

Baby Pillows that are Safe

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. Also, it is more safe for them without the pillows in their crib. So even if you have the pillow from crib beddings, experts all agree that you should not use them until the baby is on his toddler stage. This is because the pillow only increases the risk of your baby suffocating from it if he happen to have his face end up on it.

So when is it safe to let your baby use pillow? Well, according to the recommendations of doctors, unless your baby is out on the crib and is sleeping on his toddler bed, you should not have your baby use a pillow. In other words, the baby should at least be two years old. If you really want to, that is. There is really no need for them, even for toddlers, to use pillows yet. They can still sleep comfortably without the pillow. Most often, baby pillows are just something that provides the toddler with security, like the teddy bear.

Some pediatric sleep experts say that pillows are not really needed by infants, toddlers and even small children. The fact is that the baby is fine even without the pillow, even though the parents think that they provide additional comfort to their children. 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 my sink into them and it will smother the child. Aside from that, they may also set off allergies.

And for those parents who really want to introduce pillows even when their baby is still in the crib, the experts recommend to use only pillows that are the size of airline pillows. Once more, these baby pillows must be the soft and not the firm 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. Similar Articles [" title="Stuff">Baby pillow soothers ...](#)

About the Author

Research about baby pillow, review www.BabyPillowShop.com.

Source: <http://www.articleskinny.com>