

## What you should know about Baby Pillows

For us adults, sleeping with pillows under our head are something that is normal. 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 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. In other words, the baby should at least be two years old. If you really want to, that is. Even toddler do not really need to use pillows yet. Even without the pillow, they can sleep quite comfortably. 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. Since these are too soft, the child's head may sink into them and it will smother the child. Aside from that, they may also 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 child's 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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