



Wee Learn

Wee Explorers (18 months – 3 years): Moving Your Toddler From Crib to Bed



Most toddlers make the transition from cot/crib to bed between about 18 months. Many parents make the switch when their toddler is able to climb out of the cot, or grows too tall to sleep comfortably.

Another common reason for making the change to a bed is if the cot is needed for a new arrival. If you're having another baby, try to introduce your toddler to a new bed at least six weeks before your due date. Toddlers with older siblings often have an easier time, as they want to be just like their brother or sister.

Every toddler responds to a new bed differently. Some will adjust easily to the change, while others will need a bit more help. Decide when you're going to make the change and talk about it up till a week in advance so it's not a big shock. To ease the transition, put the bed in the same place as the cot, if you can. Your toddler may also find it soothing to sleep with his old cot blanket, even if it's too small.

If your toddler's old enough, you could take them to a shop and let them choose his new bed or bedding. No matter how prepared your toddler is to move to a bed, always use a guardrail at first to prevent them from falling out.

If your toddler is struggling to feel comfortable with their new bed a few weeks after the transition, he may not be quite ready yet. If you're able to keep his cot/crib, you can always bring it back for a while and try the change again another time. Don't see this as a step backwards though. The child may just need a bit more time to adjust. If putting the toddler back in his cot/crib isn't an option, you may just need to give the child a bit of time and patience. He will take his cues from you; so don't let yourself get too frustrated. Stay calm, and stick to your normal routine as far as possible to reassure him that there are lots that's still the same.

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