Five Things You Didn't Know About Cot Bed

The Ultimate Guide to Choosing the very best Cot Beds in the UK

Inviting a brand-new child is an amazing milestone, and preparing the nursery is one of the most expected parts of the journey. Among the myriad of furniture options available, picking where the infant will sleep is probably the most important choice parents will make. In the UK market, **cot beds** have actually ended up being the gold standard for nurseries.

Unlike traditional cots, which kids typically outgrow by the age of two, a cot bed is created to transition seamlessly from newborn status all the method through to toddlerhood-- and in some cases even early school years.

This thorough guide explores whatever parents https://www.cots4tots.co.uk/ need to understand about cot beds in the UK, from safety standards to include contrasts, helping shoppers make an informed financial investment for their household.

What is a Cot Bed and Why Choose One?

A cot bed is bigger than a standard cot and normally determines around 140cm x 70cm (compared to a basic cot's 120cm x 60cm). The defining attribute of a cot bed is its longevity. By getting rid of the repaired sides and splitting completion panels, a cot bed changes into a junior bed suitable for children up to four or 5 years old.

Secret Benefits of Cot Beds:

- **Cost-Effectiveness:** While preliminary costs may be higher than a basic cot, buying one piece of furnishings that lasts for many years removes the need to buy a young child bed later on.
- **Familiarity:** Toddlers can experience stress and anxiety throughout the shift from cot to bed. Because a cot bed retains the very same bed mattress and familiar surroundings, the shift is often much smoother.
- **Space Efficiency:** Many UK cot beds come with integrated storage solutions, such as under-bed drawers, optimizing nursery space in modern homes.

Understanding UK Safety Standards

When acquiring nursery furniture in the UK, security is paramount. Parents should make sure that any cot bed they buy adhere to extensive British and European safety requirements.

When shopping, look for the following safety certifications:

- **BS EN 716-1 & & 2:** The official European safety standard for kids's cots and folding cots for domestic usage. This manages slat spacing (to avoid a baby's head from getting stuck-- generally in between 4.5 cm and 6.5 cm apart), structural integrity, and the lack of hazardous spaces or sharp edges.

- **BS 8509:** The British Standard for children's beds and cot beds, guaranteeing resilience and safety as the furniture transforms into a toddler bed.
- **Non-Toxic Finishes:** Babies love to chew on furnishings when teething. Make sure paints and varnishes are saliva-resistant and devoid of hazardous chemicals, lead, or heavy metals.

Types of Cot Beds Available in the UK

The UK market uses a broad range of styles to fit every nursery visual, from standard wood visual appeals to smooth, modern-day minimalism.

1. Requirement Cot Beds with Base Adjustments

These include a mattress base that can be gotten used to several heights (usually three positions).

- **High position:** For babies, making it simple for moms and dads to lift the baby without straining their back.
- **Middle position:** For babies who are starting to stay up.
- **Lowest position:** For active children who are pulling themselves approximately stand, preventing them from tumbling out.

2. Cot Beds with Integrated Storage

Suitable for smaller sized UK nurseries where closet and drawer space is at a premium, these models include integrated drawers underneath the sleeping platform.

3. Sleigh Cot Beds

Characterized by their curved, scroll-like headboards and footboards, sleigh beds provide a traditional, statement appearance. They are usually much heavier and need slightly more floor area.

4. Convertible Cot Bed Sets (Room in a Box)

Often sold as part of a three-piece nursery set, these plans consist of the cot bed together with a matching dresser/changer and wardrobe.

Comparison of Popular Cot Bed Styles

Function/ Type Requirement Cot Bed Sleigh Cot Bed Storage Cot Bed Convertible Set **Area Required** Moderate Big Moderate Big **Durability** As much as 4-- 5 years Up to 4-- 5 years Up to 4-- 5 years As much as 4-- 5 years **Storage Included** Optional Rare Integrated drawers Matching furniture **Aesthetic** Flexible/ Modern Conventional/ Grand Practical Collaborated **Price Range (£)** £ 150 - £ 400 £ 350 - £ 800+ £ 250 - £ 600 £ 500 - £ 1,200+

Key Features to Look For

Before purchasing, moms and dads should weigh up which includes matter most to their lifestyle and room measurements.

- **Teething Rails:** Transparent plastic strips running along the leading edges of the cot sides. These secure the wood from being chewed by teething infants and secure the baby's gums.

- **Drop-Side vs. Fixed Side:** While drop-side cots (where one side reduces to make reaching the infant easier) were once common, numerous modern-day UK producers favour fixed sides with adjustable bed mattress heights due to enhanced structural stability and security records.
- **Mattress Size Compatibility:** Always inspect the needed bed mattress size. Basic UK cot bed mattresses determine **140cm x 70cm**. Ensure there is no space higher than 3cm in between the mattress edge and the cot sides.

Tips for Choosing the Right Mattress

A cot bed is only as good as the mattress inside it. In the UK, security guidelines determine that an infant mattress need to be firm, flat, and water resistant.

- **Fibre Mattresses:** Lightweight and affordable, though they may soften with time.
- **Pocket Sprung Mattresses:** Offer exceptional support as the child grows heavier into their young child years.
- **Natural Mattresses:** Made utilizing materials like coconut coir, latex, and wool, wrapped in natural cotton. These are breathable, hypoallergenic, and ecologically friendly.

Crucial security note: Always purchase a brand brand-new bed mattress for a newborn. Second-hand bed mattress carry an increased threat of Sudden Infant Death Syndrome (SIDS) due to possible internal sagging and health degradation.

Transitioning from Cot Bed to Toddler Bed

Eventually, the time will come to convert the cot bed. Look out for these developmental milestones showing preparedness:

1. The child is attempting to climb out of the cot, developing a safety hazard.
2. They have actually reached a height of around 89cm or are noticeably too long for the confined space.
3. They are bathroom training and need independent night-time access to the bathroom.

Step-by-Step Conversion Process:

1. **Clear the location:** Strip the bed linen and remove mobile attachments or hanging toys.
2. **Lower or remove the side:** Depending on the design, either remove one entire side rail or attach the half-guard rail (if supplied) to prevent midnight rolling.
3. **Include the kid:** Let the kid select new toddler bed linen to make the shift seem like an interesting turning point instead of a forced modification.

Final Thoughts

Purchasing a cot bed is a useful choice that uses longevity, style, and assurance. By prioritizing licensed UK security standards, selecting a supportive mattress, and selecting a design that matches the available nursery area, moms and dads can produce a safe and secure, comfy sleeping environment that adjusts perfectly to their child's early years. Pleased shopping, and here to restful nights for both parents and child!