

parent's guide  
step2  
bedtimeplanning a nursery  
without losing sleep

Your baby's safety is the top priority when choosing a cot, bedding and change table. Only when your baby is safely sound asleep will you be able to get some well-earned rest yourself.



getting your baby to sleep like a baby

Your baby will use a cot for a long time, generally approximately 3 years. Therefore, it is important to invest in one that is well made and safe. Always check

that the cot offers two levels for the mattress base. And a drop side makes it easier to lift your baby in and out of the cot. A cot/bed offers a longer usage span. Having a cot that converts into a junior bed can make transition from cot to junior bed smooth, as your child is used to the same sleeping equipment. Ensure that the manufacturer's instructions are followed when assembling the cot/bed.

## change time

A change table is used to place your baby on while you are changing their nappy, or dressing and undressing them. Many change tables include an area to store nappies, toiletries and some clothes. Change tables generally include protective side rails and some include open shelves where everything is in sight and easy to reach. Don't underestimate the amount of time you will spend changing your baby's nappy and your need for a change table.

## get more from babies galore

Babies Galore is a different kind of baby store. We provide advice, clear choices and helpful information, every step of the way.



BeBe Care  
Surrey Cot/Bed

A classic design with a sturdy construction. Easy to use one-handed drop side with hidden mechanism. Adjustable base height for a high or low position and comes complete with bed rails to convert into toddler bed.



Natures Purest  
Organic Range



Natures Purest's 100% pure, unprocessed chemical free fabrics will provide peace of mind that your baby is wrapped in the safest and most luxurious organic manchester available. Large range of Natures Purest manchester and co-ordinates available.

BeBe Care  
Surrey Change Table

Classic three tier baby change table. Sturdy and smooth timber construction. Adjustable safety strap to hold baby secure. Two lockable castors with brakes for easy manoeuvrability.



For more information or to shop online visit

[www.babiesgalore.com.au](http://www.babiesgalore.com.au) or call 1300 99 BABY (2229)

NSW: Brookvale, Campbelltown, Camperdown, Castle Hill, Chatswood, Erina, Hornsby, Newcastle, Penrith, Randwick, Taren Point, Warrawong, Wentworthville.  
QLD: Gold Coast, Keperra, Loganholme, Morayfield, Townsville



babies galore

for every little step