

## Baby Pillows that are Safe

For us adults, sleeping with pillows under our head are something that is normal. You might think that the same thing goes for babies. In reality, even without pillows, babies can sleep normally and soundly. 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. 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 for the baby to 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. Most often, baby pillows are just something that provides the toddler with security, like the teddy bear.

According to some pediatric sleep experts, infants, toddlers and even small kids do not really need pillows. 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. This is because these feather pillows are too soft and it may only smother the child if his head shrinks into it. 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. Again the baby pillow must be firm and not the soft types. Another important thing that you must remember is to introduce the pillow on naptimes first. You can then monitor your childs movements and how he sleeps with the pillow, this way. 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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