

Points To Ponder About Baby Pillows

The Internet is full of horrific stories of how babies have suffocated to death because of using baby pillows. Hogwash! I would say. I have a two year old daughter myself and have been using baby pillows for her right from the age of one and a half without any problems. Yes there are some precautions which you have to take. Do not buy cheap merchandise, the so called best bargains, they are likely to be of poor quality and hence unsafe. I scoured WalMart, Woolworth and specialized baby product stores before deciding on which type of baby pillow to buy. Online research is particularly useful as you can reduce the actual legwork. You can use a narrow but firm pillow or a memory foam pillow for the purpose. I, of course chose to buy a memory foam pillow which is a trifle expensive. As the name suggests, the memory foam pillow molds to the contours of the baby's head and thus provides a very good support. I say this out of experience of seeing my baby sleep soundly without once bringing out the late night feed ever since she started sleeping on a memory foam pillow.

The benefits of a baby pillow don't end there. Doctors say that a slightly elevated head position is helpful in breathing especially if the baby has a cold. They also say that a firm support prevents cranial deformity which may occur if the baby sleeps with head to one side for too long. Make sure you check the pillow cover. Choose cotton rich linen as the pillow cover material. That will prevent rashes or allergic reaction which is possible if you use synthetic material. Soft pillows or feather filled pillows are a definite miss, the real culprit for all that negative publicity. So go ahead and use baby pillows and see your angel sleep soundly. More info ["title="Learn some more">Baby pillow . . . P](#)
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