

Comfort Increased with Baby Pillow

When a new baby is on the way, there is a lot of excitement and sometimes more than a little bit of confusion. This is even more so the case for brand new parents. You may be wondering what kind of items to buy in order to make the new baby comfortable and happy. Aside from the obvious necessities such as a bottle or diapers, there are less known things that can ease your way into parenthood. The baby pillow is one such helper.

There is more than one type of baby pillow, and not all are created equal. One thing that can be useful to have for mother and child from day one is the nursing pillow. The nursing baby pillow will keep the head of your child supported while nursing, so that mommy can relax. These sort of baby pillows can also be beneficial to help the child relax. Often, you can coax the baby into a new position with maximum comfort obtained, which can frequently lead to a much needed nap for everyone involved! Even when nursing is not involved, the design of these baby pillows makes it easier for other family members to hold the infant as they support the head so well. The other sort of baby pillow on the market is more of a conventional pillow. Most of the time, doctors agree that a regular pillow is best suited for children ages two and up. However, if your child has a cold or upper respiratory infection, he or she might benefit the tilt a pillow would give to help them breathe. Before age two, it is always best to ask your doctor his or her opinion on using a pillow for the child. Offsetting ear infections and acid reflux are two other benefits of using a baby pillow. A pillow could ease the symptoms your child has if suffering from any of these ailments.

There are a few characteristics all baby pillows should have. One guideline to follow is that the pillow should be both small and lightweight. This is best so that the child does not get too hot, or suffocate from the bulk of a normal sized pillow. It is also best to buy a pillow that does not have decorations like fringe or beads. This is so that the baby cannot choke on anything. Cotton and silk pillows are two perfect examples of baby friendly fabrics. Feather pillows are best to stay away from, as they can cause an allergic reaction in the child. Machine washable or baby pillows with removable covers are the best options. The possibilities for your baby pillow are endless if you follow these guidelines. Related topics [Body pillow](#)
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