

Toddler Essentials: Baby Pillows

One hears of numerous expert opinions on why babies do not require pillows and how dangerous pillows can be for the health of your baby. Most of such advice is needlessly exaggerated and do not give the right picture of whether to use baby pillows or not. 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. However, past that age, using a baby pillow is no more harmful and can actually aid your baby in sleeping better.

During the early years, the skull bones are very soft and keeping the head in one position may result in the skull developing a lopsided appearance. Sleeping on the back can lead to formation of a depression on the back of the head. Using a baby pillow can help prevent this and provides the requisite support to the head of your baby. 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. A pillow such as the latest memory foam baby pillows are good products which provide the requisite support and firmness and are accident free.

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. Crib pillows are safe provided they are narrow and thin and not too soft. 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. A baby pillow helps keep the head up and aids breathing which is disturbed by a congested nose. It is also believed that using a baby pillow helps prevent baby ear infections and acid reflux. Some opine that a good time for transition to pillows is when the baby moves 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. In fact your baby may even start indicating a need for a pillow is you observe carefully. 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

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