

Did you know?

A company found selling cots that do not meet the required product safety standards can be fined up to \$200,000, and an individual can be fined up to \$60,000.

Cot beds

A cot bed is a cot with removable sides and end so it can be converted into a toddler-sized bed once your child has outgrown his cot. Cot beds are generally longer and wider than standard cots. Cot beds don't usually have drop sides and not all versions have different mattress base positions.

The advantage of a cot bed is that it is only the one purchase from newborn and into the preschool years and beyond. It can also make the transition from cot to bed much smoother for your child. However, if you're planning on additional children, a proper cot and proper beds rather than combo cot beds may end being a more practical option.

When factoring in the cost of cot beds, check whether the size of your cot bed requires a larger mattress and bedding than a standard cot.

Bedding

When it comes to bedding, the most important thing to ensure is that the mattress fits snugly. If there are any gaps, these could potentially trap small limbs or allow your baby to get caught or to burrow underneath.

The mattress should be firm and will need to be aired regularly as it can get damp quickly during the time it is in use. When buying a new mattress, always take the original plastic covering off as recommended by Plunket and the Cot Death Association, as this can create a suffocation hazard for your baby.

Bumper pads (placed inside and along the top of the bars) are not recommended as babies have been known to get themselves caught underneath.

It's also advisable to avoid using a duvet in the cot to prevent your baby from snuggling under the cover. Blankets are best and should be tucked in firmly to help keep your baby's head clear. Alternatively, a baby sleeping bag is ideal for those cooler nights to keep baby warm.

When placing the cot in the bedroom, set it up away from windows where there are curtains or blind cords for curious little fingers to pull. ●

WITH THANKS TO SUE CAMPBELL, NATIONAL CHILD SAFETY ADVISOR, PLUNKET.



A three-in-one cot is suitable for newborns to toddlers.



The cot converts easily into a toddler bed (above) and a daybed (below).



FOR MORE INFORMATION:

For details about the cots highlighted and others, visit your nearest Babycity store or go to www.babycity.co.nz

To download a free copy of the NC Commerce Commission's cot safety fact sheet, go to www.comcom.govt.nz (under Publications in the Fair Trading Act section). You can also purchase a copy of the standard from Standards New Zealand at www.standards.co.nz