

# MOVING FROM COT TO BED

## When Is the Right Time?

- Most children transition between ages 2-3½ years
- Wait until your child is over 2 years old for safety
- Consider the move when your child:
  - Starts climbing out of the cot
  - Is toilet training
  - Needs to free the cot for a new sibling



## Bedroom Safety Checklist

- Install window safety locks
- Remove or secure curtain/blind cords
- Cover electrical points
- Secure furniture to walls
- Remove small objects and hazardous items
- Install stair guards if needed

## Bed Options

### 1. Starter Option

- Place a mattress on the floor
- Safest choice for early transition



### 2. Toddler Bed

- Same size as cot
- Can use existing bedding
- Lower fall risk

### 3. Single Bed

- Long-term solution
- Use bed rails for safety
- Ensure no gaps between mattress and rails



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## Making The Transition Fun

- Create excitement
- Let your child help choose the bed/bedding
- Have a "Big Bed Party"
- Show enthusiasm about this milestone
- Praise your child's "big kid" status

## New Bedtime Routine Tips

### Before Bed

- Have quiet time before sleep
- Let child arrange their own covers
- Allow a comfort item from the cot
- Use clear, positive bedtime phrases



### If Child Gets Up

- Calmly return them to bed
- Keep interactions brief
- Be consistent with response
- Say "It's time for bed - see you in the morning."



## Remember

- There's no rush - wait until you're both ready
- Consistency is key
- Every child adjusts differently
- Stay patient during the transition

Wishing you and your little one  
sweet dreams in the new big bed!

