

Robbins Nest



MAY 2024

NEWSLETTER

Child Care Services

IMPORTANT DATES:

May 12: Mother's Day

May 27: CLOSED for Memorial Day



Welcome to our May newsletter, where we celebrate the blooming spirit of spring and honor the significance of Memorial Day. As flowers begin to bloom and the sun warms our days, let us also take a moment to reflect on the sacrifices made by brave men and women who served our country, shaping the course of history. This month, we reflect on the sacrifices of those who have served, ensuring their legacy lives on in our hearts and our nation's history.

UPCOMING EVENTS

KIDS SCAVENGER HUNT AT LAKE POWAY

Join docent Carol Simpson in a fun adventure for kids of all ages. Search for some of the hidden treasures in Blue Sky!

Saturday, May 11th
9:00a-11:00a

Blue Sky Ecological Reserve
16275 Espola Road, Poway

FOR CHILDREN

SUSTAINABLE GARDENING FOR POSITIVE ENVIRONMENTAL IMPACT

Learn how to minimize your environmental impact with principles of sustainable gardening,

Saturday, May 18th 9:30am

Walter Anderson Nursery
12755 Danielson Ct, Poway

FOR PARENTS

NURSERY UPDATES

We have a new member of the family! Last month, a red-eared slider turtle hatchling was found in our community pool, and in need of rescuing. We decided to provide it with a loving home and named it "Tortellini". We've also recently added some tank mates, a few ghost shrimp and apple snails. Everyone seems happy and are thriving in their mini-ecosystem.

WRITTEN BY: KERI ROBBINS



LEARNING & DEVELOPMENT

“The path of development is a journey of discovery that is clear only in retrospect, and it’s rarely a straight line.”

— Eileen Kennedy-Moore

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

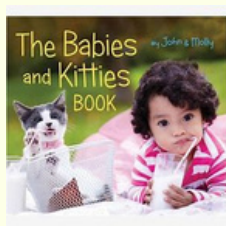
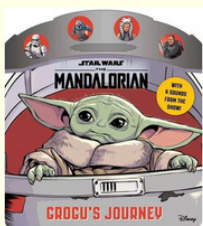
- Teach your baby to wave “bye-bye” or shake their head “no.” For example, wave and say “bye-bye” when you are leaving. You can also teach simple baby sign language to help your baby tell you what they want before they can use words.
- Play games with your baby, such as “My Turn, Your Turn”. Try this by passing a toy back and forth.
- Ask for behaviors that you want, rather than what you don’t. For example, instead of saying “don’t stand,” say “time to sit.”

12-18 Months

- Use positive words and give more attention to behaviors you want to see (“wanted behaviors”). For example, “Look how nicely you put the toy away.” Give less attention to those you don’t want to see.
- Have steady routines for sleeping and eating. For example, sit at the table with your child when she’s eating meals and snacks. This helps set mealtime routines for your family.
- Give toys that your child can push or pull safely.

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:

Stay close to your baby as they explore and moves around your home, so they can see that you are near. Supervise your child while they are exploring and be on the lookout for safety hazards. Use this opportunity to determine areas in need of baby-proofing products. Creating a “yes” zone can reduce safety risks and frustration for all.



12-18 months:

The weather is warming up and it is almost time to be outside. If you plan to bring your little one around water, be sure to follow safety tips to keep them safe. Watch children when they are in or around water, without being distracted. Keep them within an arm’s reach of an adult. Empty tubs, buckets, containers and kids’ pools immediately after use. Store them upside down and out of children’s reach. Children in baby bath seats and rings must be watched every second. Close lids and doors to prevent unsupervised access to water sources.

GENTLE SLEEP TIP

It is never too late to improve your child’s sleep. While starting early on can make the process slightly easier, older children can still learn how to sleep independently.

Keri is certified to work with children ages newborn- 6 years old. If you are in need of sleep support, please reach out!

WRITTEN BY: KERI ROBBINS