

# The cot to bed transition



Moving your baby from a cot to a bed is a big milestone. When and how to do this varies depending on your baby and individual circumstances. Here's our guide to making the move.

## When?

Our biggest advice is not to rush this move. For most toddlers it's somewhere between 2 and 3 years. The younger your baby is, the less likely they are to understand the concept of staying in bed – which could cause disturbed nights.

Most parents make the transition when their little one has either outgrown the cot, or has started to climb out of it. The most important thing to remember is safety first. If your little one is trying to climb out of their cot and in danger of falling then it's time to make the transition.

Another common reason to switch from a cot to a bed is when there's a new arrival on the way. There are two ways to approach this. You can either make the move from cot to bed before the new baby arrives, or afterwards. If you choose to do it before, try to leave around 6 weeks for your toddler to get used to being in their own bed. We usually recommend making the change before the new arrival, as having a new sibling can also cause some sleep disruption.

