

Grown-Up Events To Take Your Baby To In London



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Cinema, you say? I'll have to see if I can fit it into my busy schedule. Photo: [Colin Maynard/Unsplash](#)

So you've had a baby? Congratulations! But that doesn't have to be the end of your social and cultural life, and you don't need to spend a fortune on babysitters to enjoy London.

Plenty of venues run events aimed at parents with newborns — and we don't mean music classes, baby sensory sessions, soft play sessions and the like which, let's be honest, are really there for the youngsters. These are events aimed at and designed for the adults — your baby just happens to be there.

Note: when we say 'parents', most of these events are open to mum, dad, grandparents, aunts, uncles or carers — as long as you've got a baby with you (that you've acquired legally...) you're in.

Bring Your Baby pub quiz



Photo: [Bring Your Baby pub quiz](#)

Start training up the newest member of your quiz team early, at the Bring Your Baby pub quiz. They take place at pubs all over the capital during the daytime, and progress at a slower rate than your average quiz with questions repeated several times, and breaks for feeding and the like, so you won't miss anything while your little one demands your attention.

A soft flooring play area with toys and books for babies is set up at each session, and all venues have baby changing facilities and high chairs. Toddlers are welcome too, though you are asked to ensure they are supervised and entertained throughout. And obviously, there are prizes — it's a pub quiz, after all.

[Bring Your Baby pub quiz](#) — check website for next events. Teams are max six adults — you can email the organiser in advance to ask them to allocate you a team if you're flying solo, or baby-free friends are welcome too, to make up the numbers.

Bring Your Baby guided London walks



Photo: [Bring Your Baby Guided London Walks](#)

The same company which runs the pub quizzes also offers Bring Your Baby guided walks around London — ideal if your little one requires a moving pushchair to send them to sleep.

The topics of the walks are similar to those offered by any other London walking tour company. Some cover certain geographical areas, such as 'Secrets of Islington Squares', or 'Life, Death & Beyond in East Bloomsbury'. Others centre around a certain topic, such as the real-life locations of Call The Midwife, or London nursery rhymes (not all themes are to do with parenting, though!).

Everyone on the walk has a baby with them, so there's plenty of understanding if you need to stop for a change or feed. Plus, every walk involves a stop at a venue suitable for changing, feeding, and stocking up on refreshments for the grown-ups. Walks tend to last about three hours.

[Bring Your Baby guided London walks](#) — check website for upcoming walks.