

Robbins Nest



SEPTEMBER 2024

NEWSLETTER

Child Care Services

IMPORTANT DATES:

Sept. 2: Labor Day (Closed)

Upcoming

Oct. 3 & 4: Closed for vacation



As we bid farewell to the long, sun-soaked days of summer, we welcome September with open arms and the promise of cooler breezes and colorful leaves. Labor Day is just around the corner, giving us a moment to pause and appreciate our hard work and the wonderful families who make our community so special. As fall approaches, we're excited for the fun, learning, and new adventures the season will bring to our little ones!

NURSERY UPDATES

This past month, we said goodbye to baby M and we are excited to welcome our new friend, baby S!

This month, we had some special visitors in our patio garden—swallowtail butterflies! These beautiful butterflies have laid their eggs among our plants, and soon, we'll see tiny caterpillars emerging. Did you know that swallowtail butterflies are known for their striking wings and are essential pollinators? They help our garden flourish by spreading pollen from flower to flower, ensuring that our plants continue to grow strong and healthy. It's a wonderful opportunity for the children to observe the wonders of nature up close!

UPCOMING EVENTS

SAFARI PARK EARLY HOURS

Join Keri and Sean for a walk around the Safari Park 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, September 8
15500 San Pasqual Valley Rd.
Escondido, CA 92027

FOR FAMILIES

WRITTEN BY: KERI ROBBINS



LEARNING & DEVELOPMENT

Here are some activities suggested by the CDC Milestones app that you can do with your child this month to encourage their development:

3-6 Months

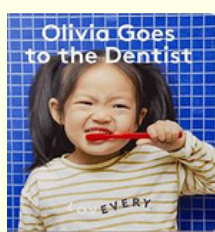
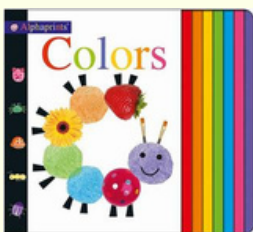
- **Tummy Time Play:** Place colorful toys just out of reach during tummy time to encourage your baby to lift their head and strengthen neck and shoulder muscles.
- **Mirror Play:** Hold your baby in front of a mirror to let them see their reflection. This helps them start recognizing themselves and develops visual tracking skills.
- **Gentle Singing:** Sing simple songs and lullabies while making eye contact. The sound of your voice is soothing and helps build early language and bonding.

9-12 Months

- **Sensory Bins:** Create a sensory bin with safe, textured items like soft fabrics, smooth stones, or rubber toys. Let them explore different textures with their hands.
- **Peekaboo Games:** Engage in peekaboo using a blanket or your hands. This simple game helps develop their understanding of object permanence and is a lot of fun!
- **Musical Play:** Introduce simple musical instruments like shakers or drums. Encourage them to make sounds, which helps develop their motor skills and rhythm.

READING CORNER

Reading books to infants is important because it stimulates early language development, strengthens the parent-child bond, and fosters a lifelong love of learning. Read to your child daily; reading books during your child's bedtime routine is a great place to start. Here are some books we are reading this month:



SAFETY FIRST

3-6 Months:

-Supervised Tummy Time: Always supervise tummy time to prevent suffocation during this muscle building exercise. Ensure the baby is on a firm, flat surface with no soft bedding around.

-Safe Sleep Environment: Place your baby on their back to sleep in a crib with a firm mattress and no loose blankets, pillows, or stuffed animals to reduce the risk of SIDS.

-Secure Car Seat: Always use a rear-facing car seat, securely fastened in the back seat, following the manufacturer's guidelines for proper installation and fit.

9-12 Months:

-Baby-Proofing: Ensure that all sharp objects, small items, and chemicals are out of reach. Use safety gates to block off stairs and hazardous areas.

-Choking Hazards: Cut up foods like grapes avoid foods like nuts, or hard candies. Always supervise during mealtime to prevent choking.

-Electrical Safety: Cover electrical outlets with safety plugs and keep cords out of reach to prevent curious little hands from pulling or biting them.

Gentle Sleep Tip

Have a consistent bedtime routine. Create a routine that works for your family and do it each night. This helps communicate to your child that it is bedtime. Consistency makes it easier!

WRITTEN BY: KERI ROBBINS