

The Dangers of Baby Pillows that you should know

Many parents have heard about the harm baby pillows may cause to their child. But that the baby pillows are harmful is something they simply refuse to believe. Therefore something that is so innocent looking as a baby pillow is still victimizing many children today. What parents should know is that, the main cause of fatalities under that age is SIDS or sudden infant death syndrome. Suffocation, strangulation and rebreathing in children go hand in hand with SIDS. The baby pillow plays an important role in most of these cases.

Strangulation and suffocation in children under the age of one is caused by soft bedding, baby pillow or when the baby sleeps on his stomach. Aside from soft bedding and sleeping on their stomach, the baby pillow is as harmful. Major causes of suffocation in younger children includes the baby pillows. This happens if the pillow ends up on the face of the baby if he grasped it accidentally. If the baby fails to remove the pillow from his face, he may get suffocated. In most cases, the baby suffocate when the pillow get too close to the baby.

Another leading cause of SIDS is rebreathing. Medically speaking it is when the baby breathes carbon dioxide or bad air, as what it is more commonly known. Rebreathing occurs when instead of inhaling oxygen, the baby inhales his own exhaled carbon dioxide. Rebreathing may be caused by loose sheets or beddings getting over his head. Many do not realize that rebreathing may also be caused by baby pillow. This can happen if the baby inhales his exhaled carbon dioxide because the pillow is too close to his face. If parents do not remove the baby pillow from the crib, the baby is still not safe from rebreathing even if the sheets and beddings are well secured.

To reduce the risk of SIDS doctors recommend to parents not to use baby pillows until the baby is out of his crib and is already on toddler bed. This is because unless the baby is on his toddler age, he is not ready for pillows. The baby do not need pillows to sleep comfortably so this is not really a problem. Babies and even adults do not need pillows to get a good and comfortable sleep according to medical sleep experts. Nevertheless, make sure that your child is already on his toddler bed and is old enough if you are really keen on introducing him to pillows. Otherwise, instead of introducing him to what you think is an additional comfort, you may just be introducing him to harm.

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