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2024 Weekly Class Information

Growing Littles offers stimulating weekly classes for parents or caregivers (nannies, grandparents etc) to attend with their little ones. Classes are scheduled according to age groups so that activities can be developmentally appropriate and caregivers can meet other adults in similar parenting stages.

Which ages do you cater for?

We have classes catering for ages 4 months to 4 years old. Please contact Nicola for her timetable to determine which class might suit your Little's schedule.

What can you expect from each class?

Classes for Littles 12 months and under are 1 hour in length. Classes for 13 months and older are 1hr15 in length. The maximum capacity per class is eight children and caregivers. Classes include musical activities, fine motor and gross motor activities, free play and social interaction, a sensory or art process activity and a calm time activity (either a story, bubbles, mini massage or social/emotional connection activity with caregiver). Our classes are child-led and we will often adjust according to their needs on the day. Our aim is to provide a nurturing and calm environment in which your little one is able to explore themselves and the world around them. Expect to make new friends and gain new ideas and information in supporting your child's development.

Who is the instructor?

Nicola is a mom of two children and a teacher with over ten years of experience working with little people from birth to eleven years old. She completed her postgraduate studies in psychology and knowing her love for children, completed a PGCE in Early Childhood and Foundation Phase teaching. Nicola developed a real passion for inclusive education and she finds great meaning in working with children who need a little extra support. With a keen understanding of the building blocks required and developmental stages children pass through, she finds working with the youngest of children incredibly rewarding. She has worked for multiple leading independent schools in Cape Town and with some of the most accomplished paediatric Occupational Therapists, Physiotherapists and Speech and

Language Therapists. Nicola realised that there was a real need to create a space in the Southern Suburbs for Littles and their parents to connect in a safe and nurturing space, a parenting hub in the making. Thus, Growing Littles was born! Our class "curriculum" has been designed lovingly by her, guided by her experience working closely with Occupational Therapists, Physiotherapists and Speech and Language Therapists.

Where are the classes?

Classes are run from Nicola's home studio in Drostdy Road, Bergvliet (close to Sweet Valley Primary School). Part of the class takes place indoors in the studio space and part of the class outdoors, in the garden (weather dependent of course).

What are the fees?

Fees are R1800 per term. A once off payment or monthly payment options are available. Each term consists of 8-9 classes. There is a once off R150 registration fee.

2024 Term dates for classes:

Term 1	22 Jan - 15 March	8 weeks
Term 2	8 April - 7 June	9 weeks
Term 3	15 July - 13 Sep	9 weeks
Term 4	7 Oct - 29 Nov	8 weeks

2024 Weekly Class Timetable:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
09:00 - 10:15	13-18 months	19-24 months	19-24 months	2-3 years
10:45 - 11:45	4-7 months	8-12 months	8-12 months	13-18 months (10:45-12:00)
12:30 - 13:30			4-7 months	
15:00 - 16:15				2.5-4 years

Please note that each class has a max capacity of eight Littles. I will try my best to accommodate each family. If unable to do so, I am able to put you on a waiting list for your

desired class.

How do I book my termly spot?

Email Nicola at info@growinglittles.co.za to confirm your weekly class day and time. You will be sent a sign up form to complete via Google Forms. The termly/monthly fee plus registration fee must be paid before the term starts to confirm your spot in the class as space is limited.

We can't wait for you to join the Growing Littles family!