



Robbins Nest

JULY 2025

NEWSLETTER

Child Care Services

As we enter July, a time traditionally marked by celebration and patriotism, we also recognize the complexity of what it means to honor our country during a moment of reflection and challenge. Independence Day, observed on July 4th, commemorates the signing of the Declaration of Independence in 1776—a pivotal moment in our nation's history.

While many will gather for fireworks and festivities, this year invites us to also pause and reflect on the values our nation was founded on—liberty, justice, and unity—and how we can work together to uphold them in today's world. It's a time to both celebrate and reimagine, to honor the past while caring deeply about the future we're shaping for our children.

UPCOMING EVENTS

Pajamas Storytime at Rancho Bernardo Library

Put on your pajamas, grab your favorite stuffed animal and head to the library for story time.

Monday, July 28th at 6:30-7:00pm

FREE

IMPORTANT DATES:

July 2-5: Closed

July 4: Independence Day

July 25: Closed for vacation

NURSERY UPDATES

On June 17, 2025, Robbins Nest Nursery received another unannounced inspection from the California Department of Social Services and we're proud to share that we passed with flying colors once again. Our home met and exceeded all standards for licensed in-home childcare, and the inspection report is available to view through the CDSS Facility Search tool. If you haven't used it before, this tool lets families check the compliance history of any licensed childcare provider in California. We always encourage families to do their research, and you can find the link and our license number on our website. We remain committed to safety, transparency, and exceptional care—every single day.

WRITTEN BY: KERI ROBBINS



LEARNING & DEVELOPMENT

*"Intelligence plus character-that is the goal of true education."
~ Dr. Martin Luther King Jr.*

GENTLE SLEEP TIP

If your child's sleep has been thrown off from all the holiday fun or travel, you can still get back on track. Begin by reminding yourself, and your older child, what the bedtime routine was prior to the holidays. Begin by offering more support while your child adjusts back into their ideal sleep routine. You may get some resistance from your little one, and that is ok. Remind them, and yourself, why it is important to return to your routine. Be patient and consistent and you will get back on track!!

Here are some activities you can do with your child this month to encourage their development:

Newborn-3 Months

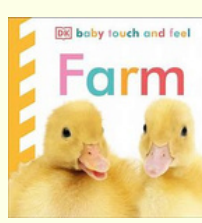
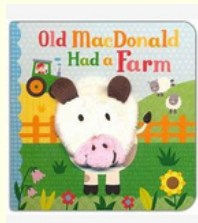
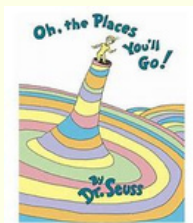
- Place your baby on their tummy while they are awake to help strengthen their neck, shoulder, and arm muscles. This promotes motor skills and prevents flat spots on the head.
- Engage with your baby through talking, singing, and making facial expressions. This encourages social and emotional development, helping them recognize and respond to different stimuli.
- Provide a variety of textures, sounds, and visual stimuli, such as soft toys, rattles, and high-contrast images. This aids in sensory development and helps your baby learn about their environment.
- Create a consistent daily routine for feeding, sleeping, and playtime. This helps your baby feel secure and understand the structure of their day, which can promote overall well-being and development.

9-12 Months

- Provide safe spaces for crawling, standing, and cruising along furniture. This helps strengthen your baby's muscles and coordination, supporting their physical development and preparing them for walking.
- Engage in games like peek-a-boo, pat-a-cake, and simple puzzles. This fosters cognitive development, hand-eye coordination, and social skills, while also making learning fun.
- Offer a variety of textures and flavors. This helps develop your baby's palate and fine motor skills as they learn to pick up and chew different types of foods, contributing to their nutritional and physical growth.
- Share picture books and read aloud. This promotes language development, listening skills, and bonding. Pointing to and naming objects in the book helps expand your baby's vocabulary and comprehension.

READING CORNER

Reading aloud to children, starting at birth, helps build brain connections during the first 5 years of their life. Encourage your child's learning early on by reading to them daily. Here are some books we are reading this month:



SAFETY FIRST

There have already been several infant product recalls in 2025 involving items such as swings, loungers, teething sticks, high chairs, baby food, and baby gates; many due to safety concerns like choking hazards, suffocation risks, or non-compliance with federal safety standards. We encourage all families to stay informed and regularly check for updates to ensure their child's environment remains safe. You can view the most current and official recall information by visiting the Consumer Product Safety Commission's Recalls page or the Keeping Babies Safe recall list.

WRITTEN BY: KERI ROBBINS