

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. Moreover, they can have a very comfortable sleep even without the pillows. Also, it is more safe for them without the pillows in their crib. So even if you got the pillow from the set of crib beddings, until your baby reaches toddler stage, experts all recommend that you do not use the pillow. 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, 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. 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. Like the teddy bear, baby pillows just provide security to the toddler.

Some pediatric sleep experts say that pillows are not really needed by infants, toddlers and even small children. The parents might think that the baby pillow will provide the kids with additional comfort when they sleep but in reality, the baby is fine without the pillow. Nevertheless, for parents who really want to introduce their baby to pillow, these experts recommend staying away from the soft feather pillows. This is because these feather pillows are too soft and it may only smother the child if his head shrinks into it. Then they also usually set off allergies.

Experts also recommend soft and small size pillow, similar to airline pillow, to those parents who insist on introducing pillow to their children even if they are still in the crib. 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.

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