

cot to bed safety

When to move your child out of a cot?

From birth, the safest place for your baby to sleep is in a safe cot. 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.

Check your home for hazards before your child graduates from a cot

Provide a safe place to sleep

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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