

The right time to Introduce Baby Pillows

It is normal for adults to sleep with pillows under our head. You might think that the same thing goes for babies. In reality, even without pillows, babies can sleep normally and soundly. 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 have the pillow from crib beddings, experts all agree that you should not use them until the baby is on his toddler stage. The reason is that it may increase the change of your baby suffocating from the pillow if his face accidentally end up on it.

So when is it safe for the baby to use pillow? Well, according to the recommendations of doctors, unless your baby is out on the crib and is sleeping on his toddler bed, you should not have your baby use a pillow. In other words, the baby should at least be two years old. And that is if you want. There is really no need for them, even for toddlers, 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, 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.

And for those parents who really want to introduce pillows even when their baby is still in the crib, the experts recommend to use only pillows that are the size of airline pillows. Again the baby pillow must be firm and not the soft types. One thing that you should also keep in mind is that you must introduce the use of 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. Related articles [Baby pillow soothers](#) - [Custom baby pillow](#) - [Here](#) - [Baby sleep pillow](#) -

About the Author

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