



Heather N. Plante  
Certified Maternity & Child Sleep Consultant  
780-686-2753

*Helping Sleepy Angels Get Their Rest!*

## *Is your little angel ready to move to a big bed?*

The crib is a safe and familiar environment. There are several points to consider before you make the big transition from the crib to a bed.

- A. You may want to keep him in here if you are changing other aspects of his sleep such as: sleep coaching, removing the soother, eliminating the night bottle, etc. It will be simpler if you don't have to worry about him getting up and out of bed while you're trying to teach him how to sleep in it.
  - Another point of view is to make all of the changes at once; this makes the adjustment only necessary once, as opposed to adjusting after each change.
- B. Safety is the first concern. Some little angels can learn to climb out of the crib as early as 18 months old! Some are agile and can escape without any harm. Of course, they are proud as a peacock to come running up to you after this escape! There are several options that you can try to keep them in the crib:
  1. A MUST is to be sure that the mattress is at the lowest level.
  2. Place pillows around the crib for a softer landing
  3. Try a long t-shirt or a sleep sack to keep them from lifting their legs over the railing
  4. Have a talk with him to encourage him to stay in the bed because you are concerned about his safety (surprisingly, this may buy you a couple of more weeks/months in the crib)
  5. If he will not stay in the crib:
    - a) Turn the bedroom into a giant playpen.
      - Place a gate at the door
      - Childproof the room
      - Ignore the behaviour if he climbs out of bed to play around (as with any transition, the novelty will wear off – just start bedtime earlier to give him time to play).
      - If he falls asleep somewhere other than the bed, place him back into bed when he is completely asleep. He will learn that it is more comfy to sleep in bed and that you will do NOTHING for him (no reaction at all).
      - BE CONSISTENT!
    - b) Use plywood to construct a "crib" of sorts.
      - If you know a carpenter, you can shape the 2 sides into something creative and decorate it as desired.



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- Place the crib mattress on the floor and in the corner so you only need 2 sides
- The new sides will be higher than the crib sides and no rails to get footing on.
- Use this 'crib' until you are ready to transfer to a big bed

C.

D. Older than 2.5 years old,

- Do what is comfortable for you in order to maintain consistency!