My big bed

A photo or a drawing of me

My name is _____



My cot is getting small for me. Soon I am going to sleep in a big bed.



I can help choose my new sheet. My big bed goes where my cot was.



I climb into my big bed and pull up the covers by myself.



I still have my blanket and my _____.



At bedtime we still do the same things: _____, _____ and _____.



If I get out of bed, my grown-up walks me back. Big beds are for staying in until morning.



In the morning, my grown-up will say they are proud of me.

For the grown-up

When to read it

A few days before the new bed arrives, and then at bedtime for the first week or two in it, as part of the routine rather than instead of it.

One sentence to say on the day

“Same blanket, same story. Only the bed is new.”

Why each line is worded this way

heroofyou.com/social-stories/big-kid-bed

Sources

Pregnancy, Birth and Baby (Australian Government) - Moving your child from cot to bed
pregnancybirthbaby.org.au/children/sleep-and-settling/moving-from-cot-to-bed

The advice here is the same as in our big-kid bed guide, whose source, the Pregnancy, Birth and Baby page last reviewed in July 2024, was read on 29 October 2026. Make the room safe before the first night: the guide lists what to check.

Free to print, copy and share at home, in class or in clinic. The pictures come from Room for Two, one of the picture books Hero of You makes with a child drawn into the story.

First, then, next: big bed

Cut along the dashed lines. Use the cards in a row, in order, or one at a time.



1 **A big bed is coming**



2 **Same place**

Draw my new big bed

3 **I climb in**



4 **My same blanket**

Draw our bedtime: bath, book, cuddle

5 **Same bedtime**



6 **Back to bed**

Draw me waking up in my big bed

7 **Good morning**

Draw your own card