

# The transition from home to nursery



Everything  
you want to  
know!



## Dear parent(s) to be,

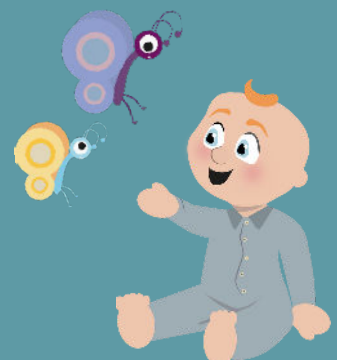
A very special time is upon you: the birth of your child and the start of your lives together. The period after birth is a period when time seems to fly by, when you are busy getting used to, caring for and enjoying your baby. 'Ordinary' life seems far away..

But then the time will come when you go back to work and take the baby to a nursery for the first time. We are delighted that you have chosen Solidoe and entrusted us with this special care.

Good preparation will make the transition from home to nursery much smoother for you. This is great for both child and parent! We would therefore like to give you some practical information so that you can start preparing at home. And we would also like to tell you more about what your baby's days will look like at nursery.

### Home versus nursery

Even for those not yet familiar with childcare facilities, it will be clear that there are differences for a baby between a day at home and a day at the nursery. But what exactly are these differences and what is their impact?

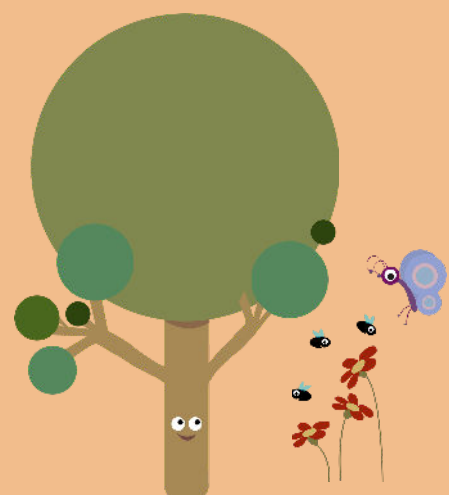


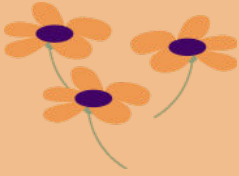
At home, the baby has plenty of attention and the environment is calm and orderly. There are probably few people in the house at the same time. In our groups, it is different; there are more children, more babies and more adults. That means more noise and more stimuli for the baby. Babies always need to get used to this difference in the beginning, see also our Acclimatisation Policy. (See the location's pedagogical work plan on the website)

## Sleep rhythm

Babies need time to get into a rhythm. Hence, in the first year of life at the nursery, we follow the child's rhythm as much as possible. When it comes to sleep, we pay close attention to the signals the baby gives off such as yawning, rubbing eyes and ears. It is best to put a baby to bed when they give these signals, so they can peacefully fall asleep in bed. If you wait a little longer, the baby may be too tired and therefore fall asleep less peacefully.

Some babies need time when going to sleep to switch over and cry for a while; that's completely fine! We stay in contact with the baby; we check in regularly and clearly tell the baby he can go to sleep; that we are there. This makes the baby feel safe.





We support babies' natural sleep cycles, which typically last around 45 minutes. If a baby wakes up earlier, we respond with gentle reassurance and let them know it's safe to go back to sleep. In doing so, we encourage them to sleep through and foster a sense of security.

It can sometimes be tricky to recognise whether a baby has had enough sleep or would like to continue sleeping. Sometimes they seem to wake up, they may make noises or rapid eye movements, for example. Or they laugh, move or breathe quickly and irregularly. The baby may then not yet have finished sleeping, but is in the active phase of the sleep cycle.

A baby has two sleep stages: active sleep and silent sleep. In that first stage, a baby is still sleeping quite lightly. This is similar to REM sleep in adults. This is why we always check if the child has really finished sleeping or if we should stimulate the baby to continue sleeping. About halfway through, the phase turns into that of silent sleep. Breathing then becomes calm and regular, and the baby hardly moves.



In our group, we allow babies to wake up naturally – we don't wake them. This way, each child wakes up well-rested and better able to cope with the day and the stimuli around them.

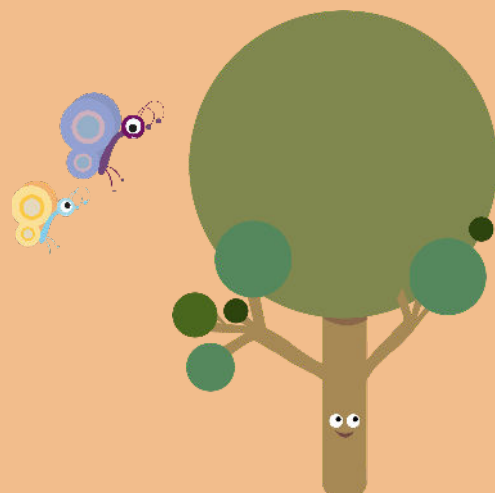
We follow each baby's natural sleep rhythm rather than working with fixed nap times. This approach helps us respond to the child's individual needs, providing a sense of calm and consistency that supports their development.

## Bedrooms

At our locations, there are usually two bedrooms per group containing several beds. This means the baby sleeps in the same room with other children. Each child sleeps in their own cot, with sleeping bag and possibly a cuddly toy and dummy. We think carefully about which children sleep in which bedroom, in terms of sleep rhythm. Babies always sleep in a cot at our nursery, the playpen is for playing.

## Preparation for sleep

It is great when a baby has learned to fall asleep independently at home in their own cot in the bedroom. This makes the transition to nursery easier for the baby.



Great for the baby, because we find that the baby is then better able to continue sleeping. If the baby is still dependent on being pushed in a pram or on the parents' arms, the baby is likely to sleep more lightly and have a harder time continue sleeping. You can encourage falling asleep independently by playing with your child for a while after feeding and only then putting them to bed. At the group, we follow a cycle of feeding, playing and sleeping.

Because they can easily fall asleep, the child has time to refuel from all the stimuli during the day in the group. When childcare and home have the same fixed rhythm, the baby can recognise what is going to happen. This is very good for the baby's emotional safety.

## Pacifier

In our groups, we only offer pacifiers during sleep times once your child is over a year old. That's a conscious choice, because using a pacifier for too long can affect teeth and mouth development.

When your child is awake, we comfort them in other ways — like with a cuddle toy, a soft cloth, or simply by being close and giving them attention. This way, your child can slowly get used to needing the pacifier less

## Preparation of food

Feeding at the group may also be slightly different from feeding at home. Babies are given the bottle at our nursery. If babies are used to breast milk, drinking from the bottle is probably still something they need to learn.





It would be nice if you manage to practise this daily, for example one feed every day. Some children who are given breast milk find it very difficult to drink from a bottle from their mothers. If you have the feeling that this might be the case for your baby, you could let someone else try it. That might work well.

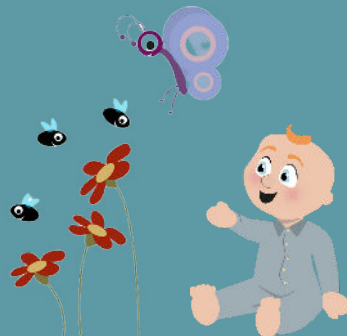
If your baby is getting the bottle, it might be a good idea if you can try getting someone else to feed your baby. This will help the baby get used to the fact that soon the feeding will be done by someone other than the parents.

If a breastfed baby has difficulty drinking from a bottle, we may ask the mother to come to the nursery to feed. It is possible to bring pumped breast milk. We adhere to the guidelines of the National Institute for Public Health and the Environment (RIVM) in this regard. We would be happy to tell you more about this during the introductory meeting.

## Feeding rhythm

We follow your baby's own feeding rhythm, based on advice from the child health clinic. We take into account what your child needs and try to stay in line with your routine at home.

We'll only start offering other (solid) foods once you've introduced them yourself. That way, we keep things clear and consistent — together.





Although we accommodate your baby's own rhythms as much as possible, it is important that baby gets the first feed of the day at home. Our pedagogical staff are by themselves at the beginning and end of the day. For that reason, it is not possible for them to feed your baby at these moments, because they have to take care of the whole group.

### Fruit snacks

When you have started feeding your baby fruit at home, we will also offer it to the baby in the group. We give the baby one type of fruit in the beginning to stimulate taste. We do this with your baby on our lap, so baby feels safe and secure to discover new flavours.

### Crying

Babies mainly communicate by crying. As a parent, you quickly learn to recognise the different types of cries — and the same goes for us as childcare professionals. We listen carefully to understand whether your baby is hungry, tired, needs comfort, or is simply processing all the new impressions.

Crying is also a way for babies to release tension. It helps them reset and be ready to take in new experiences. So crying isn't necessarily a bad thing at all.





What really matters is that a baby feels seen and supported. That's why we're always emotionally available: we make contact, gently name what might be going on, and show that it's perfectly okay to cry. In doing so, we help your baby feel safe and calm again.

## Develop and move

Children naturally have the urge to develop. We think it is important to support and encourage this, without forcing it. Hence, we give young children plenty of space to move 'independently' and without impediments. We give a lot of attention and follow the child's pace. We use ground boxes and/or a mat, as these areas allow the baby to move freely.



With a limited number of toys, we encourage the baby to move independently. In this way, we support the maturation and development of the central nervous system. A baby does not need many materials yet, and first their own body needs to be discovered: playing with their own hands, learning to lift their head, turning and then crawling.

## Sickness

If your baby gets sick in the group, you will be called to discuss what is best for the baby. Children who are sick need a lot of attention. In a group with several children, a child who is unwell may need more attention than we can provide. If your baby is really unwell, we will therefore ask you to come and pick them up.



## Settling in

The first day at the nursery is a special moment — for both you and your baby.

That's why we warmly welcome you to stay with us in the group on that day. It's a great opportunity to see how things work here and to help your baby settle into this new environment with you close by.

We kindly ask that you change your baby's diaper yourself and — if possible — put them to bed. This helps your child feel safe and supported. With you nearby, your baby can learn that it's okay to sleep in a new bed in a different place. That sense of trust and comfort lays the foundation for a smooth transition in the days to come.

## Questions

Every day, when picking up and/or bringing your baby, there is time and attention for handover, talking about your baby's day and development. Then there will also be room for questions. For more specific questions, for example the transition from breast milk to formula, sleep problems, excessive crying, you can contact the JGZ (youth health care). They can support you and give you tips that can be very practical and helpful.



See you soon!  
[www.solidoe.nl](http://www.solidoe.nl)

