

A new cot mattress collection
to keep baby safe and snug



my

little

First Bed™

from
Silentnight
BEDS

Sleeping soundly, naturally



Sleeping soundly, naturally

A new cot mattress collection that combines the expertise of **Rochingham** and **Silentnight** and has been developed with both baby and parent in mind.

'**My First Little Bed, from Silentnight Beds**' is a beautifully soft and natural range. It is guaranteed to leave babies cosy and snug, and parents secure in the knowledge that their child is safe and supported on a mattress from Rochingham, the UK's leading manufacturer of baby and child mattresses and Silentnight, the UK's best loved bed brand.

Choosing the right mattress for your baby can be a confusing business. You want a product that's stylish and comfortable. You also demand a mattress that doesn't compromise on safety. Rochingham have specialised in the production of infant mattresses for over 50 years. They pride themselves on their commitment to safety and quality and constantly strive to offer the best and most innovative products to parents. With the introduction of this new range developed in conjunction with Silentnight, Rochingham continue to ensure that only the best and safest products on the market are available to parents.



little roo



with extra boing

- An advanced spring unit gives growing tots all the support they need.
- A layer of coir, latex and pure new wool around the springs is both natural and comfortable.
- Quilted natural bamboo cover is extremely soft and snug, environmentally friendly and naturally anti-bacterial. It absorbs moisture extremely well and dries quickly.
- Size - 140cm x 70cm x 10cm.



Alternative sizes available to order

little cub



with natural bamboo

- Mini pocket spring as used in Silentnight's mattresses, covered by a layer of soft foam - adds comfort for a sound sleep.
- Quilted natural bamboo cover is extremely soft and snug.
- Bamboo is environmentally friendly and naturally antibacterial. It absorbs moisture extremely well and dries quickly.
- Size - 140cm x 70cm x 10cm.



Alternative sizes available to order

little lamb



with pure
new wool

- Natural coir fibre and latex core combine cushioning and support.
- With a layer of pure new wool each side.
- Soft quilted cover with natural aloe vera promotes a healthy restful night's sleep.
- Environmentally friendly aloe vera has therapeutic and soothing properties and is also anti-bacterial and anti-dust mite.
- Size - 140cm x 70cm x 10cm.



Alternative sizes available to order

Sleeping tips

The better your baby sleeps, the better you'll sleep. A cot or cot bed mattress should be comfortable and supportive. All of our mattresses are suitable for the feet-to-foot sleeping position recommended by health professionals and all come with a range of natural washable covers.

- Place your baby on their back to sleep.
- Cut smoking in pregnancy - fathers too!
- Do not let anyone smoke in the same room as your baby.
- If you are worried that your baby is unwell, seek advice promptly.
- Do not fall asleep with your baby on the sofa.
- Keep your baby's cot in your bedroom for the first six months.
- Do not share a bed with your baby if you or your partner are smokers, have been drinking alcohol or taking drugs or medication that makes you drowsy or are excessively tired.
- The cot should be made up with blankets tucked in securely.
- Place baby in the 'feet to foot' position with bedding tucked in and covers no higher than the shoulders.
- Do not let your baby get too hot (or too cold).
- Position a room thermometer above the cot and check the temperature from time to time.
- Ensure that the mattress is the correct size and that any gaps at the sides and ends are less than 3cm.

