

A SIDS AND KIDS PUBLICATION



# cot to bed SAFETY

*'Sleep Safe,  
My Baby'*

**sids** and kids<sup>®</sup>

## 'COT TO BED' SAFETY

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 baby or 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 SIDS and Kids' 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.

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 2 and 3 ½ 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

Providing the floor is clean and clear, the mattress from the cot could be lifted out and made up on the floor. A mattress from a full height single bed could be used in the same way.

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 relatively firm to prevent 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.

### Toddler bed

Reasons to consider toddler beds:

- 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 to provide a bed for toddler once the cot is no longer suitable for them.

### Adult height bed

Babies and young children are at a high risk of injury from falls or becoming trapped between the bed and the wall.

If you have decided to use an adult height bed:

- Make sure there are no spaces between bars or panels 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.

Bed rails are sometimes attached to adult height beds to prevent the risk of a child falling. 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 and toys should not be placed against the bed rail. There have been cases of asphyxia in environments cluttered with soft toys. A young child can suffocate if their face becomes pressed against them.

## **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<sup>1</sup>, so they cannot be readily tipped over.
- Ensure stairs and windows are not accessible.

1. Most furniture is now supplied with wall brackets



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 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.

# sids<sup>and</sup> kids<sup>®</sup>

For further information talk to your child and family health nurse or doctor; call SIDS and Kids in your state or territory on

**1300 308 307**

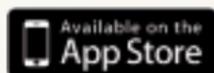
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In memory of Ava

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