

# Cot to bed

## When to move your child out of a cot?

From birth the safest place for a baby to sleep is in a cot that complies with the current Australian Standard and is made up in accordance with Red Nose guidelines for a safe sleeping environment. Keep the cot free of toys, pillows and bumpers as they may obstruct baby's breathing and as baby grows older could be used to climb out of the cot. When a young child is observed attempting to climb out of a cot and looking like they might succeed, it is time to move them out of the cot.



Provide a safe place to sleep



Before your child moves to a bed, check your home for potential hazards such as curtain/blind cords, windows, stairs, furniture



Bunk beds are not recommended for young children



Bean bags, sofas, large cushions and air mattresses are not safe places for young children to sleep



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Red Nose acknowledges the Traditional Owners of the lands in which we work, live and visit.

Red Nose Safe Sleep Advice Hub

1300 998 698 [during AEST/AEDT business hours]

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