

## Toddler Essentials: Baby Pillows

There are varying outlooks on the safety or utility of using pillows for your baby. Well, most of these judgments overstate the dangers and do not correctly portray the need for baby pillows. It is true that very young babies, less than one year of age do not require a pillow under normal circumstances, and that some baby pillow products may actually be unsafe. But after about a year, using the right baby pillow actually helps your baby sleep soundly.

The skull is very pliant during the formative years, keeping the head in one side position during sleeping may result in the skull being deformed or lopsided. A rigid on the back sleeping posture can lead to the development of a hollow at the back of the baby's head. A baby pillow helps stave off such a happening by giving the right support to the head. It is important to select the appropriate baby pillow. A feather pillow can cause allergies and a soft pillow may result in suffocation; both are therefore best avoided. The new memory foam pillows are a good buys because they provide the right kind of hold to the babys head and are non hazardous.

There are different kinds of baby pillows available in the market. The key is to identify which sort of pillow is best for your baby. Baby pillows used in cribs are just as safe as any other provided they are thin and narrow. If you visit any childcare unit in any hospital, you will find crib pillows being used. Should your baby develop a cold, a baby pillow is advocated. The reason is that a slightly elevated baby head helps the baby breath easier when down with a cold. It is also believed that using a baby pillow helps prevent baby ear infections and acid reflux. Some parents advise that the right time to give your baby a pillow is when the baby graduates from the crib to a bed. This advice is on the basis that smothering is unlikely as the pillow will probably fall off the bed. Some babies even start exhibit signs that they need a pillow. The signal comes in the form of the baby using a stuffed toy or a towel as a headrest on its own. Then its definitely time for you to buy a good baby pillow.

## About the Author

Learn more about baby pillow, goto [this web page I found](#).

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