

Robbins Nest



SEPTEMBER 2025

NEWSLETTER



IMPORTANT DATES:

Sept. 1: Labor Day (Closed)

Sept. 29: Baby A's 1st Birthday!

Upcoming

Oct. 6: Closed for Professional Development Day



September is here, and with it comes the start of cooler mornings, cozy routines, and the excitement of fall just around the corner. Labor Day gives us a chance to pause and appreciate not only the work we do but also the wonderful families who make our nursery community so special. As we say goodbye to the long days of summer, I'm looking forward to all the fun, learning, and new adventures this season will bring for our little ones.

NURSERY UPDATES

This month we're excited to celebrate baby A's very first birthday! We can't wait for another sweet baby party filled with smiles and a little cake fun. We also still have a Tuesday/Thursday part-time opening available—if you know a family looking for infant care, feel free to send them our way.

UPCOMING EVENTS

POWAY FARMERS MARKET

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

Every Saturday from 8:00a-1:00p

14134 Midland Road
Poway, CA 92064

FOR FAMILIES

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:

3-6 Months

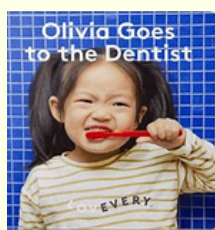
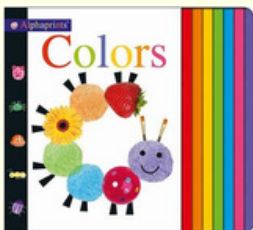
- **Tummy Time Play:** Place colorful toys just out of reach during tummy time to encourage your baby to lift their head and strengthen neck and shoulder muscles.
- **Mirror Play:** Hold your baby in front of a mirror to let them see their reflection. This helps them start recognizing themselves and develops visual tracking skills.
- **Gentle Singing:** Sing simple songs and lullabies while making eye contact. The sound of your voice is soothing and helps build early language and bonding.

9-12 Months

- **Sensory Bins:** Create a sensory bin with safe, textured items like soft fabrics, smooth stones, or rubber toys. Let them explore different textures with their hands.
- **Peekaboo Games:** Engage in peekaboo using a blanket or your hands. This simple game helps develop their understanding of object permanence and is a lot of fun!
- **Musical Play:** Introduce simple musical instruments like shakers or drums. Encourage them to make sounds, which helps develop their motor skills and rhythm.

READING CORNER

Reading books to infants is important because it stimulates early language development, strengthens the parent-child bond, and fosters a lifelong love of learning. Read to your child daily; reading books during your child's bedtime routine is a great place to start. Here are some books we are reading this month:



SAFETY FIRST

3-6 Months:

-**Supervised Tummy Time:** Always supervise tummy time to prevent suffocation during this muscle building exercise. Ensure the baby is on a firm, flat surface with no soft bedding around.

-**Safe Sleep Environment:** Place your baby on their back to sleep in a crib with a firm mattress and no loose blankets, pillows, or stuffed animals to reduce the risk of SIDS.

-**Secure Car Seat:** Always use a rear-facing car seat, securely fastened in the back seat, following the manufacturer's guidelines for proper installation and fit.

9-12 Months:

-**Baby-Proofing:** Ensure that all sharp objects, small items, and chemicals are out of reach. Use safety gates to block off stairs and hazardous areas.

-**Choking Hazards:** Cut up foods like grapes avoid foods like nuts, or hard candies. Always supervise during mealtime to prevent choking.

-**Electrical Safety:** Cover electrical outlets with safety plugs and keep cords out of reach to prevent curious little hands from pulling or biting them.

Gentle Sleep Tip

Have a consistent bedtime routine. Create a routine that works for your family and do it each night. This helps communicate to your child that it is bedtime. Consistency makes it easier!

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