Robbins Nest

NOVEMBER 2023

NEWSLETTER

Child Care Services

NURSERY UPDATES

We are getting a paint job! Robbins Nest's exterior is getting painted this month. Painting is scheduled to be from 11/2-11/14. This schedule is weather permitting and is subject to change.

IMPORTANT DATES:

Nov. 3-6: Closed for vacation

Nov. 5: Daylight Savings

Nov. 10: Closed for Veterans Day (observance)

Nov. 17: Baby A's graduation day, Keri's Birthday

Nov. 22-24: Closed for Thanksgiving Break

Happy November! We are so thankful to have you here to read and learn what we are doing this month. It is a bittersweet month as we are saying goodbye Baby A. They are aging-out and graduating from our program after being with us since they were six weeks old. We hope you love your new school and continue to learn and grow. We will miss you! We still have a nursery opening. If you know anyone who may be interested in touring, please share. We hope you get to spend time with loved ones, have some fun, and stay safe over the holiday season.

UPCOMING EVENTS

FOR CHILDREN

LOVESTRONG FAMILY FUNFEST

Join LoveStrong Wellness at their 3rd annual celebration of families! There will be FREE carnival games, raffles, taco bar, & sweet treats. Plus, prenatal, postpartum, family info and products for sale.

Sunday, November 5th,2023
11:00a-3:00p
16935 W. Bernardo Dr. Suite 140

FOR PARENTS

RANCHO BERNARDO FARMER'S MARKET

Shop local produce, artisan goods, handmade items and more!

Friday, November 10th, 2023
9:00a-1:00p

Bernardo Winery
13330 Paseo Del Verano Norte, San Diego, CA

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:
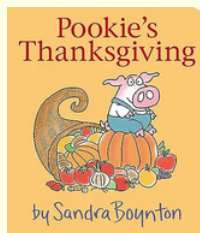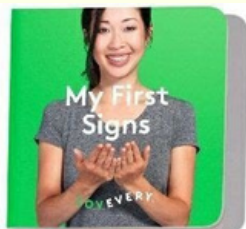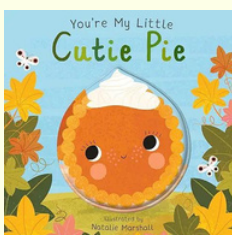
6-9 Months
- Use "back and forth" play with your baby. Pass a ball back and forth or take turns doing an activity.
- "Read" to your baby every day by looking at colorful pictures and talking about them.
- Teach your baby simple sign language. This helps your baby learn to communicate before they can 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

Daylight Savings is coming!

Help your child adjust to the time change by shifting their bedtime earlier, by about 10-15 minutes each night prior to Sunday, November 5th.

Need support with improving your child's sleep? Keri can help!

WRITTEN BY: KERI ROBBINS