

The Daily Babble

~ Rise and Shine's Crib Notes ~

A Note from Our Executive Director



Dear Rise and Shine Families,

As we enter the holiday season, we are reminded of what makes this time of year so special—gratitude, kindness, community, and togetherness. It is a season to slow down, notice the good around us, and celebrate the many blessings in our lives.

We are grateful for each of you—our children, families, and staff—who make Rise and Shine such a caring and vibrant community. This month we will enjoy special activities, meaningful learning experiences, and moments of kindness that help our children discover the beauty of the season and the joy of being together.

Thank you for being part of our Rise and Shine family.

With gratitude,

Cary Ann Rich
Executive Director

OCTOBER CURRICULUM HIGHLIGHTS

Theme:

Big Day at the Zoo

A story about adventure,
animals, and thankfulness.

- Animals live in many places.
- We can learn about different animals.
- Being brave helps us try new experiences.
- We are thankful for the people and animals in our lives.
- Colors of October: orange, like pumpkins, fall leaves, and sunny adventures.
- Explore, learn, and discover!

EXPLORE

LEARN

DISCOVER

IMPORTANT DATES & CELEBRATIONS



Monday, October 12, 2026

Rise and Shine will be closed in observance of Columbus Day.



Staff Birthday

Miss Amanda (MV)
10/20



Rise & Shine Harvest Discovery Week

Humboldt Street: October 12–16

Montgomery Village: October 19–23

Rohnert Park: October 26–30

DID YOU KNOW?

Before Rise and Shine became Rise and Shine, we were Rich Family Daycare Home.

We began serving our community 36 years ago on October 15, 1990.

It was 9 years ago, in the early morning of October 9, 2017, that Rich Family Daycare Home was lost in the Tubbs Fire.

By God's grace, the mission continued, and that same heart of service lives on in Rise and Shine today.

PARENT RESOURCE CORNER

Building Community, Together

Say Hello

Take a moment to greet other families at drop-off and pick-up. A warm smile goes a long way!

Get Involved

Join us for special events and school activities. It's a wonderful way to build connections.

Talk About Gratitude

At home, encourage your child to share what they are thankful for. Gratitude helps children notice the good in their world.

Share Kindness

Small acts of kindness make a big difference and help create a caring community.

Stay Connected

Keep in touch with your child's teachers, read our updates, and check for upcoming events and news.

KIND

PEOPLE

RAISE

KIND

KIDS

CLASSROOM SPOTLIGHT

Infant Development



At Rise & Shine, we build secure relationships with our infants through responsive caregiving, consistent routines, and lots of love. We support sensory exploration, follow each child's cues, and create a safe, nurturing environment where babies can explore, learn, and grow at their own pace.

Toddler Development



Our toddlers thrive through independence, language growth, movement, and problem-solving. We provide hands-on learning experiences and a supportive, nurturing environment that encourages curiosity and helps children build confidence through play and exploration.

Preschool Development



Our preschoolers are curious, capable learners! We support pre-literacy skills, social-emotional growth, teamwork, and kindergarten readiness through meaningful exploration and play. With encouragement and positive relationships, children build confidence, make friends, and develop a lifelong love of learning.

Rise & Shine Harvest Discovery Week

Humboldt Street: October 12-16 | **Montgomery Village: October 19-23** | **Rohnert Park: October 26-30**

The Orchard



Explore apples and the amazing things they grow into!

The Farmstand



Discover fresh fruits and vegetables from the farm.

Pumpkin Wash



Get hands-on as we wash and explore pumpkins!

The Garden



Learn about plants, seeds, and how things grow.

Harvest Art



Create with nature's treasures!

Harvest Stories



Enjoy stories about fall, harvest, and kindness.

HEALTH & SAFETY CORNER

As we enter flu season, we are working together to help keep our children and staff healthy.

- We strictly follow all health and safety standards.
- We encourage frequent handwashing.
- Please keep sick children home.
- Watch for signs of illness such as fever, cough, runny nose, or vomiting.
- Keeping everyone healthy is important because staff illness can affect our ability to maintain proper ratios and may require closure.
- As temperatures cool, please send your child in weather-appropriate clothing (layers, jackets, etc.).

LOOKING AHEAD

12th Annual Blanket Drive

Rise & Shine will begin its 12th Annual Blanket Drive as we support Operation Blanket.

More information coming soon.

For more information about this organization visit operationblanket.com.

SNACK IDEAS

Healthy, yummy snacks are a great way to fuel growing bodies and create special moments together!

Pumpkin Oat Bites

Ingredients:

- ♥ 1 cup oats
- ♥ 1/2 cup pumpkin puree
- ♥ 1 ripe banana, mashed
- ♥ 1 tsp cinnamon
- ♥ 1/4 cup raisins or mini chocolate chips (optional)

Instructions:

- 1 Mix all ingredients in a large bowl.
- 2 Spoon into small balls or mini muffin molds.
- 3 Bake at 350° for 12-15 minutes.
- 4 Let cool and enjoy!



FUN CRAFT IDEA

Fall Leaf Suncatcher

A fun way to explore seasonal colors and talk about how leaves change!

You Will Need:

- ♥ Contact paper
- ♥ Fall leaves (real or tissue paper)
- ♥ Scissors
- ♥ White or black construction paper



Steps:

- 1 Cut a shape (circle, heart, or rectangle) out of construction paper.
- 2 Cut a piece of contact paper and remove backing.
- 3 Press leaves onto the sticky side.
- 4 Seal with another piece of contact paper.
- 5 Trim the edges and hang in a window.

Apple Cinnamon Yogurt Cups

Ingredients:

- ♥ 1 cup plain yogurt
- ♥ 1 apple, diced
- ♥ 1 tsp cinnamon
- ♥ Granola (optional)

Instructions:

- 1 Place yogurt in a small bowl or cup.
- 2 Top with diced apples and a sprinkle of cinnamon.
- 3 Add granola if desired.
- 4 Serve and enjoy!



FAMILY CONNECTION

Simple ways to make special memories this October!

Notice and Explore

Go on a nature walk and look for colorful leaves, acorns, and signs of fall.

Talk About Gratitude

Share something each family member is thankful for during a meal or bedtime.

Read Together

Choose a favorite fall book and cuddle up for a cozy story time.

Get Outside

Spend time outdoors—visit a park, collect leaves, or just enjoy the fresh air together.

