

*Guide to  
Mattress Buying for  
Tiny Tots*



# Shopping Tips: Babies

You're no doubt reading everything you can find on caring for your baby from diapers, to feeding, to clothes. We know that your baby's sleep ranks high on your list of things to think about, which is why we've designed this buying guide to help take some of the stress out of selecting the perfect mattress for your child. Newborns need between 10-18 hours of sleep a day. A quality mattress with good comfort and support will ensure your baby gets the most out of their sleep. Buying the right mattress is just as important as picking out a crib.

- **Little adults.** Look for the same qualities in a baby mattress that you would look for in an adult mattress: firmness, comfort and support.
- **Double Duty.** Consider a mattress with one side for babies and one side for toddlers. The infant side should have firm support; the toddler side may have a thin layer of memory foam that offers more comfort and support for an active little sleeper.
- **Cover up.** Be sure to buy mattress pad protectors for the crib mattress – they add durability and help repel wetness.
- **Fresh air.** Look for a mattress with ventilation. Increased airflow will keep the mattress and your baby smelling fresh.
- **Rest easy.** A mattress with comfort layers will ensure your baby's mattress offers soothing support.
- **Choose well.** Most mattresses are either foam, innerspring or encased coil spring. Foam mattresses are light, which helps when you need to change the sheets. Innerspring mattresses offer moderate support and firmness. Encased coil spring mattresses are firm and very supportive. In general, the higher the coil count, the more support a mattress will give. The mattress may also have border wire around the outer edge, which provides even more support.
- **Sleep in.** Because newborns spend so much time in bed, make sure their mattress gives them the comfort and support they need.



# Shopping Tips: Toddlers

- **They grow up fast.** As your child grows, their needs will change. It's more cost-efficient to buy a better quality, larger bed that they can grow into.
- **Sleep is precious.** 60% of children ages 4-12 complain of feeling tired during the day.\* So it's important to invest in a quality mattress that will give them quality sleep.
- **Get set.** Buy the mattress and the foundation together. Getting one without the other might impact comfort and support. It can also shorten the bed's lifespan and affect its warranty.
- **Accidents happen.** Look for a mattress with a water-resistant treatment that will repel spills and wetness.
- **Sneeze or snooze.** A mattress that reduces indoor allergens on the mattress surface may help your toddler sleep better.
- **Decisions, decisions.** There are three types of mattresses – foam, innerspring and encased coil spring. Foams, like memory foam, provide a conforming, supportive surface. Innerspring offers moderate support and firmness, but encased coil spring mattresses are firmer and the most supportive. The more coils a mattress has, the more supportive it will be.
- **Timing is everything.** Mattress retailers are known for big discounts – especially during the summer months, and on holidays.

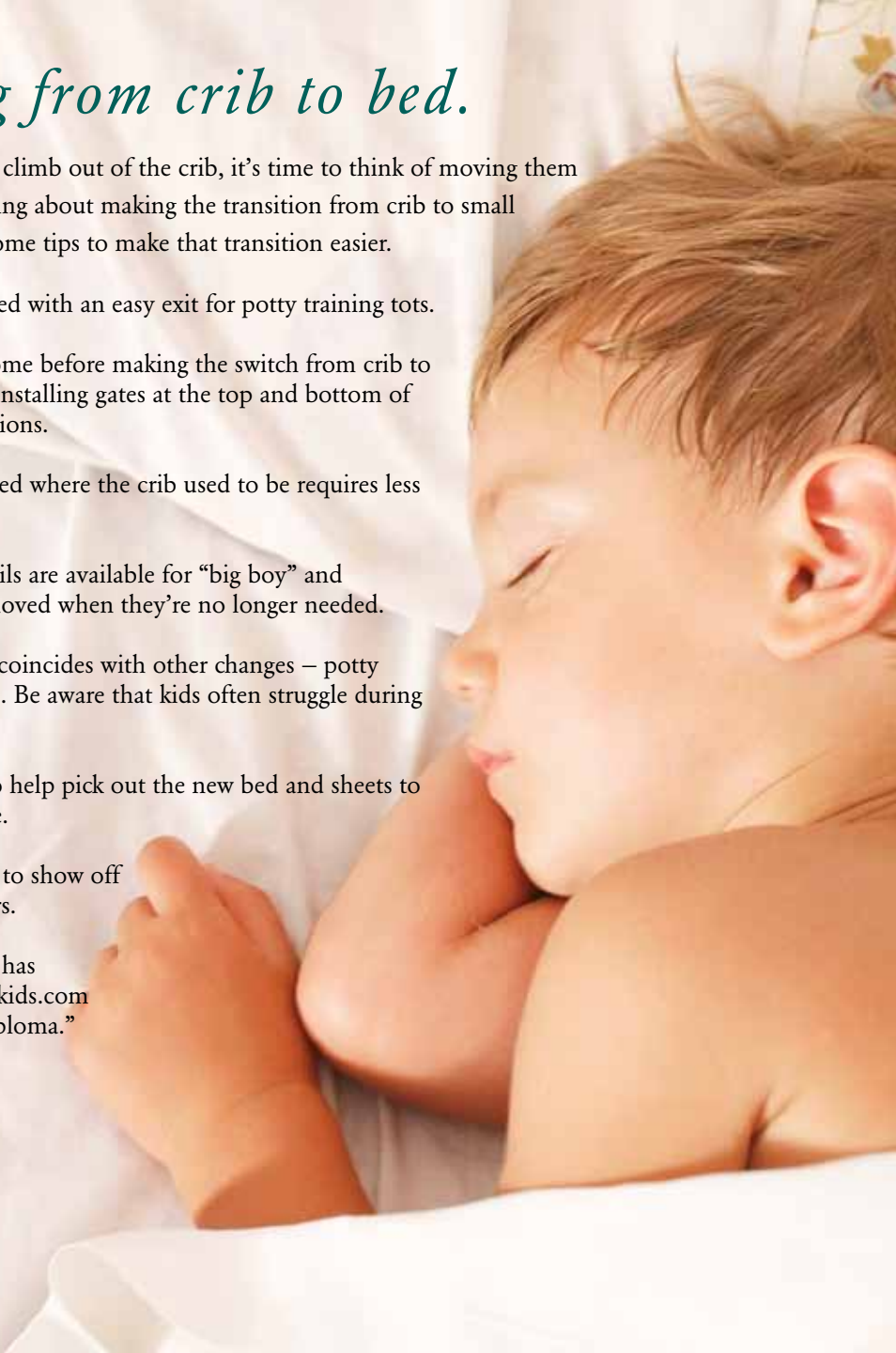
\*Source: National Sleep Foundation



# Transitioning from crib to bed.

If your baby is repeatedly trying to climb out of the crib, it's time to think of moving them to a bed. Most parents begin thinking about making the transition from crib to small bed around 18 months. Here are some tips to make that transition easier.

- **Free to roam.** You may want a bed with an easy exit for potty training tots.
- **Lock down.** Childproof your home before making the switch from crib to bed. Locking cabinet doors and installing gates at the top and bottom of stairs are just a couple of precautions.
- **Same scenery.** Placing the new bed where the crib used to be requires less adjustment from your child.
- **Training rails.** Portable safety rails are available for “big boy” and “big girl” beds. They can be removed when they're no longer needed.
- **Growing pains.** This step often coincides with other changes – potty training, pre-school, new siblings. Be aware that kids often struggle during times of change.
- **Go for a ride.** Take your child to help pick out the new bed and sheets to get them excited about the move.
- **Show and tell.** Encourage them to show off their new “big kid” bed to visitors.
- **Proud Parents.** Once your child has made the switch, go to [simmonskids.com](http://simmonskids.com) and print out a “Big Kid Bed Diploma.”



# Safety First

- **Good and snug.** Make sure there are no gaps between the crib frame and mattress. This will help prevent little arms and legs from getting stuck.
- **Seal of approval.** Look for a mattress with certified materials. Many mattresses have CertiPUR-US® and GREENGUARD certifications that ensure low emissions and help improve indoor air quality.
- **Scary acronyms.** Avoid mattresses that contain CFCs (Chlorofluorocarbons) or PBDEs (Polybrominated diphenyl ethers).
- **The right stuff.** Make sure the mattress has undergone durability and performance testing.
- **Money well spent.** As a rule, beware of the cheap mattress. Look for the best quality mattress within your budget.



# Tips for going night-night

## Babies

- **Rock out.** A gentle rocking motion can help your baby fall asleep.
- **Sound of sleep.** Create white noise or a heartbeat sound that mimics the sound of the womb.
- **Late night snack.** Feed or nurse your baby before bedtime.
- **Sing me a song.** Lullabies still work great.
- **Light at the end of the hallway.** Relax and remember they will sleep through the night eventually.

## Toddlers

- **Just right.** Toddlers need comfortable sleepwear – not too hot, or too cold.
- **Bath, book, bed.** Make bedtime a routine – and stick to it.
- **Check for monsters.** Spend time with your child in their bedroom so they feel comfortable there.
- **Once upon a time.** Snuggle and read books to your child in their bed.
- **Sleeping on empty.** Have potty-trained toddlers use the bathroom before bed.

For more information, visit [www.simmonskids.com](http://www.simmonskids.com).

