How to choose a duvet

What to check before buying, for you and for your child

The main thing: choose the warmth for your bedroom and the size for your bed, and a baby under one needs no duvet.



BED WIDTH, CM

DUVET SIZE

SEASON

Filling

- [ ] Down: the warmest, professional cleaning
- [ ] Wool: warm and lets moisture out
- [ ] Silk or bamboo: light, moderate warmth
- [ ] Synthetic: washes at home at up to 40 °C

Size and shell

- [ ] Bed 90-120 cm: 140×200
- [ ] Bed 140-160 cm: 220×200
- [ ] Bed 180-200 cm: 240×220 or 260×240
- [ ] Duvet cover of the same size
- [ ] Dense shell: ticking, mako batiste

Warmth

- [ ] Season on the label: summer, spring-autumn, autumn-winter
- [ ] Hot flat: a lighter duvet
- [ ] Cold bedroom: autumn-winter
- [ ] Two duvets on press studs for the whole year

For your child

- [ ] Under one: a sleeping bag, no duvet or pillow
- [ ] Over one: a light 110×140 duvet
- [ ] Room at 16-20 °C
- [ ] With allergies, ask a doctor

Notes

- [ ] _____
- [ ] _____
- [ ] _____

Advice from the NHS, The Lullaby Trust, the AAP and Allergy UK. Check the label for how to care for your duvet.

The full article: **babyrabby.shop/en/blog/yak-obraty-kovdru/**

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