

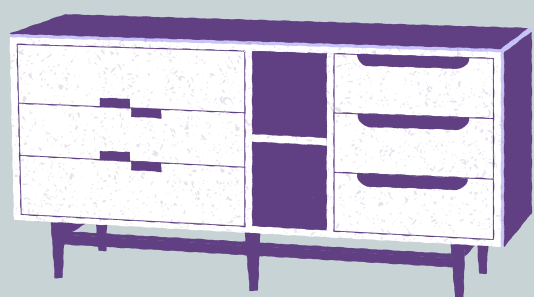
# HOW TO SUCCESSFULLY TRANSITION YOUR TODDLER FROM A CRIB TO A BED

5 easy steps guaranteed to send them peacefully to dreamland

## #1 SAFETY

Make sure your child's room is safe and ready for a bed:

- Large furniture secured to the wall
- No choking or toxin hazards
- Tamper-proof outlets
- Blind cords tied up and out of reach
- Baby gate blocking rest of the house



## #2 TALK IT UP

Call your child a "big kid" and be sure to recognize their good behavior:

- Helping clean up toys
- Going potty
- Getting dressed

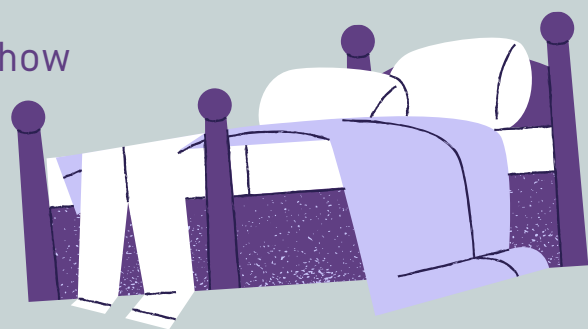
Then remind them how big they are and how exciting their bed will be!

## #3 GIVE CHOICES

Let them pick out aspects of their new bed and how they want to transition:

- New bed style and placement
- Colors of their sheets and pillows
- What day of the week to start

They'll feel in control of the change!



## #4 BEGIN RIGHT

Start by letting your child nap in their new bed before sleeping there at night.

Napping first will help your toddler adjust to the change and make them less likely to resist or have a meltdown when faced with it.

## #5 FIRST NIGHT

Keep things as consistent as possible, the only change should be the new bed.

- Keep bedtime routine the same
- Remind your child it's the first night in their "big kid bed"
- Tell them how proud you are of them
- Continue goodnights as usual

