

## **At Espira Daycare Centre De Watertoren, our youngest children can unwind in our Baby Spa**

### **What is our goal with baby floating?**

We believe it's important for children to feel good and to be able to develop in a healthy way while they are with us in childcare. In today's society—with an enormous amount of stimuli coming from all directions—we think it's wonderful to be able to offer something extra and contribute to relaxation for our little ones. And floating isn't only beneficial for relaxation; see the points below. It is a valuable addition to our childcare, where we work with great care for children.



### **What do babies develop during floating?**

**Baby floating has many benefits. It supports both emotional and physical development. The more a baby uses their brain and muscles, the stronger and faster they will grow.**

- **Relaxation**

The best-known benefit of floating is, of course, the calm and relaxed feeling it gives. The pressure of the warm water and the sensation of “floating” on the water feel pleasant and soothing.

- **Good for muscles, lungs and heart**

A floating session for a baby is comparable to an hour of intense exercise for an adult. So besides relaxation, it is also a real workout. The movements help strengthen the baby's muscles and heart. It also increases lung capacity, which in turn can reduce reflux.

- **Improves balance and coordination**

Floating improves a baby's balance and coordination. In the long term, this can help children start crawling, walking or swimming earlier.

- **Strengthens the bond between pedagogical professional and child**

A floating session is an intimate moment between the pedagogical professional and the child. It also brings benefits for parents. Through interaction, enjoyment and encouraging the baby, the bond can be strengthened.

- **Reduces cramps and has a positive effect on digestion**

The movements in the water stimulate digestion. Combined with the counter-pressure of the water, this also helps reduce cramps.

- **Improves sleep rhythm**

The warm water has a calming effect and supports a healthy sleep rhythm. Experience shows that many babies take a longer afternoon nap than usual after a Baby Spa session and/or sleep longer and more soundly through the night.

### **At what age are children allowed in the Baby Spa?**

A baby can use the Baby Spa once the umbilical stump has fallen off, usually 1 to 2 weeks after birth. By the time a baby starts childcare (typically after at least 10 weeks), he or she may therefore participate. Babies who cannot yet sit independently use the neck float ring; babies who can sit independently may use the bath with the seated float ring. Once children can touch the bottom of the bath with their feet, they may no longer use the Baby Spa. There may also be other reasons why children are not allowed or able to use the bath.

### **Safety**

- Babies may not use the Baby Spa if they have an open wound. They may also not use it within 72 hours after a vaccination.
- If a baby has a cough, fever, flu or a viral infection, the baby must recover first.
- After each session, the water is cleaned using the special O3 setting. This setting ensures that all bacteria are removed from the water.
- A baby may only use the Baby Spa under the supervision of a pedagogical specialist who has completed Baby Spa training and obtained the diploma. The protocol that must be followed for every session is also displayed in the room. The pedagogical specialist always stays right next to the baby.

During the intake meeting that new parents have with one of our pedagogical specialists, it can be indicated whether a child is or is not allowed to use the Baby Spa.