

A HOW-TO GUIDE

Safe Sleep Space: The Toddler Bed Transition



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Is Your Toddler Ready for a Bed?

Key Signs to Look For

1. Outgrowing the Cot Physically

- **Height & Comfort:** If your toddler is more than 90 cm (35 inches) tall, they may be too big for the cot. You may also notice their head or feet touching the cot's ends, or they seem cramped. Check your cot's height & weight recommendations, as most are designed for younger, smaller children.

2. Climbing In or Out of the Cot

- **Escaping the Cot:** If your child has figured out how to climb over the cot's railing, it's likely time for the switch. This is a common safety issue, as climbing can lead to falls or injuries.

3. Expressing Interest in a "Big Kid" Bed

- **Showing Curiosity or Independence:** If your toddler is excited about the idea of a bigger bed or is keen to sleep in a sibling's or parent's bed, they may be ready. Some toddlers will express a desire to be more independent & may even ask about their own bed.

4. Sleeping Through the Night Consistently

- **Stable Sleep Routine:** If your toddler can sleep through the night without needing to be picked up or frequently checked on, it can make the transition easier. This readiness can reduce anxiety for both you & your child.



Being in tune with your toddler's growth & recognising these signs can make all the difference. By responding to their readiness & taking the steps to transition at the right time, you're setting up a smoother, safer journey toward independence & restful sleep.

Steps to baby proof the room

- 1. Cover Power Outlets:** Use safety plugs on all accessible sockets & keep cords out of reach or stored in safety child proof boxes.
- 2. Remove Hazardous Appliances:** Keep heaters, fans, & similar items out of reach; use covers for wall-mounted heaters if necessary.
- 3. Keep Bed Away from Windows:** Position the bed safely away from windows & secure any cords or blinds.
- 4. Anchor Furniture:** Secure furniture to walls to prevent tipping.
- 5. Lock Cabinets & Wardrobes:** To keep out dangerous items.
- 6. Remove Small Objects:** Any items that could pose a choking hazard.
- 7. Add Corner Guards:** Use guards on furniture edges & corners.
- 8. Secure Windows:** Install locks or guards to prevent wide openings.
- 9. Keep Floor Clear:** Maintain a clutter-free space to avoid tripping hazards.
- 10. Use a Baby Gate if Needed:** A gate can limit access to other areas.



Choosing the bed

1. Floor Bed or Toddler Bed

- Pros:
 - Both options are low to the ground, allowing for independent access & reducing the risk of falls & increasing independence.
 - Toddler beds are specifically sized for young children, often using a cot mattress & usually come with built-in rails for added safety.
 - Offers a gentle transition, helping children adjust slowly to the change.
- Cons:
 - Both options may be quickly outgrown as your child grows.
 - Floor beds require thorough babyproofing since they allow full access to the room.

2. Single Bed

- Pros:
 - Standard single size provides ample space & longevity as your child grows.
 - Optional guard rails can be added for safety.
- Cons:
 - Higher off the ground than a toddler or floor bed, increasing fall risk.
 - Some toddlers may find it big initially & require an adjustment period.

3. Queen Bed

- Pros:
 - Extra space for bedtime routines, like reading or cuddling.
 - Reduces the need to upgrade as your child grows.
- Cons:
 - Takes up more floor space, reducing the play area.
 - Higher profile may require guard rails for younger children.
 - Larger bedding can be a hazard.

4. Loft Bed (for older toddlers with supervision)

- Pros:
 - Space-saving, providing room for play or storage underneath.
 - Adds a sense of adventure & independence for older toddlers.
- Cons:
 - Not recommended for young toddlers due to fall risk.
 - Requires comfort with climbing stairs or a ladder, making it better suited to older or more coordinated children.

Top tips for a smooth transition

1. Start with a Toddler or Floor Bed

Switching to a toddler or floor bed can make the change feel gradual rather than abrupt, helping your child ease into the new routine. A lower bed setup is often less overwhelming, giving them a sense of security and independence without an intimidating height change.

2. Involve the child in setting up the new bed

If possible, set up the new bed in the room alongside their cot. Let your child explore and get used to the bed at their own pace. When they are ready encourage them to say “bye, bye” to the cot and watch you move it out of the room. This way, they clearly understand the transition is occurring. If they say no, keep both beds in the room for a transition period.

3. Maintain Familiar Routines

Keep bedtime routines consistent with familiar activities—such as a story, dimmed lights, or a favourite song. These rituals provide comfort and continuity, making the new bed feel like part of their regular routine.

4. Involve Your Toddler in the Transition

Let your child help decorate their new sleep space, choosing bedding and comforters. Giving them a role in the process builds excitement and ownership, making the bed feel uniquely theirs.

5. Be Patient with Adjustments

Adjusting to a new bed can be a big change, so patience and positivity go a long way. Offer encouragement and comfort as they adapt, and remember it's normal if sleep routines take a little time to settle.

