

# Transitioning from Co-Sleeping Bed to Crib

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1. **Space:** One of the first steps you can take is putting some space between you and your baby when they are sleeping in the bed with you. This will help your child get used to sleeping without touching you
2. **Reaching out:** Does your baby reach out in the night to touch you, grab onto you, or stroke you? One way to help your baby transition out of co-sleeping is by giving your baby a lovey or transitional object to grab a hold of when they reach out for you. This will help them wean off the need for a parent close by and begin to learn ways to self-soothe
3. **Sheets:** The sheet that you will be using for the crib or bassinette can be brought into your shared bed beforehand. Sleeping with the sheet between you and your baby will allow them to get used to the feeling of the sheet, and leave a familiar scent on it that will be comforting to them in the night when they are in their own bed. This will essentially become a built-in safe lovey that fill fit firmly on your baby's mattress
4. **Excessive nursing:** If you find that your baby is using you as a human pacifier, you can try gently unlatching your baby when they have stopped eating and started non-nutritive sucking
5. **Night time in baby's room:** You can try co-sleeping with your baby in their room to help them get used to their new space. This may also help them feel more comfortable in their new environment
6. **Play time:** During the day, spend more time playing in your baby's room to help them adjust and feel comfortable in their room. If your baby takes naps in a bassinette, you can move them into their own room for nap time
7. **Crib comfort:** Help your baby to become more comfortable with their crib (or other alternative sleep space) by allowing them to have some playtime in the crib during the day. It will help them to get familiar with the new environment.