



**bink**

**A good  
start**

Preparing your baby  
for daycare

Soon your baby will be starting daycare. The transition from home to childcare can feel exciting and a little bit nerve-racking – for both you and your baby. New faces, new sounds and a different bed all take some getting used to.

Together with you, we would like to make sure your baby feels safe, comfortable and at home with us as quickly as possible. In this leaflet, you can read how you can already help at home to make the transition to daycare as smooth as possible.

## A good sleep routine starts at home

Sleep is essential for your baby's growth and development. How much and how often a baby sleeps differs from one child to another. At daycare, we follow your baby's natural rhythm as closely as possible. We regularly talk with you about how things are going, both at home and with us.

When we see that your baby is becoming tired, we put him or her to bed. We use a fixed and familiar sleep routine: your baby gets a clean diaper and their own sleeping bag. In a calm voice, we explain what

we are doing and that it is time to sleep. Then we gently put your baby to bed in the same crib each time. The bedroom is shared with other children. For safety, we check on the sleeping babies every 15 to 20 minutes and use a baby monitor.

You can help your baby by practising this routine at home and letting your baby sleep in their own bed, with a familiar cuddly toy or comfort cloth. This way, the rhythm at home and at Bink will match well.



Place your baby in bed awake on a regular basis, so they learn to fall asleep on their own. Does your baby cry for a short while? That is perfectly normal. Does your baby like to sleep with a pacifier? Please feel free to bring it along.

## No swaddling

You may swaddle your baby at home. For safety reasons, we do not do this at daycare. We therefore advise you to practise sleeping without swaddling at home in advance, so your baby can adjust more easily at daycare.

## Sleeping on the back

We always place your baby on their back to sleep, as this is the safest position. Babies usually start rolling between three and eight months. As long as your baby cannot roll back independently, we will always place them back on their back. Please let

us know when your baby starts rolling at home. We will, of course, also inform you when we notice this here.

If your baby is used to sleeping on their stomach, switching to sleeping on their back may take some getting used to. Gradually practising back-sleeping can help.



## A safe bed cuddle:

A cuddle toy for the bed should:

- be made of one piece
- feel soft all over
- have no damage
- be smaller than your baby's head
- be free of strings, ribbons, bows, eyes or buttons
- contain no music box, bells or beads

For safety reasons, babies do not wear jewellery or clothing with cords or hoods in bed. We appreciate it if you also take this into account at home.



## Outdoor sleeping

Many babies sleep better outside than indoors. That is why many of our locations offer special outdoor sleeping cribs. These cribs are always placed close to the group, so we can continue to see and hear your baby well. We use special sleeping bags to ensure a comfortable temperature.

Your baby will only sleep outside with your permission.



## Practising with a bottle

Are you breastfeeding? You are always welcome to come and feed your baby yourself. If that is not possible, it helps if your baby practises drinking (expressed) milk from a bottle. Let someone else give a bottle occasionally as well – this is similar to how it will be at daycare.

## Playing and exploring

Between sleeping and feeding moments, your baby will regularly spend time in a playpen with us. This is a safe place to look around, discover and play. It is helpful if your baby is already used to spending time in a playpen at home.



## Gradual settling-in

Before your baby's first day at daycare, we invite you for an introductory meeting. We will discuss your routines at home and the options with us, such as your baby's rhythm, sleep routines and sleeping position, as well as feeding moments. We will also make arrangements for the settling-in period. This usually takes about two weeks. We build it up gradually: first a few hours, then half days and eventually full days.

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Phone: +31 35 683 44 99

klantadvies@binkkinderopvang

www.binkkinderopvang.nl

## Medical needs

Does your child need extra support for medical reasons, such as sleeping on their stomach or using a Delta cushion? Please let us know. Together, we will look for a safe solution.

## Questions?

Would you like to read more about safe sleeping?

Visit: [www.veiligheid.nl](http://www.veiligheid.nl)

[www.kinderveiligheid.nl](http://www.kinderveiligheid.nl)

Do you have any questions or would you like to discuss something?

Please feel free to contact your baby's mentor or the location manager.

Together, we will ensure a great start!

