

Robbins Nest



JULY 2024

NEWSLETTER

Child Care Services

IMPORTANT DATES:

July 3-5: Closed for Vacation

July 4: Independence Day

July 18: Baby J's first birthday!

July is an important month for America as it marks the celebration of Independence Day on the 4th. This national holiday commemorates the adoption of the Declaration of Independence in 1776, signifying the birth of the United States as an independent nation. Throughout the month, Americans come together to honor their history with patriotic events, fireworks, parades, and family gatherings, reflecting on the values of liberty and unity that define the country.

UPCOMING EVENTS

Summer Movies in the Park

Saturday, July 13 @ 6:30pm

"Kung Fu Panda 4" on a giant inflatable screen under the stars. This special Summer Movies in the Park showing takes place at Rancho Bernardo Community Park. Pre-show activities include arts & crafts, face painter, and music/DJ. Free event!

18448 West Bernardo Drive, San Diego, CA 92127
United States



NURSERY UPDATES

On Friday, June 28th, Robbins Nest Nursery had an unannounced visit from the California Department of Social Services to ensure our home was meeting the state's expectations for an in-home licensed childcare facility. We are proud to announce that we met and exceeded all expectations set forth by the in-home childcare licensing department. Our analyst wrote their report summarizing their visit and the report can be found through the California Department of Social Services Facility Search feature. If you didn't know, all licensed childcare homes and centers can be searched on this website to see if they have received any safety violations. We highly recommend you search the license number of any childcare facility you are considering for you child. The link to search licenses can be found on our website.

WRITTEN BY: KERI ROBBINS



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!!

LEARNING & DEVELOPMENT

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

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

Newborn-3 Months

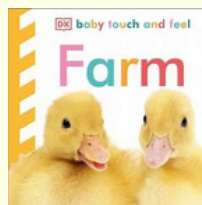
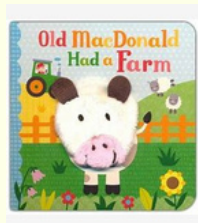
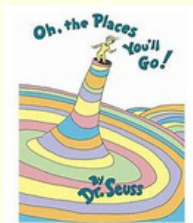
- Place your baby on their tummy while they are awake to help strengthen their neck, shoulder, and arm muscles. This promotes motor skills and prevents flat spots on the head.
- Engage with your baby through talking, singing, and making facial expressions. This encourages social and emotional development, 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

Hatch is recalling nearly 1 million power adapters sold with Rest 1st Generation sound machines because their plastic housing can detach, posing an electrical shock hazard to users, the sleep device maker said in a notice posted by the U.S. Consumer Product Safety Commission. People with the recalled power adapters should stop using them and contact the company for a replacement. Hatch can be reached at (888) 918-4614 from 9 a.m. to 5 p.m. Pacific Time Monday through Friday, by email at recall@hatch.co or online at www.hatch.co/adapterrecall.

WRITTEN BY: KERI ROBBINS