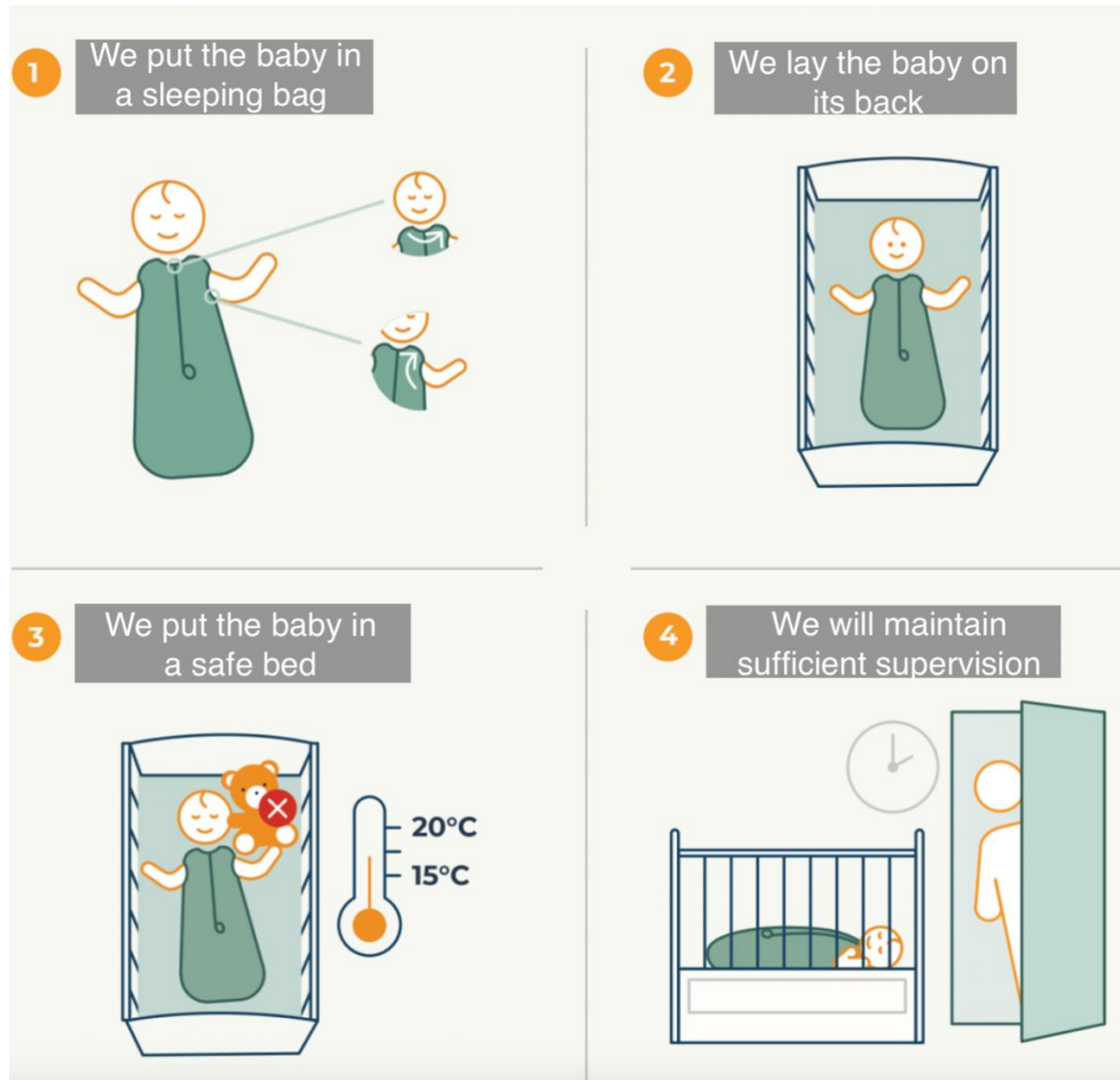


Protocol for safe sleeping in childcare

In this protocol, we describe how we have arranged everything related to sleeping here at The Clown Club. The protocol has been drawn up on the basis of veiligheid.nl. The children at The Clown Club sleep in a cot or on a stretcher. Children up to approximately 1 year and 11 months sleep in a cot with a sleeping bag. As soon as the children (almost) move to the toddler group, they switch to sleeping on a stretcher without a sleeping bag. When we put a baby to bed, we...



Bedrooms

We have three bedrooms at The Clown Club: one for the Babyroom, one for English 1, and one for Dutch 1. Each child has his or her own bed as much as possible, so that the place where the little ones wake up is always the same. Which child sleeps in which bed is indicated on a floor plan and/or noted on the beds. If several children sleep in the same bed on alternate days, the mattress is made up on two sides, one blue and one white. This way, these children have their own bedding. The beds we use are regularly checked for defects. We also have certificates for the beds. The beds comply with the guidelines of the Municipal Health Service (GGD).

Bedding

The sleeping bags and other bedding are purchased by The Clown Club. To ensure a safe sleeping bag, we take the following into account:

- Not too warm: the temperature in the bedroom determines the type and thickness of the sleeping bag. We feel the back of the neck with the tips of our fingers. As long as the baby's neck feels comfortable (= lukewarm) in bed, the baby is comfortable.
- Not too big: the armholes and neck opening must fit snugly so that the baby cannot get their head or arms stuck in the sleeping bag.
- Arms can move freely: the baby's arms are not trapped in the sleeping bag. Even if the sleeping bag has sleeves, it is important that the arms can move freely. For example, the sleeves should not be zipped to the sleeping bag or forced into an upright position
- Close with a zipper: not with buttons or snaps. The zipper closure is located at the lower legs. This prevents the size of the neck opening from varying or a baby from opening the closure.

A sleeping bag brought by parents will only be used if it meets these four conditions. All bedding is washed once a week to prevent the spread of disease.

Information about children

Each group has a list with information/details about the children in the group, including the following details: pacifier, cuddly toy, etc. Does a child sleep in a position other than on his/her back? If so, this is noted on the list. This list can always be found on the group's iPad. This way, everyone knows how to put the children to bed. Cuddly toy Some children sleep with a cuddly toy, blanket, and/or pacifier. The children bring these from home and take them to bed with them. This is only allowed if the cuddly toy is not too big and does not have any hard parts. We do not encourage the use of cuddly toys in bed.

Baby monitor/supervision

All bedrooms are equipped with a baby monitor with a camera, which is monitored by the PP staff (pedagogical professionals). When we put a child to bed, we always check on the other children as well. The basic principle is to check on the sleeping children once every 15 minutes. Temperature The temperature in the bedroom should preferably be between 15 and 20 degrees Celsius. This is monitored via the baby monitor. If the bedroom is too cold, we briefly turn on the heating. If it is too warm (for example, in summer when the outside temperature is high), we try to cool it down with air conditioning. As soon as the children go to sleep, both are turned off again. The bedrooms are aired every day.

At The Clown Club, we do not use camping beds or outdoor beds. The beds also do not have pillows, baby nests, head and side wall protectors.

Stretcher

In the toddler groups, the children sleep on stretchers. They no longer sleep in sleeping bags but in their own clothes under a sheet. If the children are wearing a hoodie or clothing with drawstrings, these are removed before bedtime. The stretchers are used in English 2, Dutch 2, and Dutch 3. They are spread out across the room and soft music is played. The room is darkened by closing the curtains. In accordance with the four-eyes principle, a roller blind is always left slightly open. This allows you to still see into the classroom from the hallway. There is always one PP staff member present in the classroom. As soon as the children in Dutch 1 and English 1 turn two, they start practicing sleeping on a stretcher. These are placed in the Dutch 1 classroom. Here, too, there is always a PP staff member present, there is a view into the classroom from the hallway, and relaxing music is played. If the children feel cold on the bed, they are given a blanket. These are also washed regularly.

Safety

When we put the children to bed, we always check that the gates are properly closed! We also check on the sleeping children at that time. Babies are not given hats to wear, as this is not necessary. Babies' heads remain uncovered, which is important for heat regulation.

Children are not put to bed wearing:

- Sweaters with drawstrings
- Sweaters with hoods
- Elastic bands, pins, and other hair accessories in their hair
- Bracelets and necklaces
- A fever (38.5°C or higher)

Sleeping on their backs

We assume that children in the Baby Group sleep on their backs. Some children prefer to sleep on their side or stomach. Parents must give specific permission for this. Parents can give their permission in the Konnect parent app. Once children are able to turn themselves over, they can sleep however they want. The permissions are visible to the PP staff in the Konnect app

Exceptions

Playpen: When children first start attending daycare, sleeping can sometimes be difficult. After all, you need to feel safe in order to relax. That is why we sometimes choose to let a child from the Babyroom sleep in the playpen. This allows the child to get used to the sounds around them and enables the childcare workers to keep a close eye on them. The children also hear the sounds of the group and can more easily get used to sleeping at the daycare center.

Sheet: If a child (in the Babyroom) has difficulty falling asleep, we can make an exception and tuck them in tightly with a stretched sheet. This is removed from the child as soon as they fall asleep. A sheet can sometimes provide a little more security. A baby monitor with camera is available in the bedroom so that this child can be monitored. As soon as the child starts to

turn from their back to their stomach, they should no longer be tucked in! If a child is tucked in with a sheet, this layer is made up with the feet at the foot of the bed.

Swaddling: In exceptional cases, a child may be swaddled. The parent must give written permission for this. Swaddling is done with a special swaddling cloth, which we provide. When swaddling, we ensure that the child's legs remain free. As soon as the child shows signs of turning, we stop swaddling and inform the parents. If a child is ill (fever, respiratory infection, cold, hip dysplasia, scoliosis, or within 24 hours of a vaccination), the child may not be swaddled.

Sleeping on the stomach: Another exception to the rule is sleeping on the stomach for children aged 0 to 1 year. We may only place a child on their stomach in bed for a valid reason. The parent must also give written permission for this. This child will be monitored extra closely while sleeping via the baby monitor with camera.

Communication with parents:

Once parents have made arrangements for the intake/settling-in period, they will receive a confirmation email from us. In this email, we ask parents to start practicing a few things, including sleeping in a bed with a sleeping bag. During the intake, parents will receive the group's handbook. This also contains information about sleeping at the daycare center. During the intake, we discuss sleeping at the group with the parent. If there are any changes in the child's development that relate to sleeping behavior, the PP staff at the group will inform the parents.

The Safe Sleeping protocol can be found on Konnect and is therefore always available to parents and PP staff.

Responsibility

As a childcare organization, we are responsible for ensuring the safety and health of the child, even if we deviate from our regular policy at the request and with the consent of the parents. In the event of requests from parents for different sleeping arrangements, we will therefore always make a professional assessment of whether accommodating that request is sufficiently safe and healthy for the child during childcare. If, in exceptional circumstances, a request is granted, parents must sign a written consent form.

What to do in an emergency

If, despite all precautions, a baby is found to be in poor condition, proceed as follows:

- Remain calm.
- Stimulate the baby (without shaking it vigorously; support its head).
- Call for help from colleagues.
- Call 911 immediately.
- Ensure that the baby is lying on its back on a hard surface. If the baby does not respond, administer five mouth-to-mouth resuscitations. If the baby still does not respond, start chest compressions and mouth-to-mouth resuscitation in a ratio of 15:2
- Take notes, including all times when something is done from the moment the baby is found.

In the event of sudden and unexpected death, it is recommended that you report this as soon as possible, but in any case within a few days, to the Expert Group on Cot Death of the Dutch Association for Pediatrics (NVK) via expertisegroepwiegendood.nvk@gmail.com. Naturally, this should only be done with the parents' consent. A doctor from the Expert Group can advise on the possibilities for further (medical) investigation and offer additional support. It is advisable to make notes and secure information as quickly and as completely as possible in all circumstances. Much of the data is essential or of great importance in contributing to the subsequent investigation into the cause of and/or factors that contributed to the death.

For the purposes of drawing up an observation report, note down: the time of the event, the situation found in the cot, the baby's position, the clothing and the temperature in the room where the death occurred, as well as the baby's temperature. Take photos if necessary. Take a photo of the logbook with the baby's check-up times. The management realizes that in the event of death, aftercare for the parents, the educational professional(s) involved, and colleagues is very important. Good communication between all those involved is paramount. First and foremost, the parents have the right to full insight into the circumstances surrounding the death. Aftercare is of great importance, both for the parents and for the childcare staff. Attention for all those involved and openness about the course of events contribute to the start of the grieving process. The Expertise Group on Cot Death, part of the Dutch Association for Pediatrics (NVK), can provide advice and assistance with aftercare (expertisegroepwiegendood.nvk@gmail.com).

Information on TOG Values

The TOG value is a guideline that indicates how well clothing or bedding retains heat. The abbreviation stands for Thermal Overall Grade. The higher the TOG value, the less heat can escape through the fabric. The lower the TOG value, the easier it is for heat to escape. Clothing with a high TOG value is therefore very warm, while a low TOG value indicates cooler clothing. The TOG rating is a tool to help ensure your baby maintains a healthy body temperature. It's important that your baby doesn't get cold. However, it's just as important not to dress your little one too warmly.

TOG-Waarde tabel kleding en bedtextiel	
Item	TOG-WAARDE
Rompertje met korte mouwen	0.2
Laken	0.2
Rompertje met lange mouwen	0.5
Inbakerdoek (dun tot dik)	0.2 - 2.9
Zomer slaapzak	0.3 - 1.0 (kijk in het etiket)
Boxpakje of jumpsuit van katoen	1.0
Deken (één laag)	1.5 - 2
Winter slaapzak	1.0 - 3.5
Trui - vest	2.0
Broek	2.0



TOG-waarde tabel: kamertemperatuur en TOG-waarde	
Kamertemperatuur	TOG-WAARDE
Lager dan 16 °C	4.0 
16 - 19 °C	2.5 
20 - 22 °C	2.0 
23 - 25 °C	1.0 
Heter dan 26 °C	0.5  of alleen een



Informatie: <https://www.numsy.nl/tog-waarde-baby/>