

Robbins Nest



AUGUST 2024

NEWSLETTER

Child Care Services



IMPORTANT DATES:

AUG 8: CLOSED FOR PERSONAL DAY

UPCOMING EVENTS

SAN DIEGO SAFARI PARK EARLY HOURS

Join Keri and Sean for a walk around the San Diego Zoo (located in downtown SD) on Sunday morning at 8:00am! Text Keri for more details. Note: Early hours entry is for pass holders only. Regular admission starts at 9:00am.

Sunday, August 11th

FOR PARENTS

As August unfolds, we embrace the final days of summer with a sense of excitement and nostalgia. It's the perfect time for families to enjoy child-friendly activities that make the most of the season. From picnics in the park and beach outings to backyard campouts and ice cream socials, August offers countless opportunities for creating cherished memories. As we savor these sun-drenched days, let's celebrate the joy and laughter of summer, making the most of every moment before the school year begins and fall arrives with its own unique charm.

NURSERY UPDATES

We have another Robbins Nest Nursery graduate! This month, baby M will be graduating and joining some of our alumni at their new daycare. We are grateful to have his spot already filled with a new friend who will begin in September. We will miss baby M and hope he loves his new school! We also welcomed a new baby M this past month and have been overloaded with newborn cuteness.

WRITTEN BY: KERI ROBBINS



LEARNING & DEVELOPMENT

Here are some fun activities you can do at the beach with your little ones:

3-9 Months

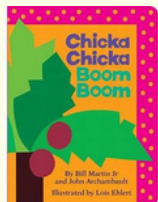
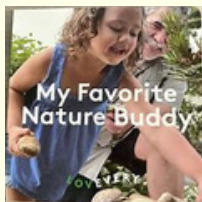
- **Sensory Exploration:** Let your baby experience the texture of sand by allowing them to touch and play with it. You can also let them dip their toes in the water, always keeping a close watch for safety.
- **Shaded Picnic:** Set up a shady spot with a beach umbrella or tent. Bring along a soft blanket, and enjoy a relaxed picnic with baby-friendly snacks while they explore their surroundings from the comfort of your lap or blanket.
- **Seashell Discovery:** Gather a few clean, smooth seashells for your baby to look at and touch. This can be a great way to stimulate their senses and introduce them to the natural beauty of the beach.

12-15 Months

- **Sandcastle Building:** Bring along some small buckets and shovels and help your toddler build simple sandcastles. They will love filling and dumping the sand, and you can guide them in creating basic shapes and structures.
- **Water Play:** Let your toddler splash and play in the shallow water, always under close supervision. They can enjoy feeling the waves, playing with floating toys, and experiencing the fun of water play in a safe environment.
- **Beach Walks:** Take a stroll along the beach and let your toddler collect interesting shells, pebbles, or driftwood. Encourage them to explore and observe the different textures and colors, making it a fun and educational experience.

READING CORNER

Reading books helps your baby's development in a number of ways. Not only does your baby get familiar with different sounds and words, but you're also creating a love for books and a passion for reading. Here are some books we are reading this month:



GENTLE SLEEP TIP

Want to have a beach day but are concerned about your child's ability to nap while there? Here are my tips so you can enjoy a beach day and not sacrifice your child's precious sleep:

- Depending on your child's nap schedule, nap on the way to the beach, on the way home, or both
- Bring a portable bed that will fit under shade such as a pack-and-play or a napping mat
- Bring a baby carrier and have a contact nap

Need more personalized solutions? Book a 30-minute call on our website!

SAFETY FIRST

At the beach:

Always ensure your infant or toddler is protected from the sun by using a high SPF sunscreen, dressing them in lightweight, long-sleeved clothing, and providing a wide-brimmed hat. Keep them hydrated with plenty of fluids, and create a shaded area with an umbrella or beach tent to avoid direct sun exposure during peak hours. Never leave them unattended near the water, and always stay within arm's reach to ensure their safety while they play and explore.

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