

Robbins Nest

DECEMBER 2023

NEWSLETTER

Child Care Services

IMPORTANT DATES:

Dec. 2: Tour Day

Dec. 9: Drop-in day

Dec. 15-18: Closed for vacation

Dec. 25-Jan. 1: Closed for Christmas break



Christmas time is here! We have turned Robbins Nest Nursery into Santa's village. We hope the holiday season brings you some joy and you get to be with those you love. If you are struggling with anything around the holidays, know you are not alone. If you need assistance with finding help or resources this holiday season, please reach out to us. We are happy to help connect you with the support you need.

UPCOMING EVENTS

BREAKFAST WITH SANTA

Enjoy a visit with Santa, a hot breakfast, up-close encounters with Wild Wonders animal friends, face-painting and balloon sculptures by Santa's Elves, cookie and ornament making and more.

December 13-17 & 20-23
9:00a-12:00p
\$40-\$70

Bernardo Winery
13330 Paseo del Verano Norte

FOR CHILDREN

POWAY FARMER'S MARKET

The Farmers Market currently offers over 65 vendors providing fresh produce, flowers, music, and freshly-prepared food.

Saturdays in December
8:00a-1:00p
FREE

14134 Midland Road
Poway, CA 92064

FOR PARENTS

NURSERY UPDATES

We are welcoming a new friend this month! We are excited to have baby J join our family on the first of the month. We still have a nursery opening. Tours are available. We invite you to come see our home and to learn more about our program!

WRITTEN BY: KERI ROBBINS



LEARNING & DEVELOPMENT

“You cannot make people learn. You can only provide the right conditions for learning to happen.”

-Vince Gowmon

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

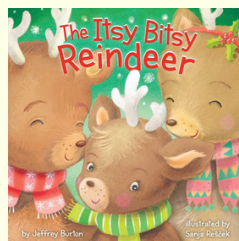
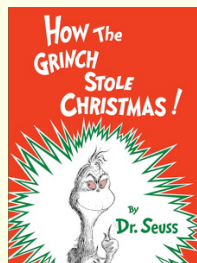
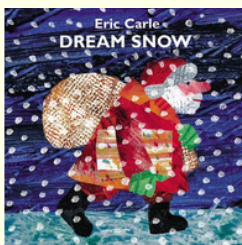
- Ask for behaviors that you want. For example, instead of saying “don’t stand,” say “sit down, please.”
- Describe what your baby is looking at. For example, point to the item and say “red ball.”
- Use words, facial expressions, and voice to show what you think your baby is feeling. For example, “You are feeling sad, let’s see how we can make you feel better.”

12-18 Months

- Show your child different things, such as a hat. Ask them “What do you do with a hat? You put it on your head!” Demonstrate this action then give your baby the item and see if they copy you!
- Find ways to let your child help with everyday activities. Let them help you pack snacks for the park or put socks in the basket.
- Say what you think your child is feeling. Use your words, facial expressions, and voice to show them what you think they are feeling. For example, “I can see you are frustrated we can’t go outside. It is ok to be frustrated. We can go outside tomorrow.”

READING CORNER

By age 2, a child’s brain is as active as an adult’s and by age 3 the brain is more than twice as active as an adult’s – and stays that way for the first 10 years of life. Encourage your child’s learning early on by reading to them daily. Here are some books we are reading this month:



SAFETY FIRST

6-9 months:

The older your little one gets, the more mobile they become. And they are beginning to move very quickly! At this age, babies should not be left unattended on high surfaces such as beds, sofas, chairs, or any other surface they can fall from. Infants have no depth perceptions and can quickly crawl right off the ledge.



12-18 months:

Your child is likely walking and trying to run right now. Children love to move and explore, and love holding things in their mouths. Ensure your child cannot hurt themselves by running around with toys in their mouths. Swap elongated toys for larger, soft toys that will not cause injury if your child trips and falls.

GENTLE SLEEP TIP

If your little one is waking frequently throughout the night, begin by ensuring they are eating well. The most common reason for waking during the night is hunger. If you have an older child who is waking, it is likely related to behavior and parent reinforcement. If your child's needs are met, encourage them to remain in their bed and return to sleep with you staying close by, but allowing space for them to get themselves back to sleep on their own.

If you feel like you are in need of more support, schedule a call with Keri. It is not too late to get your little one sleeping through the night by Christmas Eve!

WRITTEN BY: KERI ROBBINS