

Robbins Nest

OCTOBER 2025

NEWSLETTER

Child Care Services

IMPORTANT DATES:

Oct 6: Closed for Professional Development Day

Oct. 8: Robbins Nest Nursery's 6th Anniversary

Oct 13: Closed for Indigenous Peoples Day

Oct. 27-29: Closed for vacation

Oct 31st: Halloween & Nursery Costume Day



This October marks a special milestone—Robbins Nest Nursery is celebrating 6 wonderful years. In that time, we've had the privilege of caring for and loving 19 amazing babies, each becoming part of our story. As we celebrate, we also take time to honor Indigenous Peoples' Day, recognizing the strength, history, and contributions of Native communities. Our nursery is fully decorated for fall, and we're excited to host our annual Halloween costume party while beginning to prepare for the holiday season. Follow us on Instagram to enjoy the celebrations with us.

NURSERY UPDATES

This month marks a very special milestone – Robbins Nest Nursery's 6th anniversary. Over the years, we have had the privilege of caring for and loving 19 amazing babies. Each one has brought joy, laughter, and unique memories that have shaped our little nest into what it is today. We are deeply grateful to the families who have trusted us with their most precious treasures and supported us along the way. Reaching six years is a reminder of the community we've built together and the love that continues to fill our home each day.

UPCOMING EVENTS

KIDS FREE OCTOBER!

Throughout the month of October, youths receive free admission with an adult with a valid form of admission 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

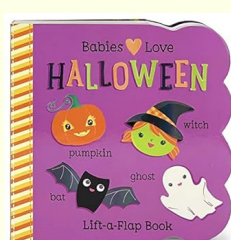
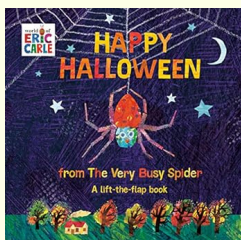
- Stay close to your baby but let them explore.
- Repeat sounds your baby makes and say simple words that match the sound. For example, if baby says “baba” you can repeat “baba” and say “ball.”
- Place toys a little out of reach & encourage your baby to crawl to get them. Celebrate when they reach them.

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

As we move into the cooler months and the holiday season, it’s natural for more colds and illnesses to start making their rounds. Young children, especially infants and toddlers, are still building their immune systems, which makes them more vulnerable to catching and spreading germs. While some sickness is inevitable, there are simple, proactive steps families can take to help keep little ones as healthy as possible.

Good handwashing habits are one of the best defenses—encourage children (and grown-ups!) to wash hands thoroughly before meals, after playing, and when returning home from outings. Making sure children get plenty of sleep and balanced nutrition helps strengthen their immune systems and gives their bodies the tools they need to fight off illness. Regular outdoor play, even in cooler weather, also supports overall wellness.

If your child does get sick, keeping them home until they’re fully recovered is key to preventing the spread of illness to others. Teaching little ones to cover coughs and sneezes, and practicing extra sanitizing of toys and surfaces at home, can make a big difference too. By working together, we can help create a healthier environment for all our children during this busy season.

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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