



**Prepare
your baby**
for group care

How to ensure a good start at Spring

nieuwsgierig naar jou






Feel at home at Spring!

With these tips, your baby will get off to a great start at daycare.

Nutrition

At daycare, your baby will be given a bottle of milk; this can be breast milk or bottle feeding. Drinking from a bottle takes some getting used to if your baby is normally breastfed. Practice drinking from a bottle at home. This can be done from 4 to 6 weeks and if drinking from the breast is going well. In any case, start practicing in time and do this regularly, so that your baby can get used to it properly and does not forget how to do it. Let someone else give the bottle occasionally, for example grandpa or grandma. That way it is less strange when a pedagogical professional gives the bottle.



*At daycare, your baby
sleeps in a safe bed.*

Sleeping

We follow the national safety guidelines for sleeping. We increasingly see that parents carry their baby close to their body and that the baby also sleeps there. This is not possible at daycare. At daycare, your baby sleeps in a safely certified bed, in a designated bedroom. Children who are not used to this sometimes find it difficult to fall asleep at daycare. You help your baby by practicing sleeping in their own bed at home before daycare starts. Your baby sleeps in the same bed as much as possible at our daycare and has its own bedding. Your baby sleeps in a suitable sleeping bag that you bring from home. We do not swaddle babies. We advise against this for safety reasons. We also keep the beds as empty as possible for safety reasons. So do not let your baby get used to a large cuddly toy (with strings). A small, soft, unfilled cuddly toy or a (scented) cloth is fine.

We always put your baby to bed on its back. With this we follow the national safety guidelines as well. As soon as your baby can roll from its stomach to its back and vice versa, we can be a little more flexible. We put your baby to bed when your child is tired, but still awake. We then give your baby the chance to fall asleep on its own. Sometimes your baby will cry for a while, that's okay. This way your child learns to fall asleep without help. Of course we will go to your baby if the crying hasn't stopped after a few minutes.

Predictability

Your baby experiences something new every day; something your child has never seen, felt or tasted before. It is therefore nice for your child if there are also things that go the same way every day. That provides predictability and peace. Use fixed routines as much as possible. Not the time, but the order is important. Use a fixed order as much as possible when feeding, changing, putting to bed and getting out of bed. Tell us about your fixed rituals and routines. If possible, we follow the same routines at the daycare.

Getting used to it

We understand that you can be nervous to leave your baby with a stranger for the first time. Therefore, practice with taking your child to someone you know in advance. This way you can also get used to someone else taking care of your baby.

Trust

If you are tense when saying goodbye, your baby probably is too. Babies sense emotions very well. Therefore, try to relax and trust the expertise and experience of our pedagogical professionals. Also make the farewell a fixed ritual. Do everything in the same order (put things in the basket, play with your child for a little while, give a big hug and say goodbye). Keep the goodbye short and powerful.

Happy to help

Are you having trouble preparing? Then we would be happy to think along with you. With our expertise and years of experience, we will help you make it work. So feel free to make an appointment with one of our pedagogical professionals.

General contact information

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