

3 Stages OF Child Beds

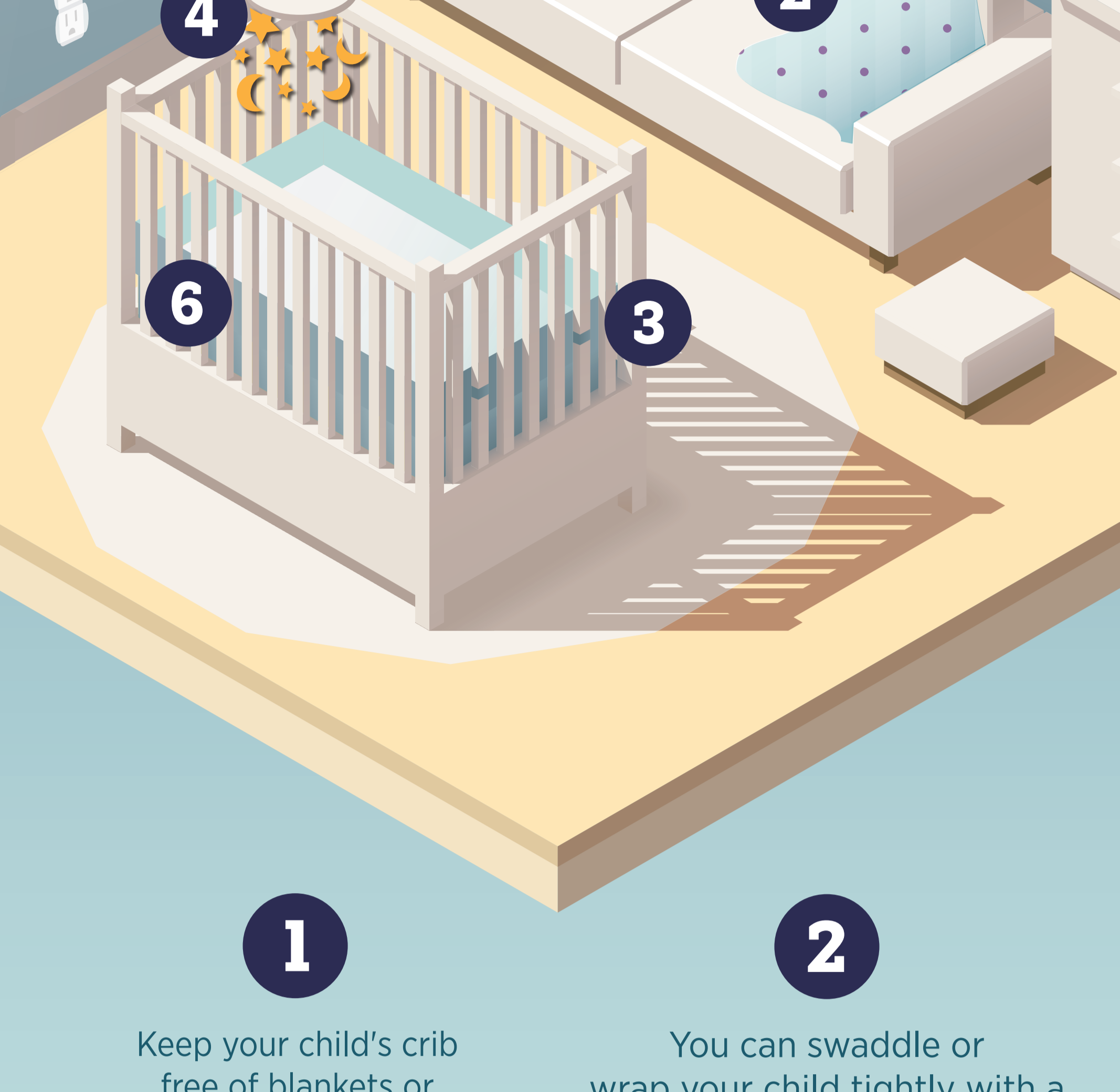
Tips for transitioning your child crib to bed.

Safety is the biggest concern when moving your child from a crib to a toddler bed to a regular bed. These tips may help with the transition at each stage.

Crib Stage

Age: Birth - 15-18 Months

Your child should be in a crib from birth. This is how to set up your child's crib:



1

Keep your child's crib free of blankets or stuffed animals.

2

You can swaddle or wrap your child tightly with a blanket to keep warm.

3

Bumpers should be securely anchored and tied from the outside.

4

Mobiles should be hung out-of-reach of your child.

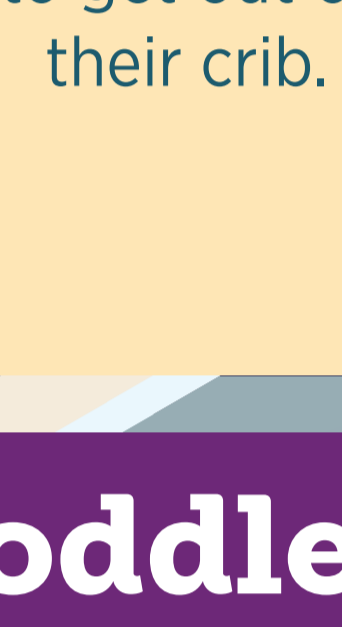
5

Cover all electrical outlets close to the crib.

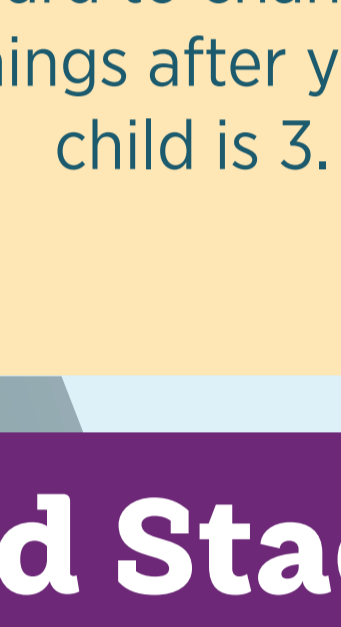
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A firm mattress is safer.

Before transitioning from a crib to a toddler bed, make sure you and your child are ready. You may need to ease your child into the toddler bed. Your child is ready if:



They are trying to get out of their crib.



They are 3. It is hard to change things after your child is 3.

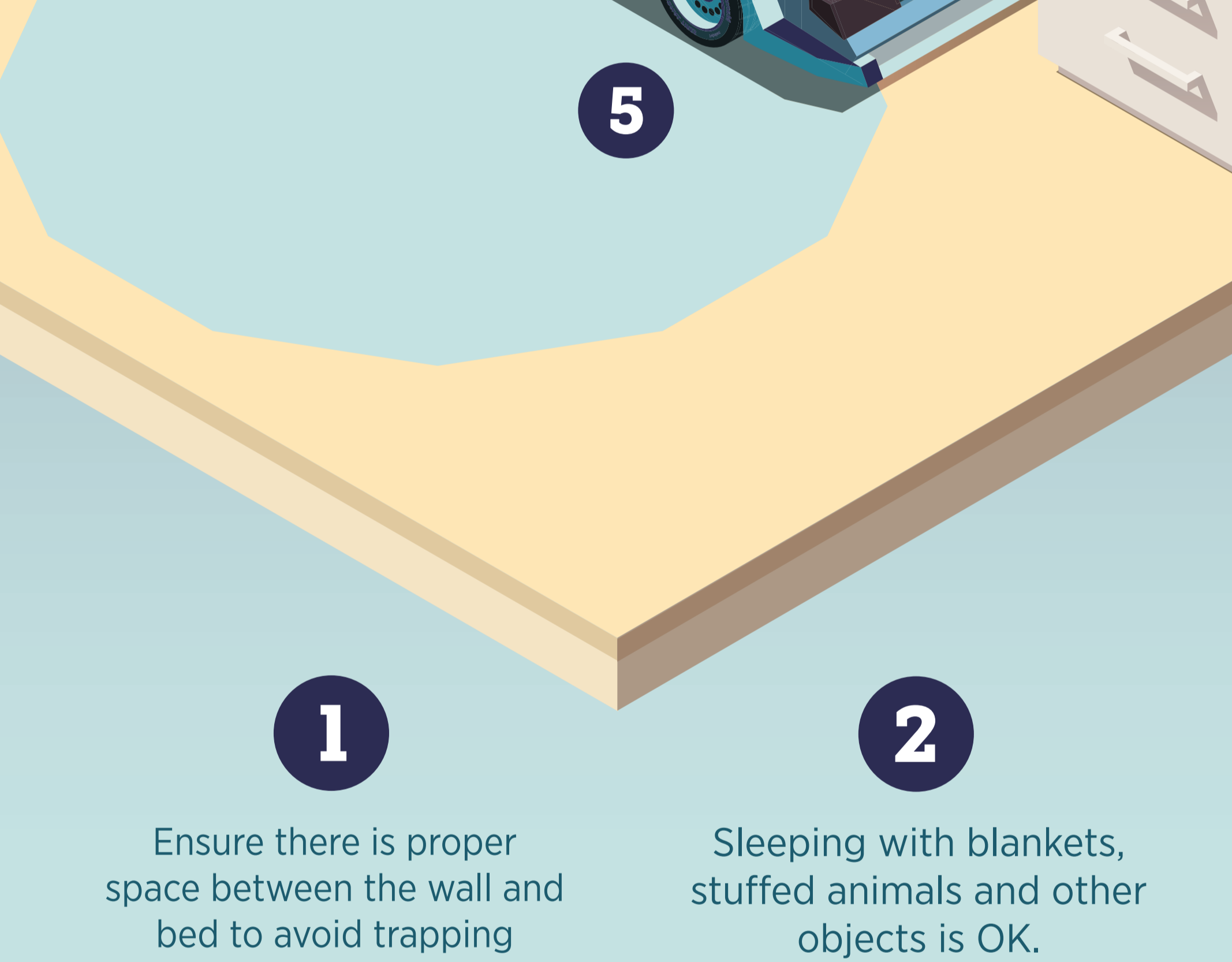


The area is safe.

Toddler Bed Stage

Age: 15-18 months - when ready

Typically, a child will transition from a crib to a toddler bed between 15-18 months of age. Toddler beds are lower to the ground and use a crib mattress. This is how to setup your child's toddler bed:



1

Ensure there is proper space between the wall and bed to avoid trapping your child.

2

Sleeping with blankets, stuffed animals and other objects is OK.

3

Keep sharp objects and things that could cause strangulation out of the bed.

4

Avoid windows, electrical outlets and furniture near the bed.

5

Put something next to the bed to cushion their fall.

6

Purchase beds with solid headboards. Railings are not recommended, but solid railings are preferred over those with slats.

7

A firm mattress is safer.

Bed Stage

Age: When Ready

You can move your child to a regular bed whenever they are ready. Things your child's bed could include:



1

Sleeping with blankets, pillows or stuffed animals is OK.

2

Keep sharp objects and things that could cause strangulation out of the bed.

3

Firmness no longer matters when your child transitions to a regular bed.

4

Put something next to their bed to cushion their fall.

If you have questions about your child's bed, talk with your child's primary care doctor.

For more information and health tips, visit Shine365.marshfieldclinic.org