



## **Moving Your Toddler from a Cot to a Bed**

Wherever your child has spent their babyhood sleeping - be that in your bed with you, in a cot in your room, or in their own room - most children will move into their own bed between the ages of two and three.

### **Why Should I Move Them to a Bed?**

- They can climb in and out of their cot which poses a threat to their safety
- They are repeatedly waking during the night as a result of knocking their head, arms or legs on the side of the cot
- They are now toilet-trained and need to be able to go to the bathroom quickly

### **When Should I Move Them to a Bed?**

- If you can, try to make the move slowly when there is no disruption to the family routine, and your child is completely well.
- Try to avoid rushing your child out of her cot to make place for a new sibling. If you do need the cot for a new baby, start the process of moving your older child to a bed early in your pregnancy so they'll be happily snuggled up in her big kid's bed long before the baby is born.