



Stroud
Gentle Sleep
Support

Side-carrying a cot



Side-carring a full sized cot to your own bed can provide the proximity of bed-sharing with the reassurance and extra space of separate sleeping surfaces. It's a great option for babies who have outgrown their next-to-me but aren't ready to be sleeping in their own space, or for parents who don't want to bed-share but know that their baby benefits from closeness.

It can also be a gentle way to slowly familiarise your baby with their cot if you want to transition them to sleeping in the cot solo. You could spend a few weeks (or months) with the cot side-carred before adding the side back on and transitioning to solo sleep.

How to:

- Remove one side from the cot.
- Line up the cot with your own bed frame (you can move it down from the head end slightly or have it flush with the headboard)
- Mattresses must be completely level. You can use furniture risers under cot legs or bed legs to even out mattress levels.
- Once you have found the right height, you can use ratchet straps or cable ties to secure the cot frame to the bed frame so there is no movement.
- There must be no gaps between mattresses or mattress and cot side (as they could cause entrapment). With one cot side removed, you will find there will be a gap next to cot mattress. To fill this, press the cot mattress right up against the bed mattress and pack the gap along the edge of the cot with a pool noodle. Put the cot sheet over both mattress and pool noodle.

Safety considerations:

Be conscious of the height of the cot bars. Once baby can pull themselves to stand, the cot will need to be on its lowest setting (to prevent baby climbing over cot side and falling) so may need to be raised significantly to still be level with mattress. You might find at this stage that transitioning to a floor bed or two parallel floor beds (if you'd like to maintain separate sleeping surfaces) is an easier/safer option.

If a mobile baby is ever left to sleep alone in a side-scarred cot you must be very confident that you can get to them very quickly after waking, to prevent falls from the bed. If baby is a very quick mover, or a quiet waker, you may be safer moving to a floor bed once baby is mobile.

