



bink

**SLEEP TIGHT!**

**Sleeping safely  
at daycare**

HAPPILY  
GROWING  
TOGETHER



## **Sleeping safely at daycare**

During their first year of life, babies sleep a lot. Sleeping at the daycare is different than at home. To ensure that your child sleeps well and safely, we work with the Sleeping Safely-protocol, which is based on the guidelines provided by the Dutch Centre for Youth Health.

For babies, going from home to daycare is a big change. It is our desire, together with you, to make sure this step goes as smoothly and well as possible. In this flyer you are able to read what you can do to already prepare your baby for sleeping with us at daycare.

### **A fixed bedtime ritual**

We like to follow your baby's sleep rhythm as much as possible and will put him to bed when he is ready. The number of naps is dependent on your baby's needs. We gladly discuss how your baby is used to sleeping at home with you. Toddlers often sleep once a day after lunch.

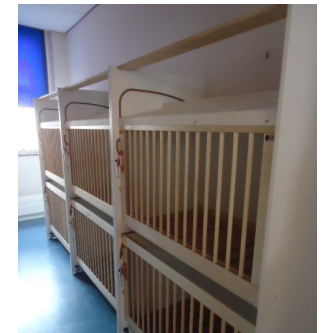
During bedtime we follow a fixed ritual. We ensure an enjoyable one-on-one moment during nappy change and getting dressed for bed. We maintain eye contact, speak softly, verbalize what we are doing and what your baby is doing. We sing a song or talk about we see and have done. We try to do this in the same order every time, allowing your child to recognize the signals for bedtime. If your baby has a cuddly toy and/or pacifier, we give it to him or her, place him in a sleeping bag and put him to bed. We might sometimes play a lullaby in the bedroom.

A fixed bedtime ritual helps your baby to relax and calm down.

A child that is brought to bed feeling relaxed with more easily and quietly fall asleep

### **A safe bed**

Moving from a crib to a bed can take some getting used to for a baby. Babies sleep in their own bed in the bedroom whilst in our care. It is therefore important if your baby has already gotten used to sleeping in his own bed at home. Beds meet all safety requirements, such as for example the right distance between bed bars and a well-fitting, firm mattress.





## Sleeping on your back

We always let babies sleep on their backs. Babies that sleep on their stomachs are at a higher risk for crib death. Children who turn from their back to their stomachs on their own, but who cannot yet turn back on their backs on their own, are turned back to their backs. This is most often the case for babies between 4 to 8 months of age. Children who are already able to turn back onto their back or turn onto their stomach by themselves will not be turned back. We check on your child every 15 to 20 minutes to see if he or she is comfortably asleep. Of course, we also use a baby phone.

Does your baby prefer to sleep on his stomach? In that case, it would be helpful if you could have your child get used to sleeping on his back at home. This ensures a smoother transition to be able to sleep when with us at daycare.

## No swaddling

We do not swaddle babies. This is because we are unable to meet the requirements as imposed by the Dutch Center for Youth Health. It is good for your child to already be used to not sleeping swaddled at home, so that sleeping in the bedroom at daycare can go more easily.

## Their own sleeping bag

Every child has his own sleeping bag whilst in our care. It is not necessary for you to bring one from home. A well-fitting, cotton sleeping bag is the most safest way to ensure that your child is kept warm until he is two years of age.

Toddlers may, in consultation with you, sleep in a sleeping bag or under a cotton blanket. We of course ensure that the bedding is clean when your child goes to bed.

## Not too warm or too cold

A baby is not always able to regulate its body temperature well. By combining room temperature, bed linens and clothing well, we avoid that a child becomes too warm or too cold. We monitor the temperature in all of the bedrooms, ideally keeping it between 15°C and 18°C. We air the bedrooms on a daily basis.

During hot summers, we sometimes use an air conditioner in the bedrooms. It is not healthy to cool a space by more than 5 degrees, because the difference compared to the temperature outside becomes too great. During extreme weather conditions, a bedroom can therefore be kept warmer than is normally considered ideal. We adjust clothing and sleeping bags accordingly.



### **Inge, mother of Myrd (1 year):**

*"Myrd loved to sleep on his stomach. It's amazing how, after practicing a lot at home, he was also able to sleep on his back at daycare after a week of adjustment. That's one thing less to worry about!"*



### Safe cuddly toys

There are many types of cuddly toys. Unfortunately, you cannot always assume that it is safe for your baby to sleep with. We have therefore made some agreements at daycare as to what cuddly toys may be brought to bed.

Your child may bring one familiar, safe cuddly toy or cloth from home to bed. The cuddly toy or cloth:

- ✓ is made of one piece
- ✓ feels completely soft
- ✓ is not damaged
- ✓ is smaller than the baby's head
- ✓ does not have strings, ribbons, bows, eyes or buttons
- ✓ does not have a music box, bells, or balls inside.

Please take a look at [www.binkkinderopvang.nl/en/sleeping-safely](http://www.binkkinderopvang.nl/en/sleeping-safely) for examples of safe cuddly toys. Pacifier cords and cuddly toys are detached from the pacifier and are not taken to bed. Toys are also not allowed in bed.

### No jewelry!

We put children to bed without jewelry, such as earrings, bracelets, necklaces and rings. Blouses and clothing with a hood or cords are also taken off. This is for safety reasons. We ask that you please take this into consideration when bringing your child.

### Sleeping outside

At many of our locations, we also have special outdoor beds in which babies often sleep soundly and deeply. The fresh outdoor air is good for their lungs and ensures a greater absorption of vitamin D, which increases immunity. Your child will only sleep in an outdoor bed with your permission. No matter whether your child sleeps indoors or outdoors, we will regularly check to see if he is sleeping comfortably.

### Different than at home

We understand that it can be different at home than at daycare. We hope that the information in this flyer has prepared you for the differences and that you are able to help your child adjust to sleeping in a sleeping bag with a safe cuddly toy and to sleeping on his back. In this way, your baby will sleep just as well at daycare as at home!

### Any questions?

If so, please feel free to contact one of the pedagogical staff members or your location manager.