

Robbins Nest



NOVEMBER 2024

NEWSLETTER

Child Care Services

IMPORTANT DATES:

Nov. 3: Daylight Savings

Nov. 11: Closed for Veteran's Day

Nov 12-14: Closed for Vacation

Nov. 17: Keri's Birthday

Nov. 27-29: Closed for Thanksgiving Break



Happy November! Last month, Robbins Nest Nursery celebrated our five-year anniversary! We want to express our sincere gratitude to all the families who have entrusted us with their care; we are genuinely thankful!

November invites us to honor our veterans, celebrate Thanksgiving, and enjoy the cooler weather. We appreciate your support in following our activities this month. We hope you spend quality time with loved ones, enjoy some fun, and stay safe throughout the holiday season.

NURSERY UPDATES

We are presently working on home repairs due to a pipe leak that caused water damage. During this process, we are excited to improve some aspects of our home as well. The timeline for completing the repairs depends on our insurance, but we expect them to be finalized in the near future!

FOR FAMILIES

SAFARI PARK EARLY HOURS

Join Keri and Sean for a walk around the Safari Park on Sunday morning, one hour before the park opens! Text Keri for more details. Note: Early hours entry is for pass holders only. Regular admission starts at 9:00am.

Sunday, November 3rd
8:00am

15500 San Pasqual Valley Rd.,
Escondido, CA 92027

UPCOMING EVENTS

LIBERTY STATION HOLIDAY TREE LIGHTING

Gather your loved ones and enjoy a magical evening of the iconic 88-foot Norfolk pine tree lighting as well as live entertainment, festive firetruck rides, free photos with Santa, and The Grinch movie showing.

Friday, November 29th
5:00pm to 9:00pm

FOR FAMILIES

WRITTEN BY: KERI ROBBINS



LEARNING & DEVELOPMENT

“It is paradoxical that many educators & parents still differentiate between a time for learning and a time for play without seeing the vital connection between them.”

-Leo Buscaglia

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

6-9 Months

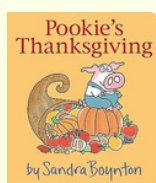
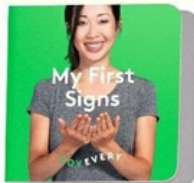
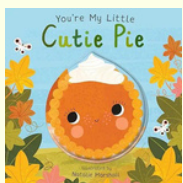
- Use “back and forth” play with your baby. Pass a ball back and forth or take turns doing an activity.
- “Read” to your baby every day by looking at colorful pictures and talking about them.
- Teach your baby simple sign language. This helps your baby learn to communicate before they can use words. Some great first signs to teach are “milk”, “all done”, “more”, “diaper”.

12-18 Months

- Limit screen time to video calls with loved ones. Talking, playing, and interacting with others is how children learn.
- Let your child use an open cup (no lid) for drinking and practice using a spoon or fork for eating. Learning to eat and drink is messy, but it can be so cute!
- Play simple games such as “hide and seek”. Let your child watch you hide behind a chair and let them “find” you.

READING CORNER

Did you know children who are read to for 20 minutes a day are exposed to 1.8 million words per year? Here are some books we are reading this month:



SAFETY FIRST

6-9 months:

You have likely started or are about to start introducing solid foods to your little one. Make sure you are aware of how to prepare and serve foods safely to avoid the risk of choking. We highly recommend taking an infant CPR/First-Aid class so you know what to do in an emergency.



12-18 months:

Your baby may start to have tantrums around this age. They are very normal and are more likely to occur when your child is tired. It is ok to let your child have the tantrum without doing anything, as long as they are safe. It is ok to give them space to calm down, or to give yourself space to calm down as long as your child is in a safe environment. If you feel your child may hurt themselves during a tantrum through behaviors such as head banging or throwing their body around, place them in an area with padding or use a pillow to pad the surface. Remember tantrums become less frequent with age.

GENTLE SLEEP TIP

As Daylight Savings comes to an end, it's time to prepare for the upcoming time change! To help your child adjust (and avoid waking up an hour earlier), gradually shift their bedtime later in the days leading up to Sunday, November 3rd. Aim to move bedtime forward by 15 to 20 minutes each night until it reaches an hour later. Be ready for your child to wake up at the usual time, and gently encourage them to return to sleep until it's an appropriate wake-up time. Keep in mind that altering your child's routine takes consistency and patience, as they will need some time to fully adapt.

Need assistance in enhancing your child's sleep? Keri is here to help!

WRITTEN BY: KERI ROBBINS