

# Cot to Bed



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When to move your child out of a cot?

**In Australia an increasing number of babies and toddlers are sustaining injuries from falling out of cots and beds. This is due to either not recognising the appropriate time to move a young child out of a cot, or a baby or young child being placed too early in an adult bed.**

When to move your child out of a cot?

The safest place for a baby to sleep is in a cot that complies with the current Australian Standard and which is made up in accordance with Red Nose guidelines for a safe sleeping environment.

Keep the cot free of toys, pillows, bumpers, activity centres and anything else that could be 'stacked' to assist a young child to climb out of the cot.

Weighted blankets also do not belong anywhere in the cot space or areas where children have access.

For safety reasons, 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.

This usually occurs when your toddler is between two and three and a half years of age but could be as early as 18 months.

## ! Remember

Do not use a portable cot if your child weighs more than 15kg (or check instructions of your particular model).

## Where to sleep a child who has moved from a cot

### Floor mattress

One option is to take the mattress from a cot or a full height single bed and use it made up on the floor.

Ensure the mattress is positioned away from the walls as young children can become trapped between the mattress and wall. A child's mattress needs to be firm to prevent fatal sleep accidents.

Keep the area around the mattress clear of soft toys, bean bags, plastic bags or similar objects that a young child can roll onto. Soft objects could mould around a young child's face, resulting in suffocation.

Ensure they are positioned away from high traffic areas in the home to prevent accidents caused by an adult or sibling falling onto the floor mattress.

### Toddler bed

Another option is to use a toddler bed:

- They are a safe intermediate step due to their low level, which reduces the injury risks from falling out of a bed.
- They are cost effective, as the cot mattress and bedding can be transferred to the toddler bed once the cot is no longer suitable for them.

### Adult height bed

If you have decided to use an adult height bed, be mindful that young children are at high risk of injury from falling out of the bed or becoming trapped between the bed and the wall.

- Make sure there are no spaces between the mattress and bed head bigger than 95mm. Bigger gaps can cause a young child to become trapped.
- Keep the fall distance to a minimum and use soft flooring materials or a mattress around the bed to minimise injury from a fall.
- Keep the area into which a child could fall free of furniture, toys and other hard objects.

Portable bed rails: If you have decided to attach portable bed rails to an adult height bed to prevent your child from falling, be mindful that children can become trapped if the rails are not fitted properly. Before placing your child to bed check that the portable bed rails fit tightly against the side of the mattress and there are no gaps between the mattress and the bed rail. This will help prevent a child's body or head slipping through and becoming trapped.

Pillows, soft bedding and toys should not be placed against the bed rail. There have been cases of suffocation in environments cluttered with soft toys. A young child can suffocate if their face becomes pressed against them.

Wait until baby is two years of age and is no longer sleeping in a cot or portable cot before introducing a pillow for sleep.

## Making your home safe before the move

A child no longer sleeping in a cot has greater access to all living areas. Before your child graduates to a bed, check your child's room and throughout the house for possible hazards.

### Ensure the environment is safe:

- Pay special attention to potential hazards that may result in falls, drowning, strangulation, entrapment or poisoning.
- Keep dangling cords, strings and mobiles out of reach as they could get caught around a child's neck.
- Keep heaters, electrical appliances and access to power points well away to avoid the risk of overheating, burns and electrocution.
- Ensure all furniture and TVs are attached with wall brackets, so they cannot be readily tipped over.
- Ensure stairs and windows are not accessible.



# Remember...

## Sleep young children safely:

- ✓ Safe bed
- ✓ Safe mattress
- ✓ Safe bedding
- ✓ Safe sleeping environment night and day

### ! Alert

- Bean bags, sofas, large cushions and air mattresses are not safe places for babies and young children to sleep.
- Bunk beds are not recommended for children under nine years of age.
- If a child is wearing a baby sleeping bag whilst sleeping outside of a cot be careful! A child wearing a baby sleeping bag and not confined to a cot is at a higher risk of falling and being injured. The child must be actively supervised and the sleeping bag removed as soon as the child wakes.
- Keep weighted blankets away from young children as they may cause serious injury or death.



**This brochure has been produced in memory of Ava.**

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

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