

Does My Toddler Need a Baby Pillow?

I am a new parent and I tend to be worried about everything new I introduce to my child. During my early first trimester, I agonized over what I may have eaten before I knew I was pregnant or whether I worked out too hard and raised my temperature too much for the baby. The best thing I ever did during my first trimester was to finally put away that "What to Expect When You are Expecting" book and stop driving myself crazy. After I put the books away, I found that I enjoyed my pregnancy a lot more. I still get quoted from one zinger I told my husband during those first couple months. "Once this baby is born, I will not worry about anything again." He laughed and asked if he may quote me on that in the future. He was right. And here my latest worry is the topic of the baby pillow.

A little baby pillow is often sold in crib sets. This is misleading. Unless a child is older than the age of 2, he or she should not use a pillow. There is a danger that a child that young may not be able to breathe when surrounded by a pillow. It is the same rationale for not using heavy blankets and comforters. A baby should be placed on his back to sleep, should not have soft things in his crib, and should not have anything covering his face. We used a sleep sack with our daughter, which kept her warm without us having to worry about bedding in her crib. There is debate over whether a child older than 2 years of age even needs a pillow to make him more comfortable. All experts agree, however, that you should wait to give your child a pillow until he is out of the crib.

A baby pillow, like what you get on an airline flight, is the right size to introduce to a first time pillow user. Choose a pillow that is not feather or down, as such a pillow can often allow the head of a child to sink down too much. We followed these guidelines when introducing a baby pillow to our almost 3 year old daughter recently when we moved her to a big bed. We would always find her hugging the baby pillow, instead of actually having her head on it. The tiny pillow would often get lost too. After a couple weeks, we ditched the baby pillow and got her a normal sized pillow. She actually sleeps with her head on it and seems to enjoy the fact that her bed is now just like that of Mommy and Daddy. Other articles [Baby pillow soothers](#) -- [Baby pillow](#) -- [Monogrammed baby pillows](#) -- [Baby pillow soothers](#) --

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