

Robbins Nest

AUGUST 2025

NEWSLETTER

Child Care Services



IMPORTANT DATES:

UPCOMING: Sep. 1-
Closed for Labor Day

August is here, and we're soaking up the last stretch of summer! It's the perfect time to slow down a little, spend time outside, and make fun memories with your little ones—whether that's a beach day, park picnic, or backyard popsicles. Before fall routines kick in, let's enjoy these sunny days while they last!

NURSERY UPDATES

We had some exciting changes this past month at Robbins Nest Nursery. We celebrated Baby L's graduation, which was a bittersweet goodbye to a sweet friend, and we welcomed two new little ones, Baby A and Baby K, to our cozy nest. Everyone is settling in beautifully. We also added a new 4-seater wagon to our collection, which means more outdoor adventures are in store for our growing group. Keep an eye on our Instagram for some adorable photos coming soon!

UPCOMING EVENTS

STORYTIME WITH TRINITY THEATRE

FOR CHILDREN

Actors from Trinity Theatre Co. will read *Doug Unplugged* by Dan Yaccarino and then perform the story as a play! Children are encouraged to participate. After the show, stay for a craft!

Rancho Bernardo Public Library
Monday, August 11, 2025
6:30pm–7:00pm

WRITTEN BY: KERI ROBBINS



GENTLE SLEEP TIP

Want to have a beach day but are concerned about your child's ability to nap while there? Here are some suggestions so you can enjoy a beach day and not sacrifice your child's precious sleep:

- Depending on your child's nap schedule, try a nap on the way to the beach, on the way home, or both
- Bring a portable bed that will fit under shade such as a pack-and-play or a napping mat
- Bring a baby carrier and have a contact nap

Need more personalized solutions? Book a 30 - minute call on our website!

LEARNING & DEVELOPMENT

Here are some fun activities you can do at the beach with your little ones:

3-9 Months

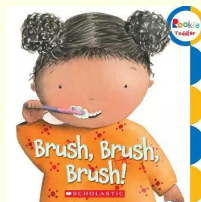
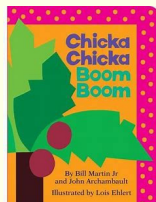
- **Sensory Exploration:** Let your baby experience the texture of sand by allowing them to touch and play with it. You can also let them dip their toes in the water, always keeping a close watch for safety.
- **Shaded Picnic:** Set up a shady spot with a beach umbrella or tent. Bring along a soft blanket, and enjoy a relaxed picnic with baby-friendly snacks while they explore their surroundings from the comfort of your lap or blanket.
- **Seashell Discovery:** Gather a few clean, smooth seashells for your baby to look at and touch. This can be a great way to stimulate their senses and introduce them to the natural beauty of the beach.

12-15 Months

- **Sandcastle Building:** Bring along some small buckets and shovels and help your toddler build simple sandcastles. They will love filling and dumping the sand, and you can guide them in creating basic shapes and structures.
- **Water Play:** Let your toddler splash and play in the shallow water, always under close supervision. They can enjoy feeling the waves, playing with floating toys, and experiencing the fun of water play in a safe environment.
- **Beach Walks:** Take a stroll along the beach and let your toddler collect interesting shells, pebbles, or driftwood. Encourage them to explore and observe the different textures and colors, making it a fun and educational experience.

READING CORNER

Reading books helps your baby's development in a number of ways. Not only does your baby get familiar with different sounds and words, but you're also creating a love for books and a passion for reading. Here are some books we are reading this month:



SAFETY FIRST

At the beach:

Always ensure your infant or toddler is protected from the sun by using a high SPF sunscreen, dressing them in lightweight, long-sleeved SPF clothing, and providing a wide-brimmed hat. Keep them hydrated with plenty of fluids and create a shaded area with an umbrella or beach tent to avoid direct sun exposure during peak hours. Never leave them unattended near the water, and always stay within arm's reach to ensure their safety while they play and explore.

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