



## WEEK TO SLEEP™

### What Type of Bed is Best?

Simplicity with toddlers is key!

Opt for a bed that is easy for your child to get in and out of on their own.

Size doesn't matter! You can put the crib mattress on the floor "Montessori style," a twin bed, or even as big as a queen bed! Your toddler will toss and turn and become comfortable with any bed you provide, so if it makes sense to get a larger bed or to use something you already have- that is fine!

Involve your toddler in picking out a theme or color of sheets- the more involvement they have, the better! You can even narrow the bed choice down to 2-3 beds, then let your child choose!

*Here are some great options!*

