

# Robbins Nest



APRIL 2024

# NEWSLETTER

Child Care Services



## IMPORTANT DATES:

April 3-5: CLOSED for vacation

April 22: Earth Day

April is here and this month we are celebrating Earth Day! Earth Day is a time to reflect on the impact of our daily actions and consider ways to reduce our carbon footprint, conserve resources, and to do something to help preserve this precious resource. Whether it's planting trees, participating in community clean-up efforts, or simply committing to small lifestyle changes, every individual has the power to make a positive difference. At Robbins Nest, we are committed to being eco-friendly and reducing our carbon footprint by being both sustainable and considerate, reducing the impact on the environment through minimizing waste, reducing energy consumption, and making responsible purchasing decisions.

## NURSERY UPDATES

The mourning doves are still here! The first round of babies has left the nest, and we now have another round of baby birds. The parents are still taking turns tending to the nest. How many babies will we get this year?

## UPCOMING EVENTS

### SAN DIEGO SAFARI PARK EARLY HOURS

Join Keri and Sean for a walk around the Safari Park on Sunday morning at 8:00am! Text Keri for more details.  
Note: Early hours entry is for pass holders only. Regular admission starts at 9:00am.

When: April 21st 8:00am

FOR FAMILIES

### EMOTIONAL INTELLIGENCE CLASS SERIES CHILD & PARENT

Class meets: April 17, 24th and May 1st.

Time: 3:30pm-5pm

Where: Fandory Factory

Age: Elementary School Children & Their Parents

\*This is a paid class through Fandory Factory

FOR PARENTS

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:

### 6-9 Months

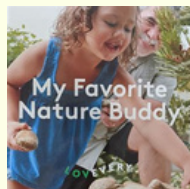
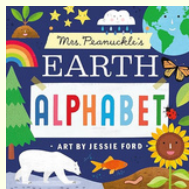
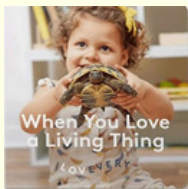
- Sing to your baby and play music. This will help the brain develop.
- Limit screen time (TV, tablets, phones, etc.) to video calling with loved ones. Screen time is not recommended for children younger than 2 years of age. Babies learn by talking, playing, and interacting with others.
- Hold your baby up while they sit. Let them look around and give them toys to look at while they learn to balance themselves.

### 12-15 Months

- Sing songs with gestures, such as “Wheels on the Bus.” See if your child tries to do some of the actions.
- Expect tantrums. They are normal at this age and are more likely if your child is tired or hungry. Tantrums should become shorter and happen less as they get older. You can try a distraction, but it is ok to let them have the tantrum without doing anything. Be present, give them some time to calm down, and move on.
- Teach your child “wanted behaviors.” Show them what to do and use positive words or give them hugs and affection when they do it. For example, if they pull your pet’s tail, teach them how to pet gently. Acknowledge the wanted behavior with love!

## READING CORNER

Reading to infants provides the building blocks they need for language development as well as equips them with the tools they require to develop social and emotional skills. Here are some books we are reading this month:



## SAFETY FIRST

### 6-9 months:

Your baby may be learning to sit themselves up soon. Once your baby is able to get themselves into a sitting position, it is time to have your baby sleep in a crib with the mattress lowered enough. Once your baby can sit themselves up, they are close to being able to pull themselves up to stand and can use crib railings to do so. A lowered mattress ensures the height of the crib slats will be tall enough to keep your little one safe should they pull themselves up to stand.



### 12-15 months:

Your child is likely taking some steps or is walking by now. Did you know some children have to learn to walk again once you put shoes on them? Practice walking in shoes indoors in a safe area while they learn to maneuver in their new kicks before taking them outdoors.

## GENTLE SLEEP TIP

Babies need to be taught to put themselves to sleep. This is a learned skill that does not often come naturally. Most parents do a lot of things (rocking, bouncing, patting, feeding) to help their baby get to sleep. Putting your baby in their bed when they are tired but still awake helps them have an opportunity to learn how to fall asleep on their own. Once this skill is learned, your baby will then be able to get themselves back to sleep without your help during the night. This is generally how you get your baby to “sleep through the night.” If your baby cries when placed in their bed, it can be hard to know what to do. This is where working with me as your sleep coach can be helpful. Do not hesitate to ask for help!

WRITTEN BY: KERI ROBBINS