

Robbins Nest



JANUARY 2024

NEWSLETTER

Child Care Services

IMPORTANT DATES:

Jan. 1: New Year's Day

Jan. 15: Closed for
Martin Luther King Jr.
Day

It is officially 2024! We hope you had a safe holiday season filled with love. This month we are celebrating Dr. Martin Luther King Jr. on his birthday and remembering all he did for the civil rights movement. Although many inequalities and injustices still exist, Dr. Martin Luther King Jr. helped facilitate changes in our society and did so respectfully and through non-violent actions.

"I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character."

~Dr. Martin Luther King Jr.



NURSERY UPDATES

Robbins Nest Nursery is starting the new year off with some bittersweet updates. We are saying goodbye to one of our long-time students, baby S. Baby S has been with us since October 2022 and is aging out this month. We will miss them and their family so much and wish them the best at their new daycare. Although we are sad to say goodbye, we are excited to welcome two new friends this month!

I HAVE
A DREAM

UPCOMING EVENTS

MAGICAL MEET & GREET

Magical Meet & Greet Event
every Sunday from 11am-2pm!
Meet your favorite characters,
enjoy free fun activities.

1/7: Barbie and Ken
1/14: Poppy and Branch
1/21: Ariel and Moana
1/28: Bluey w/ assistant

North County Fair Mall

FOR CHILDREN

POWAY WINTER FESTIVAL

Experience the magic and charm
of winter like never before!

Friday, January 12 from 5:00 to
9:00 p.m. and Saturday, January
13 from 3:30 to 8:30 p.m.

Poway Community Park
13094 Civic Center Drive
Poway, CA 92064

FOR FAMILIES

WRITTEN BY: KERI ROBBINS

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LEARNING & DEVELOPMENT

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

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

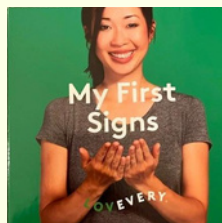
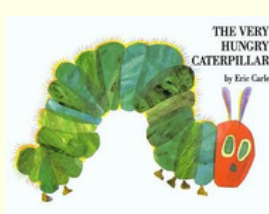
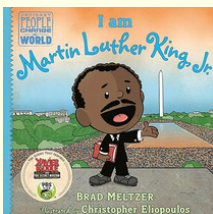
- Respond positively to your baby. Act excited, smile, and talk to him when he makes sounds. This teaches him to take turns “talking” back and forth in conversation.
- Provide safe opportunities for your baby to reach for toys, kick at toys and explore what is around her. For example, put her on a blanket with safe toys.
- Allow your baby to put safe things in his mouth to explore them. This is how babies learn. For example, let him see, hear, and touch things that are not sharp, hot, or small enough to choke on.

9-12 Months

- Teach your baby “wanted behaviors.” Show her what to do and use positive words or give her hugs and kisses when she does it. For example, if she pulls your pet’s tail, teach her how to pet gently and give her a hug when she does it.
- Talk or sing to your baby about what you’re doing. For example, “Mommy is washing your hands” or sing, “This is the way we wash our hands.”
- Build on what your baby tries to say. If he says “ta,” say “Yes, a truck,” or if he says “truck,” say “Yes, that’s a big, blue truck.”

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

3-6 Months:

Feed only breast milk or formula to your baby. Babies are not ready for other foods, water or other drinks for about the first 6 months of life.



9-12 Months:

Find out about foods that are choking risks. Let your baby practice feeding himself safe foods with his fingers and using a cup with a small amount of water. Sit next to your baby and enjoy mealtime together. Expect spills. Learning is messy and fun!

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 with your child and with yourself. Offer reassurance while encouraging the sleep habits you know they are capable of. Remember, being consistent will make the adjustment easier on your child and will get you to your goals quicker!

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