



## This is how children sleep safely at our childcare.

With us, children sleep in a safe and healthy way. We make sure that all nap times comply with laws and regulations. What's more, we also follow the advice from agencies such as VeiligheidNL, the Dutch organisation for safety and injury prevention, and Nederlands Centrum Jeugdgezondheid (NCJ), the Dutch centre for child and youth health.

### Did you know...

that it is compulsory for children at childcare to use a sleeping bag during naps?

### 4x safe sleeping at childcare



Children sleep in a sleeping bag, as this is safest and keeps their face uncovered at all times. Extra bedding is not needed.



Children sleep in a safe, empty bed: without cuddly toys or pillows that could obstruct the child's face.



Children sleep on their back: this is the safest sleeping position and reduces the risk of cot death.



We monitor: we check on the sleeping children at least every 15 minutes.

# Why sleep in a sleeping bag?

We believe it is important that babies feel comfortable and safe at childcare, also when they are asleep. This reduces stress and the risk of cot death. A familiar sleeping bag from home helps. That is why we ask parents to bring their own sleeping bag if your baby takes naps at childcare. For the sleeping bag checklist, read below.

## Checklist for a good sleeping bag.

A sleeping bag from home has a familiar smell and feels safe. This will help children settle in sooner.



### 1. Check the entire sleeping bag

- ☐ The sleeping bag should be clean and without tears, loose seams or a broken zip.
- ☐ And without buttons or decorations that could come loose.



### 2. TOG rating (heat)\*

- ☐ The TOG rating is printed on the clothing label.
- ☐ The TOG rating is appropriate for the room temperature.\*\*



### 3. Does the sleeping bag fit?

- ☐ The neck opening should not be too wide, to prevent the child from sliding down inside the sleeping bag.
- ☐ The armholes should also fit well and not be too large.
- ☐ The sleeping bag must not be too long or too large.



### 4. Open... and close

- ☐ The sleeping bag should fasten with a zip.
- ☐ The zip should be at the bottom, so that the child cannot undo it themselves.



### 5. Movement

- ☐ The child's arms should be able to move freely, the sleeping bag must not have detachable sleeves or built-in mittens.



### 6. Whose is it?

- ☐ Please write your child's name in the sleeping bag.

If the sleeping bag does not meet these rules, we will ask you to bring a different sleeping bag. Of course, we always have spare sleeping bags, just in case the sleeping bag is not suitable or gets dirty.

\* The TOG rating determines how well clothing retains heat.

**Please note:** each clothing item has its own TOG rating, which are added together.

\*\* Recommended: max. 3.0 at 16-20°C.