

THE DAILY BABBLE

Rise and Shine's Crib Notes

★ JULY 2026 EDITION ★

Stars, Stripes & Summer Smiles

Rise and Shine
Child Care Centers

JULY HIGHLIGHTS

- ★ Outdoor Water Play
- ★ Summer Sensory Exploration
- ★ Music & Movement
- ★ Safe Choices
- ★ Rules Keep Us Safe

UPCOMING DATES

-  **1** Tuition is due
-  **3** Independence Day Observed
-  **4** Independence Day
-  **6-10** Summer Break

A MESSAGE FROM THE EXECUTIVE DIRECTOR

Summer is in full swing, and our centers are buzzing with laughter, learning, and discovery! July is a wonderful time to celebrate family, community, and the freedoms we enjoy together. We are grateful for the trust you place in us each day and look forward to creating meaningful experiences for your children throughout the summer season.

Thank you for being part of the Rise and Shine family!

Warmly,
Cary Rich
Executive Director



CLASSROOM SPOTLIGHT

Our youngest learners continue developing important relationships through responsive caregiving, sensory exploration, tummy time, music, and nurturing interactions.

Toddlers are exploring language, movement, social skills, and independence through engaging hands-on experiences.

DID YOU KNOW?

Children learn best through relationships. Warm, responsive interactions help build healthy brains, emotional security, and lifelong learning skills.



250

Red, White & Blue Summer Adventures

HEALTH & SAFETY CORNER

Summer Safety Tips

- ♥ Apply sunscreen prior to arriving to daycare.
- ♥ Dress children in lightweight clothing.
- ♥ Provide sun hat.
- ♥ Notify staff of any changes to emergency contacts.
- ♥ Keep children home when ill to help protect our community.



PARENT RESOURCE CORNER

Building Strong Family Connections

Simple ways to strengthen family bonds:

- ♥ Share meals together.
- ♥ Read daily.
- ♥ Limit screen time.
- ♥ Spend time outdoors.
- ♥ Encourage conversation and curiosity.

Small moments create lasting memories.

RISE AND SHINE CELEBRATIONS

HAPPY BIRTHDAY!

Parker (H)
July 6



LOOKING AHEAD TO AUGUST

Exciting Things Are Happening!

We're thrilled to share that renovations are currently in progress at our Rohnert Park center! We're creating refreshed, modern, and engaging spaces designed to inspire learning, comfort, and connection for the children and families we serve.

Montgomery Village will also be getting some exciting updates to their space over the break to enhance our environment and continue providing the best experience for our families.

★ Grand Re-Opening at Rohnert Park! ★

Stay tuned for more details as we prepare to welcome you back to an even more beautiful and vibrant center!

Thank you for your patience and support!

★ Thank You for Being Part of Our Family ★

At Rise and Shine, we believe every child deserves a safe, nurturing environment where they can grow, learn, and shine.

Together we are building bright futures.

Rise and Shine
Child Care Centers

riseandshinesoco.com
(707) 293-9795
Multiple Locations to Serve You

We love connecting with our families!

Tasty & Creative Summer Fun!

Easy snacks, simple crafts, and helpful tips for making summer memories together!

★ PATRIOTIC & SUMMER SNACK IDEAS ★

Nutritious, refreshing, and perfect for little hands!



RED, WHITE & BLUE YOGURT PARFAITS

- ♥ Layer vanilla yogurt, blueberries, and diced strawberries.
- ♥ Great source of calcium and antioxidants!



STAR SPANGLED FRUIT PLATE

- ♥ Watermelon stars, blueberries, and soft cheese cubes.
- ♥ Fun to make and full of vitamins!



BANANA BERRY "FLAGS"

- ♥ Top banana slices with strawberry and blueberry.
- ♥ A naturally sweet snack toddlers love!

★ **TIP:** Always supervise young children while eating and cut foods into small, age-appropriate pieces.

♥ TODDLER CRAFT CORNER ♥

★ Firework Painting ★

A fun and easy craft to celebrate summer and creativity!

YOU WILL NEED:

- ♥ Toilet paper roll
- ♥ Scissors (for adult use)
- ♥ Washable paint (red, white, blue)
- ♥ Paper
- ♥ Paper plate



1 Cut small slits around one end of the toilet paper roll to create "fringe."



2 Dip the cut end of the toilet paper roll into the paint. You can use one or multiple colors!



3 Stamp the roll onto the paper to create fireworks! Let your toddler explore!



4 Let it dry and display your masterpiece! Perfect for the fridge!

★ Encourages creativity, fine motor skills, and quality time together!

★ DID YOU KNOW? ★



Young children learn best through everyday interactions with caring adults. At Rise and Shine, we use the Program for Infant/Toddler Care (PITC) approach to support learning through:

- ♥ **NURTURING RELATIONSHIPS** – Building trust helps children feel safe to explore and learn.
- ♥ **ENGAGING ENVIRONMENTS** – Hands-on experiences spark curiosity and creativity.
- ♥ **FAMILY PARTNERSHIPS** – Working together with families helps children thrive at home and at school.
- ♥ **INDIVIDUAL GROWTH** – We celebrate each child's unique strengths and progress.

These positive interactions support healthy brain development, strong social and emotional skills, and a lifelong love of learning.

Thank you for being part of our Rise and Shine family!
Together we are building bright futures.



riseandshinesoco.com
(707) 293-9795
Multiple Locations to Serve You

