

Six steps to planning the perfect room

1

Decide between a cot and cotbed

A cot should last until your baby is about two years old, while a cotbed is slightly larger and has removable sides to convert it into a bed. It should then last until your child is four or five, so it's a good-value choice. Whichever you choose, look for drop-down sides and different mattress heights to make lifting your baby in and out easier.

2

Buy a new mattress

Mattresses are sold separately, and you should always buy a new one for your new baby, for hygiene and comfort reasons. Make sure it's a good fit – there should be no more than a 3cm gap between the edge of the mattress and the sides of the cot. A waterproof protector is a good idea, and all our mattresses come with removable covers that can be washed at 60°C.

3

Think about storage

You'll need plenty of space for clothes and bedding, so a wardrobe or chest of drawers is a good investment. You're also going to be changing lots of nappies – a shelved changing unit or a dresser with a changer top is most useful, as it means you can keep nappies, wipes and clothes close to hand. Lined baskets are another great way to organise all your changing essentials.

4

Make the most of your space

The nursery is often the smallest room in the house, so look out for clever space-saving solutions such as cots with built-in drawers, underbed storage drawers on castors, wardrobes with shelves and drawers as well as hanging rails, and cot-top changers that fit over the cot.

5

Choose your bedding

There are lots of co-ordinated sets available, which often include bumpers, blankets and sleeping bags, as well as duvet sets for when your baby is older*. Look for sheets and blankets in soft, natural fibres, and buy a few sets, as they'll need to be washed often. Sleeping bags are a great choice, as they can't be kicked off in the night and will keep your baby cosy during night feeds.

6

Add finishing touches

Blackout blinds are useful for daytime naps and summer evenings, while a gentle nightlight will help create a soft, comforting glow after dark. Some mobiles also feature light effects as well as movement and sound, which can help soothe your baby to sleep.

**Pillows, duvets and quilts are not suitable for children under 12 months.*

Checklist

- Moses basket or crib
- Cot or cotbed
- New mattress
- 3-4 sheets
- 3-4 blankets
- Sleeping bag
- Changing unit or top
- Changing mat
- Wardrobe or chest of drawers
- Baby monitor
- Nightlight
- Mobile
- Room thermometer

Need help with planning?

A well-planned nursery can make all the difference in the early months. For advice on putting together your baby's first room, book a free nursery advice appointment.

Experts on Hand

Safety first

- When you're planning the nursery, try to position the cot away from shelves and radiators, windows that get draughts or strong sunlight, and any light cables, blind cords or curtain tie-backs. Always make sure any drop-down side or rocking motion is locked when you put your baby down.
- The safest way for your baby to sleep is on their back, with their feet at the foot of the cot, and the bedding pulled up to underarm level so they can't wriggle down underneath it.
- Ideally the temperature of the nursery should be 16-20°C; within this range, a sheet and two layers of blankets will be about right (remember that a folded blanket counts as two layers).
- A monitor is a must-have for most new parents. Some include video screens and breathing sensors, and many have temperature displays to help you keep the nursery within the ideal range.

Please note that all room sets and styling are for photographic purposes only.