

Robbins Nest



OCTOBER 2024

NEWSLETTER

Child Care Services

IMPORTANT DATES:

Oct 3-4: Closed for Vacation

Oct 14: Closed for Indigenous Peoples Day

Oct 15: Baby L's 1st Birthday!

Oct 31st: Halloween & Nursery Costume Day

Upcoming

Nov 11: Closed for Veteran's Day



Spooky season is here, and Robbins Nest is all decked out for Halloween! We're excited to celebrate with a special Costume Day on Thursday, October 31st. We'll be capturing plenty of fun photos and creating themed crafts, so your little ones will have some frightfully delightful memories to take home. Participation is optional, and if you don't have a costume but would like your child to join in, let us know—we have some extras available to borrow for the day. Wishing everyone a safe and spook-tacular Halloween!

NURSERY UPDATES

This past month, we said goodbye to another Robbins Nest Nursery Graduate. Baby V had been with us since August 2023 and was a pure joy to have. We will miss you greatly but look forward to seeing you on our drop-in days! We have a new Fall Activity Guide available for download on our website. It has some great ideas for celebrating the fall festivities with your little one. You can find it under our "Free Resources" tab.

UPCOMING EVENTS

BERNARDO WINERY FALL ARTS & CRAFTS FAIR

47th Annual Fall Arts and Crafts Fair, a San Diego tradition for the whole family. Over 125 vendors, food, wine and activities!

October 19 & 20
10:00a-5:00p
Free admission

FOR FAMILIES

KIDS FREE OCTOBER!

Throughout the month of October, youths receive free admission with a paid adult ticket to the San Diego Zoo & Safari Park and free admission to over 50 museums throughout San Diego.

More info can be found at:
sandiegomuseumcouncil.org

FOR FAMILIES

WRITTEN BY: KERI ROBBINS



LEARNING & DEVELOPMENT

“Play is the highest form of research.”

-Albert Einstein

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

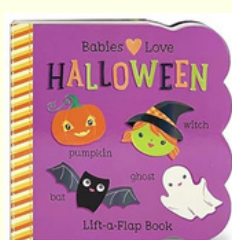
- Stay close to your baby but let them explore.
- Repeat sounds your baby makes and say simple words that match the sound. For example, if baby says “baba” you can repeat “baba” and say “ball.”
- Place toys a little out of reach & encourage your baby to crawl to get them. Celebrate when they reach them.

12-18 Months

- Sing songs with gestures, such as “Wheels on the Bus” or “Itsy Bitsy Spider.” See if your child tries to do some of the actions.
- Tell your child the names of objects when they point to them and wait a few seconds to see if they make any sound, acknowledge the sound and repeat the name again. “Yes! Cup!”
- Sing or play children’s songs and songs your family enjoys. Dance around with your child.

READING CORNER

Reading storybooks to children is one of the most important activities for developing the knowledge required for eventual success in reading. 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

6-9 months:

Ensure your baby’s sleep environment is safe. Use sleep surfaces approved for infants. The mattress should have only a fitted sheet with nothing extra in the bed. If using a crib, ensure the mattress is lowered since your baby can now sit and/or stand.



12-18 months:

Have a “yes” space for your toddler. Toddlers are very curious and will want to explore everything within their reach. It can be frustrating to have to repeat the words “no” or “stop” often. Having a space where your toddler can explore freely, walk and climb safely, and can be left to play independently for a short time is very helpful. Ensure all choking and strangulation hazards are removed. Cover outlets and keep electrical devices out of reach. Ensure any large bookcases or dresser type items are secured to the wall with a safety strap. Remove anything breakable from the area.

Gentle Sleep Tip

Have steady routines for sleeping and feeding. Create a calm, quiet bedtime routine for your child. Ex. milk, Pjs, brush teeth, books, in bed. Consistency make it easier!

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