

# Robbins Nest



FEBRUARY 2024

# NEWSLETTER

Child Care Services

As we step into February, we embark on a month of profound significance – Black History Month. February stands as a poignant reminder to honor the achievements, resilience, and cultural richness of the Black community. Black History Month provides us with an opportunity to explore the stories of trailblazers, activists, and visionaries who have helped shape our world. Join us in celebrating the importance of Black History Month as we strive for a more inclusive and enlightened future.

## UPCOMING EVENT

### LUNAR NEW YEAR @ SAN DIEGO ZOO

Lunar New Year and Wild Weekend: Asian Rainforest at the San Diego Zoo. Discover fun activities for the whole family. Enjoy special snacks, crafts and wildlife care specialist talks throughout the day as we celebrate the Year of the Dragon.

February 17 & 18, 2024  
San Diego Zoo admission  
required

FOR FAMILIES

## IMPORTANT DATES:

Feb. 10: Lunar New Year

Feb. 14: Valentine's Day- Dress up for pictures!

Feb. 19: CLOSED for President's Day

Feb. 28: Baby M's 1st Birthday



“Never forget that justice is what love looks like  
in public.”

~ Cornel West

## NURSERY UPDATES

We have a birthday! Baby M is celebrating his first birthday at the end of this month. We are so excited to celebrate you and all that you have accomplished in your first year of life.

We are also excited to share we officially have a full house! For the first time since we opened in 2019, Robbins Nest is at full capacity, all five days of the week. We were happy to start small and are so proud of our growth over the years.

Don't forget to dress up for Valentine's Day photos!

WRITTEN BY: KERI ROBBINS



## LEARNING & DEVELOPMENT

*“Education is the most powerful weapon which you can use to change the world.”*

—Nelson Mandela

Here are some activities suggested by the CDC Milestones app that you can do with your child this month to encourage their development:

### 3-6 Months

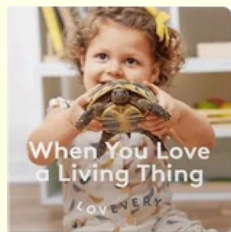
- Learn to read your baby’s moods. If he’s happy, keep doing what you are doing. If he’s upset, take a break and comfort your baby.
- Respond positively to your baby. Act excited, smile, and talk to him when he makes sounds. This teaches him to take turns “talking” back and forth in conversation.
- Let your baby have time to move and interact with people and objects throughout the day. Try not to keep your baby in swings, strollers, or bouncy seats for too long.
- Sing and talk to your baby as you help her “exercise” (move her body) for a few minutes. Gently bend and move her arms and legs up and down.

### 9-12 Months

- Learn when your baby is hungry or full. Pointing to foods, opening his mouth to a spoon, or getting excited when seeing food are signs that he is hungry. Others, like pushing food away, closing his mouth, or turning his head away from food tells you that he’s had enough.
- Make sure your baby gets enough sleep: 4-12 month olds need 12 to 16 hours of sleep a day (including naps). Consistent sleep times make it easier!
- Put your baby close to things that she can pull up on safely.

## READING CORNER

It’s not just how often you read together, but how you read together. Starting conversations about the stories, labeling objects in the pictures, and describing the feelings of the characters are important tools to drive your child’s language learning. Here are some books we are reading this month:



## SAFETY FIRST

### 3-6 Months:

Talk with your baby’s doctor about when to start solid foods and what foods are choking risks. Breast milk or formula is still the most important source of “food” for your baby. Allow your baby to put safe things in their mouth to explore them. This is how babies learn. For example, let them see, hear, and touch things that are not sharp, hot, or small enough to choke on.



### 9-12 Months:

Give your baby safe places to explore. Baby-proof your home. For example, move sharp or breakable things out of reach. Lock away medicines, chemicals, and cleaning products. Save the Poison Help Line number, 800-222-1222, in all phones.

## GENTLE SLEEP TIP

It is OK to pick your child up to calm them down if they become very upset during sleep times. Remember, young children still need their caregivers to help them calm down when they are upset. Children sleep easier when they are not in a dysregulated state. Feel stuck with having to hold your child all night? Let’s chat!



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