



bink

A GOOD START

Preparing your baby for
the day-care centre

HAPPILY
GROWING
TOGETHER



In a little while, your baby will be starting daycare. The transition from home to daycare can be a significant one. Your baby will have to get used to different carers, new sounds and smells, and a different crib. At home, you might often carry your baby a lot or rock them to sleep. Unfortunately, this is not possible at daycare, which can make the adjustment more challenging. A tense baby may struggle with sleeping, feeding, and playing. Together, we aim to ensure that your baby feels comfortable as quickly as possible. In this brochure, you'll find tips on how to help your baby at home for a smoother transition to daycare.

Falling asleep independently

Sleep is essential for healthy development. The frequency and duration of a baby's sleep vary from one child to another, which is why we regularly discuss your baby's sleep routine with you.

At daycare, we follow your baby's natural sleep rhythm as closely as possible. We put them down to sleep at the first signs of tiredness, such as rubbing their eyes, flushed cheeks, or looking away. We follow a consistent routine so that your baby knows what to expect and can relax. During diaper changes and dressing, we make eye contact, speak softly, and explain what we are doing. A relaxed baby finds it easier to fall asleep.

Many babies cry briefly when falling asleep. If your baby cries for a longer time, we will comfort them and help them fall asleep.

If your baby uses a pacifier to sleep, please bring one to daycare. Your baby will sleep in their own crib and sleep sack, which we provide. The sleeping area is shared with other children.

Practicing a sleep routine at home

You can help ease the transition to daycare by practicing a consistent sleep routine at home and allowing your baby to sleep in their own crib. A familiar stuffed animal or blanket can provide comfort, as long as it is safe. Please consider the following safety tips:

A safe bed cuddly:

- ✓ consists of one piece
- ✓ feels soft all over
- ✓ is not damaged
- ✓ is smaller than your baby's head
- ✓ is free of strings, ribbons and bows, eyes or buttons
- ✓ does not contain a music box, bells or little balls inside

Babies should not wear jewelry or clothing with cords or hoods in bed, as this poses a safety risk. It's helpful to follow this guideline at home as well.



No swaddling

If you swaddle your baby at home, please note that we do not use swaddling at daycare. There are many different swaddling methods, and in some cases, they can lead to unsafe situations.

To help your baby adjust, we recommend practicing having them sleep without swaddling at home.

Sleeping on the back

We always place your baby on their back to sleep. Babies who sleep on their stomach are at a higher risk of cot death.

Some babies may prefer sleeping on their stomachs, and between 3 and 8 months, most babies begin rolling, often from back to stomach. Until your baby can roll back independently, we will continue placing them on their back. If your baby starts rolling at home, please inform us. Likewise, we'll let you know when we observe this at daycare. This way, we can keep each other informed and stay alert.

If your baby is accustomed to sleeping on their stomach at home, we encourage you to practice helping them sleep on their back.

To ensure your baby sleeps safely, we check on them every 15 to 20 minutes while they sleep. Additionally, we use a baby monitor.

Outdoor sleeping

Many babies sleep better outdoors than indoors. The natural sounds are soothing, and daylight promotes the absorption of vitamin D, which is essential for a strong immune system. For this reason, many of our locations have special outdoor cribs.

These cribs are always placed close to the group, allowing caregivers to monitor your baby closely. We use special sleep sacks to ensure your baby stays warm or cool, depending on the weather.

Your baby will only sleep in an outdoor crib with your consent.

Practicing bottle feeding at home

If you are breastfeeding, we recommend practicing bottle feeding at home. This will help your baby get used to drinking (expressed) milk from a bottle at daycare.

It's a good idea to have someone else give the bottle occasionally, as this mimics the daycare environment.

If you prefer to come to daycare to breastfeed, that is absolutely fine too!



Getting used to the playpen

Between feedings and naps, babies often spend time in a high playpen or floor playpen. These are safe and inviting spaces where they can explore the world around them. In the floor playpen, a caregiver often sits among the babies, actively engaging with them.

It's helpful if your baby is already familiar with spending time in a playpen at home. This can make them feel more at ease at daycare.

Gradually settling in

The day will come when your baby attends daycare for the first time. Well before that, we'll invite you for an introductory meeting. During this meeting, we'll take the time to get to know each other. We'll ask about your baby's routine at home, and you'll likely have questions about how we work. Together, we'll make a plan for the settling-in period.

The settling-in period typically lasts about two weeks, but this depends on how quickly your child feels at home. Initially, your baby will attend for just a few hours, gradually building up to a half-day and eventually a full day. During drop-off and pick-up, we'll discuss how things are going and what your baby needs.

If your baby falls asleep during a settling-in session, we'll let them sleep. This helps us understand their rhythm and habits better.

Medical needs

If your child requires extra support for medical reasons, such as sleeping on their stomach or swaddling, please inform us in advance so we can work together to find a suitable solution.

Questions?

Would you like more information about safe sleeping practices at daycare? Visit the websites of [Veiligheid.nl](https://www.veiligheid.nl) and [Kinderveiligheid.nl](https://www.kinderveiligheid.nl) for guidance.

If you have questions or would like to discuss anything, feel free to contact your baby's mentor or the daycare manager. We're happy to help!