

The Daily Babble

Rise and Shine's Crib Notes

We're
Celebrating
35 Years
serving Sonoma County



Thank you for all your support
over the years

We couldn't do it without you!

For 35 years, they have poured themselves into nurturing the youngest members of our community—building not just a childcare program, but a legacy of love, safety, and growth. From the very first child welcomed in 1990 to the hundreds of little ones who have passed through the doors since, each story is part of a beautiful tapestry woven with faith, joy, and the belief that every child is a gift.

This month, we celebrate Mr. Josiah and Miss Cary for their vision, their resilience, and their tireless devotion to families. Their journey is a true testament to what can happen when care becomes calling and service becomes legacy.

♥ Thank you, Mr. Josiah and Miss Cary, for 35 extraordinary years of serving Sonoma County with heart. Here's to the next chapter of Rise and Shine! ☀

Celebrating 35 Years of Love, Learning,
and Legacy

On October 15, 1990, Mr. Josiah and Miss Cary opened their hearts and home as Rich Family Daycare. What began as a small family-centered dream has grown into Rise and Shine Child Care Centers & Family Services, serving families across Sonoma County with compassion, excellence, and unwavering dedication.



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☀️ Welcome, Alex! ☀️

We are delighted to welcome Mr. Alex to our Humboldt Street team! His enthusiasm and energy are a wonderful addition, and we are excited for him to contribute his presence to our program.

Please join us in giving Mr. Alex a warm Rise and Shine welcome as he begins this new journey with us!

🌸 Welcome, Nicole! 🌸

We are so happy to share that Nicole has joined our Rise and Shine family at our Montgomery Village center! We are excited to watch her grow, learn, and thrive as part of our community.

Please join us in giving Nicole and her family a warm Rise and Shine welcome!



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Important Reminder About Business Hours & Pick-Up

Families, we kindly remind you that Rise and Shine's business hours are firm:

- Monday: 8:30 AM – 12:30 PM
- Tuesday – Friday: 8:30 AM – 4:30 PM

We cannot allow late pick-up. Our late pick-up fee is in place as a deterrent and should not be viewed as an option. Recently, we have experienced an unusual number of late pick-ups, which creates a domino effect for our staff and their families. In addition, on Monday afternoons our staff are required to participate in training, making timely pick-up especially critical.

We ask that each family honor your contract agreement with Rise and Shine and make arrangements to ensure children are picked up on time every day. Your cooperation helps us maintain a smooth program for all.

Thank you for your understanding and partnership.

Reminder: One Family at a Time for Drop-Off & Pick-Up

Per Rise and Shine policy, only one family may sign in or out at a time. Please do not crowd at the entrance. During drop-off and pick-up, staff are exchanging important information with families—sometimes private or sensitive—and it is essential that these conversations remain respectful and uninterrupted.

In the mornings, our staff are also completing health checks and receiving details about each child's routine and expectations for the day. This takes time and focus. We ask that parents plan for potential delays and allow the family ahead of you to complete their check-in/out before approaching the sign-in table.

Your cooperation ensures a smooth process, protects confidentiality, and helps us provide the best care for all children.

Thank you for respecting this important policy.



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Upcoming Closures

Columbus/Indigenous Day

Monday, October 13, 2025

Veteran's Day

Tuesday, November 11, 2025

Thanksgiving Week

November 24 thru 28, 2025

Christmas/Winter Break

Friday, December 19 thru Friday,
January 2, 2026

Events

Operation Blanket's 11th Annual
Blanket Drive, Friday, 12/19/25.

For more information [click
here.](#)

October Birthdays

20th - Miss Amanada (RP)

25th - Caden (MV)

26th - Mr. Alex (H)

Traveling Pumpkin Patch

- H - Week of October 6th
- RP - Week of October 14th
- MV - Week of October 20th

Lots of fun!



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🌱 Farm-to-Table Rainbow Plate Challenge 🌱

Activity Overview:

Families create a "Rainbow Plate" at home together by choosing at least 3–5 colorful fruits or vegetables (farm-fresh if possible). The goal is for infants, toddlers, and parents to work side-by-side exploring colors, textures, and tastes.

Steps:

1. Shop or Harvest Together – Visit a local farmers' market, grocery store, or use items from your home garden. Encourage your child to help pick out colorful produce (e.g., red strawberries, orange carrots, green cucumbers, purple grapes, yellow squash).
2. Wash & Explore – Let your infant or toddler help wash the produce. Encourage touching, smelling, and naming the colors.
3. Build the Rainbow Plate – Arrange the foods in rainbow order on a plate or tray. Toddlers can help sort by color and place them in rows.
4. Taste & Talk – Sample each item as a family. Talk about the flavors (sweet, crunchy, soft, juicy). Infants can gum soft fruits/veggies or taste small, mashed portions.
5. Family Snapshot – Take a photo of your "Rainbow Plate" masterpiece and your family enjoying it together.

Why It's Great:

- Builds color recognition and early math skills (sorting).
- Encourages healthy eating habits and curiosity about fruits/veggies.
- Strengthens family bonding through shared discovery.
- Infants/toddlers learn through sensory play (touch, taste, smell, sight).

Share Your Rainbow!

We invite families to send us a video or photo of their Rainbow Plate or a short note about their child's favorite fruit/veggie. We'll create a "Farm to CACFP Family Gallery" to showcase everyone's colorful creations! This will be shared on our website and social media platforms as well.

