

Robbins Nest

APRIL 2025

NEWSLETTER

Child Care Services



April has arrived, and this month we are honoring Earth Day! This special occasion invites us to reflect on how our everyday actions affect the planet and to explore ways to lessen our carbon footprint, conserve resources, and contribute to the preservation of this vital resource. Whether it's planting trees, engaging in community clean-up initiatives, or simply adopting small lifestyle changes, everyone has the ability to make a meaningful impact.

At Robbins Nest, we are dedicated to being environmentally conscious and minimizing our carbon footprint by embracing sustainability and thoughtfulness. We strive to lessen our environmental impact by reducing waste, conserving energy, and making responsible purchasing choices.

CONFIDENT KIDS: REDUCING

ANXIETY IN AN UNCERTAIN WORLD

Could you use tools to help your child feel more safe and secure in our challenging world? Join @susanstiffelman and @maggiedentauthor for a new master class.

April 10, 5:00P PST

Class is \$32

Register on our website under "Events"

FOR PARENTS

IMPORTANT DATES:

April 20: Easter Sunday

April 22: Earth Day

April 26: Baby M's 1st birthday

NURSERY UPDATES

It's time for another birthday celebration! Baby M is turning one! We are excited to honor our precious little one with a delightful daycare party. There will be a delicious cake with a single candle ready to be blown out by Baby M, with a little help from us, of course!

Additionally, we have two kitty birthdays to celebrate this month. Batman will be turning four on April 3rd, and Keanu will be celebrating his ninth birthday on April 8th! 🐱

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

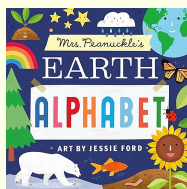
- Sing to your baby and play music. This will help the brain develop.
- Limit screen time (TV, tablets, phones, etc.) to video calling with loved ones. Screen time is not recommended for children younger than 2 years of age. Babies learn by talking, playing, and interacting with others.
- Hold your baby 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 soon be learning to sit up independently. Once they can achieve a sitting position, it's important to transition them to a crib with a lowered mattress. As your baby begins to sit, they're also nearing the ability to pull themselves up to stand using the crib railings for support. Lowering the mattress ensures that the height of the crib slats remains sufficient to keep your little one safe as they explore standing.



12-15 months:

At this stage, your child is probably starting to take a few steps or may even be walking. Interestingly, some children need to relearn how to walk when they first wear shoes. To help them adjust, practice walking indoors in a safe space while they get used to their new footwear before venturing outside.

GENTLE SLEEP TIP

Babies need to learn self-soothing skills for sleep, as this ability usually doesn't develop naturally. Parents often use methods like rocking or feeding to help them sleep. Placing a sleepy but awake baby in their crib allows them to learn to fall asleep independently, which is essential for sleeping through the night. If your baby cries when placed in the crib, it can be tough to know how to respond. As your sleep coach, I'm here to help—feel free to reach out for assistance!

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