

## Moving your child from a cot to a bed

The time comes in every parent's life where they have to take their child out of the safety of the cot and into a bed – with a number of problems arising from this transition. Questions over when is the best time to move, whether there are other children in the house who may be affected and whether you should make the transition gradual are all problems that face parents, and there is often no easy answer. However, here are a few useful hints that should make life a bit easier for parents!

### When should the child be moved?

There's no right-or-wrong answer to this question, and every child and parent is different. Some people move their child as early as 15 months old, yet some wait until they are 3 or even 3 and a half. I think the best advice I can offer is: if they can escape from the cot, then it's time for them to move!

### Is a new baby on the way?

If you're moving the child from the cot because there's a new baby on the way, this can have a big negative effect on how well the transition is made. It can create a sense of "being displaced" due to the new baby taking his or her place in the cot, which the child sees as being rightfully theirs. If this is the case, make sure the child has enough time to get used to the bed before the baby arrives; don't make the transition on the baby's first night in the house! Children can often feel a sense of jealousy towards new babies, and try to regress into being a baby again and sleeping in a cot, so this can be a very difficult and trying time for a parent – so make sure you are careful!

### Are cot rails a good idea?

Again, this is down to the discretion of the parent. Some find it a necessity, and some do not, so it all depends on each individual case. Rails can create a sense of familiarity that makes the transition easier and less sudden for the child, but chances are that you won't need to use them for long, so it might be a good idea anyway.

### Bunk beds: a good idea or not?

Bunk beds are always popular with children because of the novelty factor they bring, however safety standards insist that the top bunk is not to be used by children under 6 because of how the beds are sized.

### Top Tips

Introduce your child to the bed before you want them to start sleeping in it. For example, place the bed in your child's room, opposite the cot, so they become accustomed to its appearance and presence before they start sleeping in it.

Employ the same tactic after the child has moved to the bed. Don't remove the cot immediately – keep it in the same room for a couple of weeks so that the child has something that they recognise and familiarise with.

Place a [mattress](#) on the floor beside the bed so that when they fall out of bed, which they will, their fall will be cushioned. You can also buy beds with a small – but effective – barrier along the rim of the bed which encourages the child to stay in it.

Because your child now has a much greater degree of freedom, there is nothing stopping them getting up and walking around, so you might want to purchase a stair-gate for the door to prevent them from wandering out of the room.

## About the Author

The author recommends Bedstar for all your purchases of new children's [beds](#) and [mattresses](#) as they offer great prices and a fantastic service.

Source: <http://www.healthcrazed.com>