



When we care for your baby, we follow best practice recommendations...

Sleep

Babies are placed on their backs to sleep.

Babies spend, no more than 15 to 20 minutes a day in the infant swing, infant seat, or saucer.

Feeding

We pay attention to babies' cues for hunger and fullness.

We hold babies to feed them bottles.

At mealtime, we stay close to babies and talk to them.

Position

Babies are placed on their tummies for playtime.

Diapers

Babies' diapers are checked at frequent intervals and changed when needed.

Staffs' and babies' hands are washed after changing.

Stimulation

We talk often to babies and respond quickly to their communication cues.

These best practices are adapted with permission from
a poster developed by Whatcom County Health Department Childcare Health Consultant Program
HCCW-Jan 04