

Robbins Nest



MARCH 2024

NEWSLETTER

Child Care Services



March is here already! This month are celebrating Women's History month, St. Patrick's Day, Holi and Easter. Did you know Keri earned her bachelor's degree in Women's Studies from UCR in 2015? Women's History Month honors and recognizes the important roles women have played in shaping history, society, and culture. It's an opportunity to highlight their achievements, raise awareness of gender inequality, and promote gender equity and inclusivity in all aspects of life. We encourage you to explore the history of women's rights and to be aware of the many issues women still face today.

NURSERY UPDATES

The doves are back! Last March we had a pair of mourning doves build a nest in one of our patio plants. A couple weeks later, they laid two eggs and two baby doves hatched. We got a second clutch of eggs and two more babies by the end of the season. We had moved the plant where the nest was but kept the planter in the exact same spot, hoping they would return again this year, and they did! They have already touched up the nest, laid two eggs, and both babies have hatched. Follow @robbinsnestnursery on Instagram to follow their journey.

IMPORTANT DATES:

March 10: Daylight Saving Time starts

March 17: St. Patrick's Day

March 25: Holi

March 31: Easter Sunday

UPCOMING EVENTS

ONLINE WORKSHOP: GENERATIONAL HEALING

Tools for breaking dysfunctional patterns in parenting. The material covered in this class will help parents of **toddlers through young adults**.

Live Class with Dr. Dan Siegel & Susan Stiffelman, MFT
Virtual Event

March 6 at 12:00 PM PT

Link to register is posted under "events" on our site.

FOR PARENTS

BABY & TODDLER STORYTIME

Babies and toddlers ages 0-18 months and their caregivers will enjoy songs, lap-sits and rhymes that foster early literacy skills.

SD Library Community Room - Carmel Valley

Thursday, March 14, 2024

10:00am - 10:30am

FOR CHILDREN

WRITTEN BY: KERI ROBBINS



LEARNING & DEVELOPMENT

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

4-9 Months

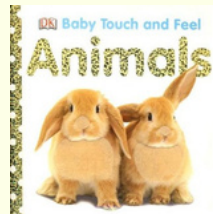
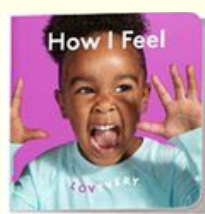
- Pay close attention to how your baby reacts to different things. This will help you learn what they like and don't like and what makes them feel good.
- Talk with your baby's doctor about when to start solid foods and what foods are choking risks. Breast milk or formula is still the most important source of "food" for your baby. Food is fun before one!
- Help your baby learn they can calm down. Talk softly, hold, rock, take deep breaths, sing to them, or let her suck on their fingers or a pacifier. You may offer a favorite toy or stuffed animal while you hold or rock them. Babies learn to calm themselves from caregivers who are calm and make them feel safe.

12-15 Months

- Help your baby get used to foods with different tastes and textures. Foods can be smooth, mashed, or finely chopped. Your baby might not like every food on the first try. Give your baby a chance to try foods again and again.
- Let your baby push things around, such as empty boxes, a "kiddie chair," or "push toys," so they can practice walking.

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

4-9 months:

When it is time to offer solids, find out about choking risks and safe foods to feed your baby. Let them practice feeding themselves with their fingers and offer a cup with a small amount of water or a straw cup. Sit next to your baby and enjoy mealtime together. Expect spills! Learning is messy and fun! Ensure you know what to do if your baby does start choking. Take a class or become certified in CPR and first-aid!



12-15 months:

Redirect your baby quickly and consistently by giving them a toy or moving them if they are getting into things you don't want them to get into. Save "no" for behaviors that are dangerous. When you say "no," say it firmly. Do not punish, yell, or give long explanations as they do not understand.

GENTLE SLEEP TIP

Daylight Savings is coming! Help your child adjust to the time change by shifting their schedule ahead of time. Springing forward means we are waking up an hour earlier. This can be great for parents because babies tend to "sleep in" after the time change since their wake-up time tends to remain the same. However, if you need your baby to wake at the same time each day, it may be helpful to move their bedtime earlier. Here are some tips for doing so:

- Begin moving bedtime earlier 10-15 minutes each night the week before DLS

-Make naps a priority

-Use blackout curtains

As always, Keri is available to help. Book a call if you need more guidance.

WRITTEN BY: KERI ROBBINS