



WEEK TO SLEEP™

## Crib to Bed Transition

### Key Points

#### **When is the ideal time to transition from a crib to a bed?**

Generally, between ages 2-3 is optimal. However, if your child is climbing out of the crib, it's time to make the switch, regardless of their age.

#### **Should I sleep train and then transition? Is it too much change all at once?**

Combine sleep training and transitioning from crib to bed to streamline changes related to sleep. However, avoid unrelated change during this process. Making simultaneous changes to sleep, bedtime, and the bed is effective for quicker results, ensuring better sleep for everyone in your home.

#### **Will transitioning from a crib affect my child's easy sleep routine?**

With toddlers, it's uncertain! Stick to your consistent bedtime routine; your child may stay put in their new bed. This guide helps you handle it if they test boundaries by coming out of their room. If they leave the bed but stay in the bedroom, give them space to choose to return to their new bed.

#### **How will this impact sleep?**

Initially, your child might take longer to fall asleep at bedtime—normal and usually temporary. Let them have space to doze off as long as they stay in their bed. Expect some middle-of-the-night wake-ups; resist rushing in, and let your child settle back to sleep. If they leave the room, gently guide them back. Transitioning to a big kid bed can influence falling asleep, but it's often a straightforward and easy change.

#### **How should we approach nap time?**

Begin with the new bed at bedtime, then have your child nap there the next day. It's normal if they take a bit longer to fall asleep initially; the new setting may feel different to them. Like us in an unfamiliar bed, toddlers need time to settle. They'll adjust, and as they get used to it, nap time will become more efficient.

# Preparing Your Child

## **Building Anticipation:**

In preparation for the transition, have conversations about the new bed or transforming their crib into a bed approximately 1-2 weeks ahead (unless your child is already climbing out then start right away!) Consider using our Countdown to My Big Bed as the transition approaches.

Encourage your toddler to play a role in the process by having them tuck a favorite toy into the big bed or a sibling's bed as a way of familiarizing them with the change. Discuss the concept of staying in bed and express that they will soon have their very own big kid bed. Engage your toddler further by having them choose themed sheets, a special pillow, and a pair of big kid pajamas to create an exciting experience!

## **Farewell to the Crib:**

Provide a special moment for your toddler to say goodbye to their crib. Guide them to thank the crib for keeping them safe and cozy. Involve them in the practical aspects, such as helping to remove the crib's side, participating in its deconstruction, and contributing to the assembly of the new big kid bed.

## **Literary Additions:**

Enhance the bedtime routine with these delightful stories 1-2 weeks before the switch.

- [Your Own Big Bed](#) by Rita Bergstein
- [Big Enough for a Bed](#) by Sesame Street
- [Big Bed for Giraffe](#) by Michael Dahl