour lines worked. It became a game to try and look for the steepest section of the map, and then go and find it. If you could climb it, we would!"

Map Reading Activities to Try at Home or Away

Get a map of your local area, holiday destination or grandparent's house and get outside – open your eyes wide and take a look around!

- 1 What can you actually see around you? And what does it look like on your map when drawn from above?
- 2 Have you seen this map before? Are maps flat or three dimensional? Are there any features you can see?
- 3 Maps use pictures and symbols to explain features of a landscape/area rather than words. Can you locate the key? If you see a feature on the map you don't recognise you can look it up on the key.
- 4 Can you decipher both the physical and human features on your map? Perhaps the park, beaches, forests and rivers or churches, factories, farms and harbours?
- 5 Make your own map – have a think about the important information you want to include, key physical or human features. Will you start and finish your journey in the same place?

If you get lost, your phone battery is flat or there's no signal, you never know, some key map reading skills and abilities might just save your life.

Maps give us a wealth of information about our surroundings – they are a clever, valuable and perhaps irreplaceable 2D representation of our incredible 3D world.

Here are five top tips for firing your child's imagination and getting them engaged with the learned skill of map reading:

- 1 Just as it's important to know your left and right, it's important to understand where north, east, south and west are on a map. You can remember them as:
a. Naughty Elephants Squirt Water
b. Nobody Ever Swallows Whales
c. Never Eat Shredded Wheat
- 2 If your child is struggling to grasp contours, get them to draw concentric circles on one of their knuckles – when they reach their finger, a hill appears!
- 3 Make directional and geographical vocabulary part of your dialogue with your children from a very early age, and whenever you are out and about together.
- 4 A great way to pass the time on a long family journey is to give your child a map and ask them to tick off the key symbols on the map as they spot them – eg pub, hospital, byway, footpath, wall, farm track. This instantly turns any mundane journey into a treasure hunt!
- 5 Often as adults we become scared of maps because we think we won't be able to decipher them. But just have a go, make it fun and easy going – you might just learn something yourself whilst nurturing your child's life-long love of adventure.

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March

THROUGHOUT MARCH AND APRIL

INVESTIGATE FOR FAMILIES

Natural History Museum, SW7 5BD

Get a feel for how scientists work by having a go yourself. Explore hundreds of real nature specimens that form the evidence Museum scientists use. Free.
www.nhm.ac.uk

THROUGHOUT MARCH AND APRIL

MEET THE CUTTY SARK CHARACTERS

Cutty Sark, SE10 9NF

www.rmg.co.uk/cuttysark

THROUGHOUT MARCH AND APRIL

MATILDA THE MUSICAL

Cambridge Theatre, WC2H 9HU

Booking until Dec 20
www.matildathemusical.com

THROUGHOUT MARCH AND APRIL

BRER RABBIT VISITS AFRICA

Puppet Theatre Barge, W9 2PF

Based on the Brer Rabbit tales & performed using traditional hand carved marionettes.
Age 3+
www.puppetbarge.com

AFTERNOONS IN MARCH AND APRIL (TERM-TIME)

MUSIC APPRECIATION, GROUP PIANO, VIOLIN, GUITAR

Music House for Children, 306 Uxbridge Road, London, W12 7LJ

3-11 years
www.musichouseforchildren.com

WEDNESDAYS AND FRIDAYS IN MARCH AND APRIL (TERM-TIME)

MUSIC AND MOVEMENT DROP-INS

Music House for Children, 306 Uxbridge Road, W12 7LJ

Under 3s
www.musichouseforchildren.com

WEDNESDAYS IN MARCH AND APRIL (TERM-TIME)

TODDLER TIME BOARD THE CUTTY SARK

Cutty Sark, SE10 9NF

www.rmg.co.uk/see-do/exhibitions-events/toddler-time-board-cutty-sark

SUNDAY MARCH 1 TO SUNDAY APRIL 19

MAKE A MANGA COMIC

British Museum, WC1B 3DG

7+ Drop in, Free
www.britishmuseum.org

TUESDAY MARCH 3 TO WEDNESDAY 4

ZOG

Beck theatre, UB3 2UE

Julia Donaldson and Axel Scheffler's much-loved Zog imaginatively adapted in this magical production, featuring live musicians.
www.becktheatre.org.uk

WEDNESDAY MARCH 4

CHAMBER TOTS: IN SPACE

Wigmore Hall, W1U 2PB

Music-making workshop for children aged 1 – 2 and their parents or carers
www.wigmore-hall.org.uk

SATURDAY MARCH 7 TO SUNDAY 8

FAMILY FUN ON BOARD THE CUTTY SARK

Cutty Sark, SE10 9NF

Celebrate as part British Science Week.
www.rmg.co.uk/cuttysark



Sooty and Sweep
Beck Theatre

SATURDAY MARCH 7

MUSTARD DOESN'T GO WITH GIRLS

Lyric, Hammersmith, W6 0QL

Bric à Brac seek to poke fun at fairy tales from the past whilst creating new storylines for the young generation of today.
www.lyric.co.uk

SATURDAY MARCH 7

UNEARTH ANGLO SAXONS

British Museum, WC1B 3DG

7+ Drop in, Free.
Use tablets to create your own news report about the discovery and archaeological excavation of the Sutton Hoo burial.
www.britishmuseum.org

SATURDAY MARCH 7

AMELIA FANG DRAW-ALONG

Southbank Centre, SE1 8PX

Age 7+
www.southbankcentre.co.uk

SUNDAY MARCH 8 TO SATURDAY APRIL 4

SAMSUNG GREAT COURT GAMES

British Museum, WC1B 3DG

5+ Drop in, Free.
Come to the Great Court with your family to play digital games, solve challenges and explore trails that will lead you to unexpected places in the Museum!
www.britishmuseum.org

SATURDAY MARCH 14

THERE WAS AN OLD LADY WHO SWALLOWED A FLY

Lyric, Hammersmith, W6 0QL

Age 2+
www.lyric.co.uk

SATURDAY MARCH 14

BACH TO BABY

Ealing, W5 2DP

Concert at Haven Green Baptist Church, 2 Castlebar Road
www.bachtoababy.com

SATURDAY MARCH 14

CAVATINA FAMILY CONCERT: VIOLA'S TIME-TRAVELLING MUSICAL ADVENTURES

Wigmore Hall, W1U 2PB

Age 5-7
www.wigmore-hall.org.uk

SATURDAY MARCH 14 TO SUNDAY APRIL 26

EXPLORE EGYPTIAN MUMMIES

British Museum, WC1B 3DG

5+ Drop in, Free.
www.britishmuseum.org

SUNDAY MARCH 15 TO SUNDAY APRIL 5

FUN FAMILY PHOTOS

British Museum, WC1B 3DG

5+ Drop in, Free.
Develop your photo editing skills and use our green screen to create a picture of your family interacting with some of the Museum's most fascinating objects.
www.britishmuseum.org

WEDNESDAY MARCH 18

BACH TO BABY

Kensington, SW7 4RL

Concert at St Stephen's Church, Gloucester Rd & Southwell Gardens
www.bachtoababy.com

FRIDAY MARCH 20

BACH TO BABY

Chiswick, W4 1TT

Concert at St Michael & All Angels, Bath Road
www.bachtoababy.com

FRIDAY MARCH 20

CHAMBER TOTS: JUNGLES AND RIVERS

Wigmore Hall, W1U 2PB

Music-making workshop for children aged 1 – 2 and their parents or carers
www.wigmore-hall.org.uk

SATURDAY MARCH 21

BEASTLY BELLE

Lyric, Hammersmith, W6 0QL

A contemporary twist on the classic Beauty and the Beast tale. Featuring a skillful mix of puppetry, film projections and an original musical score. Age 4+
www.lyric.co.uk

SATURDAY MARCH 21

DAWNOSAURS

Natural History Museum, SW7 5BD

Early morning fun, free from the hustle and bustle of the general public, learning for families with children on the autistic spectrum. FREE
www.nhm.ac.uk

SATURDAY MARCH 21 TO SUNDAY APRIL 12

BUILD ROMAN BRITAIN IN MINECRAFT

British Museum, WC1B 3DG

7+ Drop in, Free.
www.britishmuseum.org

SUNDAY MARCH 22

MAKE A MOSAIC MASK

British Museum, WC1B 3DG

5+ Drop in, Free.
www.britishmuseum.org



MONDAY 30TH MARCH TO FRIDAY 3RD APRIL

PAINT POTS EASTER FUN Paint Pots, St Stephens Church, Westbourne Park Road, London, W2 5QT
Arts, crafts, music, games and other seasonal activities. Lots of creative activities. Have fun and make friends. Led by fully qualified Nursery School and Creative Classes teachers. 3-6 yrs (un-accompanied), 9.30am-12.30pm, £45
18m-3yrs (accompanied), 3-4.30pm, £25. **Book online at www.paintpotshouse.com**

MONDAY MARCH 23

BACH TO BABY
Notting Hill, W11 2NN
Concert at St. John's Church, Lansdowne Crescent
www.bachtobaby.com

SATURDAY MARCH 28

FAMILY DAY: COASTAL ADVENTURES
Wigmore Hall, W1U 2PB
Age 5-7
www.wigmore-hall.org.uk

SATURDAY MARCH 28

GREEN SCREEN GREEKS
British Museum, WC1B 3DG
5+ Drop in, Free.
Discover how to use green screen technology on tablets, and see yourselves as part of Museum objects
www.britishmuseum.org

SATURDAY MARCH 28

ONE DUCK DOWN
Lyric, Hammersmith, W6 0QL
Inspired by a true tale that saw 7000 rubber ducks cast adrift in a mighty storm. Winner of Family Show of the Year at Vault Festival. Age 3+
www.lyric.co.uk

SUNDAY MARCH 29

WINTER SUNDAY CREATE AND MAKE PUPPETRY
The Design Museum, W8 6AG
5-11 Free, drop in
www.designmuseum.org

SUNDAY MARCH 29

CREATE YOUR OWN FRAMED POSTER
The Design Museum, W8 6AG
Use graphic design techniques. 8-11.
www.designmuseum.org

SUNDAY MARCH 29 TO SATURDAY 25 APRIL

DIGITAL LITTLE FEET
British Museum, WC1B 3DG
Under 5S Drop in, Free.
Touch, play, make and discover while you explore animals from the British Museum's collections.
www.britishmuseum.org

SATURDAY APRIL 4 TO SUNDAY 19

FAMILY MISSION: D-DAY EDITION
HMS Belfast, SE1 2JH
Pick up a Kit Bag and learn about the crew who served on HMS Belfast during Operation Neptune in 1944.
Find hidden messages, predict the weather for sailing, discover ship life and crack Morse code.
www.iwm.org.uk/visits/hms-belfast

SATURDAY APRIL 4 TO SUNDAY 19

HANGING BY A THREAD
Puppet Theatre Barge, W9 2PF
Age 3+
www.puppetbarge.com

SATURDAY APRIL 4 AND SUNDAY 5

COMEDY CLUB FOR KIDS
Southbank Centre, SE1 8PX
Age 7+
www.southbankcentre.co.uk

SATURDAY APRIL 4 TO SUNDAY 19

GRUFFALO ADVENTURES EASTER ACTIVITIES
Kew Gardens, TW9 3AB
Take a journey through Kew Gardens' Arboretum where visitors will encounter Fox, Owl and Snake. With a map and face-painted whiskers, children will discover the animals' hiding spots, and interactive activities at each stop.
www.kew.org

SATURDAY APRIL 4 TO SUNDAY 19

CADBURYS EASTER EGG HUNT
Osterley Park National Trust, TW7 4RB
www.nationaltrust.org.uk/osterley-park-and-house/whats-on

MONDAY APRIL 6 TO THURSDAY 9

MUSICAL THEATRE WORKSHOP
Music House for Children, 306 Uxbridge Road, W12 7LJ
For 4-9 year olds based on The Lion, the Witch and the Wardrobe
www.musichouseforchildren.com

TUESDAY APRIL 7

CHOCOLATE TUESDAY
Chelsea Physic Garden, SW3 4HS
Learn about the history, geography and science of chocolate! Age 6-11
www.chelseaphysicgarden.co.uk/Event/chocolate-tuesday-apr-2020

TUESDAY APRIL 7

A NEW SPECIES
Foundling Museum, WC1N 1AZ
use 3D collage to create a new imagined species and its family. 5+
www.foundingmuseum.org.uk/events/new-species/

TUESDAY APRIL 7

SOOTY AND SWEEP
Beck theatre, UB3 2UE
Izzy wizzy, let's get busy! Join Sooty for his brand new laugh out loud magic show.
www.becktheatre.org.uk

TUESDAY APRIL 7 TO SATURDAY 11

CHLOE AND THE COLOUR CATCHER
Lyric, Hammersmith, W6 0QL
Chloe lives in a world with only one colour; grey. But at night, when she's wrapped up tight, her dreams are colourful and bright! Age 4+
www.lyric.co.uk

TUESDAY APRIL 7 TO SATURDAY 11

TIDDLER AND OTHER TERRIFIC TALES
Southbank Centre, SE1 8PX
Julia Donaldson and Axel Scheffler's terrific tales retold with music and puppetry. Age 7+
www.southbankcentre.co.uk

WEDNESDAY APRIL 8

EASTER EGG MARBLING
Foundling Museum, WC1N 1AZ
Use multi-coloured marbling inks to create swirling designs on your Easter egg 5+
www.foundingmuseum.org.uk/events/new-species

APRIL

FOR ONGOING BRITISH MUSEUM EVENTS - PLEASE CHECK MARCH ENTRIES

SATURDAY APRIL 4

BACH TO BABY
Ealing, W5 2DP
Concert at Haven Green Baptist Church, 2 Castlebar Road
www.bachtobaby.com

SATURDAY APRIL 4 TO SUNDAY 19

BILLY BROWN OF LONDON TOWN
London Transport Museum, WC2E 7BB
Explore the Museum this Easter as you hunt for Billy Brown! Pick up a hunt card at the Family Desk to help you track him down and decipher the clues to find out who he is and what his job is.
www.ltmuseum.co.uk

Perform's Easter holiday course runs 15-17 April see p.14 for details



WEDNESDAY APRIL 8

MUSICAL STORYTELLING WORKSHOP

Music House for Children, 306 Uxbridge Road, W12 7LJ
The Very Hungry Caterpillar for 3-5s
www.musichouseforchildren.com

THURSDAY APRIL 9

A PASSION FOR PLANTS: BEGINNERS GARDENING

Chelsea Physic Garden, SW3 4HS
Age 3-6.
www.chelseaphysicgarden.co.uk/Event/a-passion-for-plants-beginners-gardening

SATURDAY APRIL 11

COLOUR THE COLLECTION

British Museum, WC1B 3DG
5+ Drop in, Free.
Design your own colour schemes for some of the Museum's most famous objects.
www.britishmuseum.org

FROM TUESDAY APRIL 14

PEPPA PIG: MY FIRST CONCERT

Southbank Centre, SE1 8PX
www.southbankcentre.co.uk

WEDNESDAY APRIL 15

BACH TO BABY

Kensington, SW7 4RL
Concert at St Stephen's Church, Gloucester Rd & Southwell Gardens
www.bachtobaby.com

WEDNESDAY APRIL 15 TO FRIDAY 17

SUPERHEROES: PERFORM'S THREE DAY EASTER HOLIDAY COURSE FOR 4-10S

St Peter's Hall, 59a Portobello Road, Notting Hill W11 3DB
St Michael's Hall, Elmwood Road, Chiswick W4 3DY

Fly with us to Superhero School this April for an action-packed Top Secret Mission to save the world. Your child will discover their own special powers as they zoom towards a supercharged showcase for family and friends. Filled with brilliant music, funky dances and fabulous costumes, this course is a real Easter treat. 10am to 3pm.
T: 020 7255 9120 / enquiries@perform.org.uk
www.perform.org.uk/superheroes

WEDNESDAY APRIL 15 TO SUNDAY 19

BIG UP!

Southbank Centre, SE1 8PX
A perfect show for little people who want to be big, and big people who just might have forgotten how to play.
www.southbankcentre.co.uk

THURSDAY APRIL 16 TO FRIDAY 17

INTO THE CLOUDS

Southbank Centre, SE1 8PX
Highly visual experience for babies and young audiences with sensory needs.
www.southbankcentre.co.uk

FRIDAY APRIL 17

BACH TO BABY

Chiswick, W4 1TT
Concert at St Michael & All Angels, Bath Road
www.bachtobaby.com

FRIDAY APRIL 17

ASTRONIGHTS

Science Museum, SW7 2DD
Ticketed overnight event for 7-11 year olds, featuring exciting hands-on workshops, science shows and a sleepover at the Science Museum among the amazing exhibits – all followed by a tasty breakfast.
6.45pm until 10am. £60pp
www.sciencemuseum.org.uk

SUNDAY APRIL 19

EGYPTIAN PHOTO BOOTH

British Museum, WC1B 3DG
5+ Drop in, Free.
Use technology to turn yourself into a pharaoh, an Egyptian god and other characters!
www.britishmuseum.org

SATURDAY APRIL 25

SUNSHINE

Lyric, Hammersmith, W6 0QL
Audiences are promised plenty of belly laughs, fun, audience participation and the odd bit of flying seaweed! Age 3+
www.lyric.co.uk

SUNDAY APRIL 26

THE WIZARD OF OZ

Beck theatre, UB3 2UE
The Beck's Easter Pantomime
www.becktheatre.org.uk

MONDAY APRIL 27

BACH TO BABY

Notting Hill, W11 2NN
Concert at St. John's Church, Lansdowne Crescent
www.bachtobaby.com

More Great Highlights...



Kids make memories with Camp Beaumont

Camp Beaumont, which is celebrating its 40th year, hosts a wealth of fun educational activities for three to 16-year-olds, such as zorbing, go-karting and arts and crafts as well as a range of sports including tennis, swimming and hockey. The camps are a great chance for kids to try something new and make new friends, while having lots of fun in the process.

Jof Gaughan, Operations Director, said: "It's always great to see the children having such a fun time at our camps. Whether they come for a day or the whole week, it's nice to see them making new friends and getting stuck in with exciting activities.

"Coming to camp is a great way to make the most of the holidays and ensure they are making memories to last them a lifetime."

www.campbeaumont.co.uk



All Stars Cricket due to start in May

All Stars Cricket is a programme aimed at children aged 5-8 years old which gives them a great first experience. Sessions are accredited by the England & Wales Cricket Board and delivered nationwide at over 2,000 centres. All Stars Cricket will help your child develop key skills in a fun and safe environment where parents can join in too and help create #BigMoments you'll both treasure! Following successful registration, All Stars Cricketers will receive a brand-new kit bag full of goodies to help them get their summer of cricket started and fully look the part when they attend their 8 weekly sessions and it's all delivered straight to your door.

To find out more about how to get involved this summer, simply, visit www.wallstarscricket.co.uk and get your place booked as sessions begin May 2020.



Camp Bestival showcase their lineup

Join Fatboy Slim, Groove Armada, Liam Payne, Friendly Fires, Sophie Ellis-Bextor, Becky Hill, Dick and Dom, Max & Harvey, Brainiac Live, The Sugarhill Gang, Sam & Mark, The Sherlocks & so many more at Camp Bestival.

Taking place at the start of the school holidays (July 30th-Aug 2nd) at Lulworth Castle, Dorset, this family adventure offers hundreds of things to see and do from music and shows to tree-climbing, woodland workshops, spoken word, arts, science and circus for all. Parents are particularly spoilt at Camp Bestival; well, they do buy the tickets! Amazing live acts and DJs, raves, discos, parties, comedy, literary talks, cocktails, award-winning street food, like-minded people all in a big old field by a castle and the sea. Kick-start your summer holidays with a 4-day family festi-holiday - voted Best Family Festival in the UK Festival Awards.

For line-up, info and tickets head to www.campbestival.net

ARABIC FOR WOMEN AND CHILDREN

Female teacher, native speaker Private lessons. All ages and all levels welcome; from absolute beginners to university level. Specialist in GCSE and A level courses.

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07956 845 053

ALLSORTS DRAMA

Term time drama classes for ages 4+. Also run holiday workshops and bespoke drama parties.

020 8767 5298
www.allsortsdrama.com

ALL STARS CRICKET

Aims to give children aged 5-8 a great first experience in cricket. Sessions are accredited by the England & Wales Cricket Board and begin May 2020.

www.allstarscricket.co.uk

ARTSED EXTRA

Weekend and holiday courses offering outstanding performing arts training for young people from ages 5 to 18.

extra@artsed.co.uk
020 8987 6654
www.artsed.co.uk

BLUEBERRY PLAYSONGS

Fun, interactive musical parties for under 5s.

020 8677 6871
info@blueberryplaysongs.co.uk

BIZZY BUDDIES LTD - MULTI- SPORTS

Children's multi-sports coaching company that combines education with physical activity to develop ABC's and fine/gross motor skills, vital for physical development.

07947 429480
bizzybuddiesltd@gmail.com
Instagram: bizzybuddiesltd
Facebook: bizzybuddiesltd

CAMP BEAUMONT

Hosts a wealth of activities for three to 16-year-olds such as zorbing, go-karting and arts and crafts as well as a range of sports including tennis, swimming and hockey. A great chance for kids to try something new and make new friends, while having lots of fun in the process.

www.campbeaumont.co.uk

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Ages 2.5 - 11 years.
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www.dancegallery.co.uk



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Classes designed for each stage of your baby's development.

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Beeps: Sitting - Standing
Happy house: Toddlers - Siblings
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e: loulou@hartbeeps.com
Classes in: Ealing, Acton, Hammersmith and Chiswick
e: kimmy@hartbeeps.com
Book: www.hartbeeps.com

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07957 650 042
www.kensingtonballet.com

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info@kiddikicks.co.uk
020 7937 7965
www.kiddikicks.co.uk

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Kumon study helps children of any age and any ability to shine. Established for 60 years, the Kumon Maths and English Programmes enable students of all ages and abilities to develop into confident, independent learners with strong study skills.

Visit www.kumon.co.uk for local classes

MUSIC HOUSE FOR CHILDREN

Term-time Music and movement drop ins for under 3s and music appreciation classes in group piano, violin and guitar for 3-11 years.

306 Uxbridge Road, W12 7LJ
www.musichouseforchildren.com

ODDS FARM PARK PARTIES

Woburn Common near Beaconsfield. Parties include entry to the farm, party room hire, food and party bags. After school parties are also available.

T: 01628 520118
www.oddsfarm.co.uk

PAINT POTS CREATIVE CLASSES

12 months - 6 years

Led by fully qualified Nursery School and Creative Classes teachers. Starting from 12 months old in the delightful Messy Play class, children move naturally onto Toddler Art and Music, Early Montessori, Toddler Messy Play, Water Play, Creative Storytelling and Art Club. Encouraging exploration, confidence and independent learning through play.

Paint Pots, St Stephens Church, Westbourne Park Road, W2 5QT
Book online at
www.paintpotshouse.com

PERFORM WEEKLY DRAMA, DANCE AND SINGING CLASSES

Confidence building fun for 4-12s. A unique mix of drama games, dance and singing specially developed to bring out every child's true potential. Classes are kept small to ensure lots of individual attention. Go to perform.org.uk/try to book a FREE class and quote. LW300420 for an introductory £40 discount when you book.

Venues: Acton, Brook Green, Chiswick, Chiswick Park, Ealing, Hammersmith, Maida Vale, Marylebone, Notting Hill, Shepherds Bush and White City.
enquiries@perform.org.uk
020 7255 9120
www.perform.org.uk/try

STAGE ACADEMY

Stage Academy is an innovative part-time performing arts school for 4 to 18 year olds in Hammersmith and the surrounding areas. Stage Academy 4-18s runs at Hammersmith Academy, W12 9JD every Sunday from 26th April with a free trial for all new students. Book now to secure your child's space.

www.stageacademy.co.uk/
hammersmith
0800 808 5327
contact@stageacademy.co.uk

STAGECOACH PERFORMING ARTS

Provide fun and engaging weekly classes in dance, drama and singing in a safe and happy environment. Students aged 4 to 18 years are taught by a professional and experienced team of teachers. They offer two-week trials for all new students. They also offer parties.

To enrol visit: www.stagecoach.co.uk
e: info@stagecoach.co.uk
Chiswick: 020 8398 4709
Hammersmith & Kensington: 020 8398 8106
Ealing Broadway & Acton: 020 8398 4709

VIVIEN BORNEMANN HOME TUITION

Art, Craft and design. All ages.
020 8932 1010.

WEST LONDON DANCE ACADEMY

Classes for ages 3yrs to Adult. Ballet, Tap, Modern Jazz, Contemporary. Classes held in Chiswick and Ealing.
natalieparnell.wlda@gmail.com
07795 578781

WEST LONDON SCHOOL OF DANCE

Classes for Boys and girls 2 1/2- 16yrs Ballet, Point Work, Modern Jazz, Tap and Annual Performances. Classes held in Bayswater, Notting Hill Gate, Oxford St, Shepherds Bush, South Kensington.
info@westlondonschoolofdance.co.uk
020 8743 3856
www.westlondonschoolofdance.co.uk

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We're recruiting infants from birth to school age to take part in fun studies at the Birkbeck BabyLab in central London. Our prime location is easy to reach via public transport and we refund travel expenses.
020 7631 6258 • babylab@bbk.ac.uk
www.cbcd.bbk.ac.uk





Your family vacation getaway in Italy

Surrounded by nature on land and at sea, Gattarella is a beautiful award-winning resort immersed on an ancient beech forest, which is recognized as **UNESCO World Heritage**, for the exceptional naturalistic value and the incredible biodiversity that characterizes it.

The resort offers a first-class entertainment program for kids and teens from 3 to 17 years old, a **proper Nursery for infant from 1 month to 2 years** a world of epic adventures to learn, educate and share through experiences with purpose and freedom.

Explore fun family outings, connect with your beloved ones and enjoy the unique Apulian flavoured food at the Gattarella Resort. The perfect place to make new family memories together is here.

   www.gattarella.it

**BOOK
NOW!**

