

## Safety Baby Pillows

It is normal for adults to sleep with pillows under our head. You might think that the same thing goes for babies. Well, the truth of the matter is, babies can sleep soundly and normally even without pillows. In fact, they do not need pillows to have a very comfortable sleep. Whats more, it would be safer for them to sleep without pillows on their cribs..So even if you got the pillow from the set of crib beddings, until your baby reaches toddler stage, experts all recommend that you do not use the pillow. The reason is that it may increase the change of your baby suffocating from the pillow if his face accidentally end up on it.

So when is it safe to let your baby use pillow? Well, doctors recommend that you should not have your baby use pillow unless he is already out on the crib and is already sleeping on his toddler bed. This means that the baby should be well into his second year of life. And that is if you want. There is really no need for them, even for toddlers, to use pillows yet. They can still sleep comfortably without the pillow. Like the teddy bear, baby pillows just provide security to the toddler.

Some pediatric sleep experts say that pillows are not really needed by infants, toddlers and even small children. The parents might think that the baby pillow will provide the kids with additional comfort when they sleep but in reality, the baby is fine without the pillow. Nevertheless, expert recommend to parents who really want to initiate their baby to the use of pillow, is never to use the feather pillow. Since these are too soft, the childs head may sink into them and it will smother the child. Aside from that, they may also set off allergies.

Experts also recommend soft and small size pillow, similar to airline pillow, to those parents who insist on introducing pillow to their children even if they are still in the crib. Again the baby pillow must be firm and not the soft types. One thing that you should also keep in mind is that you must introduce the use of pillow on naptimes first. This way you can monitor your childs movement and how he sleeps with it. If you finally think that he would be safe with it, then you may now use the baby pillow regularly. Then you may now use the pillow regularly if you finally think he will be safe with it.

## About the Author

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