



I STOOD BY THE GIGGLE TREE AND LAUGHED OUT LOUD...

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**Yoga inspired movement, storytelling, music and adventure classes and parties for children**

Hello everyone

Well, summer has been and gone, or perhaps it has just arrived as today is about the nicest day so far this summer! Just right to put your feet up, have a nice chilled glass of white wine and read your Tatty Bumpkin newsletter!!!!

The Woodworks! Festival went very well despite the ground resembling chocolate mousse after all the rain. Thank you to everyone who visited the Tatty stall. (Prize draw winners will be announced in the next newsletter).

The Wednesday morning class in Clophill is almost full now (just a few spaces left) and I plan to add an additional class to run beforehand at 9.30am at the Clophill Centre (from January – if you are interested please put your name down now).

Bookings are coming in for the Saturday morning class at Bedford Athletic Stadium. Again once this class is full I plan to offer another class beforehand most likely at 9.30am.

Tatty Bumpkin sessions are now structured to reflect the Early Years Foundation Stage. This adds even more value to the classes and will make it even more popular to be run in nurseries and children's centres. There is more detailed info about these changes later in the newsletter.

As demand for Tatty Bumpkin classes is growing we currently have a local mum being trained to run some of the classes and parties. This will really help me out (as being a mum myself there are never enough hours in the day) and will enable Tatty Bumpkin to be offered in more locations and on more days throughout the week.

Anyway, enjoy September and thank you for taking the time to read this newsletter. There will be no newsletter in October, so I will be back in touch in November.

STAY BENDY! Love from, Kate

**\* IMPORTANT UPDATE \***

Tatty Bumpkin sessions are now structured to reflect the *Early Years Foundation Stage (EYFS)*. This adds even *more value* to the classes. The EYFS is a government document that provides guidelines for parents, nurseries and preschools on their child's education.

**Tatty Bumpkin: Week by Week and Throughout the Year**

Tatty Bumpkin classes bring the EYFS recommended guidelines together in 'bite sized' portions, working through the areas of development on a week- by- week basis over the year. This is reassuring for you as a parent and can help with your child's transition into school. This means that in addition to your weekly colouring pages and stickers you also receive at the beginning of each new block of classes:

**Tatty Bumpkin Handouts**

You and your child will receive a different handout for each six-week block. The handouts for the year are: Red, orange, yellow, green, blue, indigo and violet. We are currently using the Red handout and these sessions include:

- Balance: using the Tree pose
- Dynamic movement: being a Snake
- Relaxation and breathing: abdominal breathing
- Multi-sensory world: with the Frog pose
- Feelings and people: with the friendly downward Dog
- Music and communication: with the Lion pose

On the handouts, there is: • A Focus for each week - loosely based on the EYFS areas of development. • A suggested activity and yoga pose for each week, so your child can practice at home, as Tatty Bumpkin can be done anywhere! The information on the front of the handout is designed for you to read to your child, the language has been graded accordingly. On the back of the handout, there are more detailed instructions on a yoga pose for you to teach your child.

For more information please email classes@bedford.tattybumpkin.com

About Tatty Bumpkin Ltd: Winners: 2008 National 'What's On 4 Little Ones' Best Physical Activity Class for Children. CACHE Accredited training (Council for Awards in Childcare and Education). Member of the Pre-school Learning Alliance. Winner of an UnLtd award for social enterprise.

**THE WORLD OF TATTY BUMPKIN** Explores physicality ... Expands confidence ... Excites minds

*Until next time stay Bendy, Giggly, Clever & Strong*



**Please note that our office will be closed from Weds 1st October through to Thurs 23rd October as I am on holiday!**

**CLASS SCHEDULE**

**Wednesdays:**

(3/09/08–24/09/08) & (05/11/08–17/12/08) 11wks £55 per child  
 10.30am The Clophill Centre, Clophill

*It is possible to join this class from November – the price per child will be adjusted accordingly.*

**From 8th November 08 – Saturday: 6wks £30 per child**  
 10.30am Bedford – Bedford Athletic Stadium, Barkers Lane

You can now pay online through Google Checkout or PayPal (go to CLASSES page of www.bedford.tattybumpkin.com) to find out more - as well as being able to pay by cheque or cash.

**BIG BUG HUNT**

**Unfortunately, Tatty Bumpkin's Big Bug Hunt on Sat 20 Sept to help raise funds for Meningitis UK has had to be CANCELLED due to bookings being lower than anticipated.**

**However, you can still donate directly to Meningitis UK by going to [www.bigbughunt.org](http://www.bigbughunt.org)**

Practice being Bendy, Giggly, Clever & Strong to your heart's content with Tatty Bumpkin's very own movement and music CD. Bring Tatty Bumpkin and her friends alive with this 23 track CD & 48 page booklet. With full instructions and tips for getting the most from your CD. Pretend to be a Frog, Butterfly or Bee or say Hello to the Sun. *You can listen to some of the songs by clicking the link at [www.bedford.tattybumpkin.com](http://www.bedford.tattybumpkin.com). To buy a CD (cost £11.99) either contact me directly or go to [www.tattybumpkinshop.com](http://www.tattybumpkinshop.com) quote **FTC1001** in the 'special delivery instructions box' during the checkout process. Enjoy unleashing your inner child!*

