



Help with

Keeping kids active

Library staff will be able to help you find these books or others on the subject.

Books to help you

- *Usborne first picture playground games* – **Claire Masset**
- *Yoga fun for toddlers, children and you* – **Juliet Pegrum**
- *Boost your child's fitness* – **Ceri Roberts**
- *Baby massage* - **Peter Walker**

Books to share

- *Hop, skip and jump* – **Lia Foa**
- *The animal bop won't stop* – **Jan Ormerod**
- *Wiggle, jump, stomp Mr Croc* – **Jo Lodge**
- *Usborne action rhymes* - **Giuliana Gregori**
- *Keep running gingerbread man* – **Steve Smallman**
- *George goes swimming* - **Nicola Smee**
- Books in the series *Baby Gym* by **Sanja Rescek**

Libraries have a wide range of information on many parenting topics - most libraries have parenting collections.

Look out for other booklists for parents on topics such as healthy eating; bereavement; fitness; weaning and breastfeeding; potty training; sleeping; safety and a new sister/brother.

Not a library member yet?

- Join for free at any Derbyshire Library or online via our website.
- Bring along a form of ID to a library.
- Anyone of any age can have their own ticket.
- Charges may apply for some items - children under 12 pay nothing for books.
- There's lots to discover in your library.

To find your nearest Derbyshire Library

Check our **website**: www.derbyshire.gov.uk/libraries
or **Call Derbyshire**: 01629 533190 or **text** 86555

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