



Safe sleep

Every year too many New Zealand babies die suddenly during sleep. Many of these deaths can be prevented.

Transcript ▼

Visit our pages on keeping baby safe in bed and make sure every sleep is a safe sleep.

[Keeping baby safe in bed: the first 6 weeks \(/your-health/pregnancy-and-kids/first-year/first-6-weeks/keeping-baby-safe-bed-first-6-weeks\)](/your-health/pregnancy-and-kids/first-year/first-6-weeks/keeping-baby-safe-bed-first-6-weeks)

[Keeping baby safe in bed: 6 weeks to 6 months \(/your-health/pregnancy-and-kids/first-year/6-weeks-6-months/keeping-baby-safe-bed-6-weeks-6-months\)](/your-health/pregnancy-and-kids/first-year/6-weeks-6-months/keeping-baby-safe-bed-6-weeks-6-months)

[Keeping baby safe in bed: 6 to 12 months \(/your-health/pregnancy-and-kids/first-year/6-12-months/keeping-baby-safe-bed-6-12-months\)](/your-health/pregnancy-and-kids/first-year/6-12-months/keeping-baby-safe-bed-6-12-months)

There's no set age at which you should move your child from a cot to a bed, but many children are ready between 18 months and 2 years of age. Find out about [Your child's first bed \(/your-health/pregnancy-and-kids/under-fives/1-2-years/your-childs-first-bed\)](/your-health/pregnancy-and-kids/under-fives/1-2-years/your-childs-first-bed). (</nz-health-statistics/health-statistics-and-data-sets/cancer-patient-survival-series>)

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