

## The Dangers of Baby Pillows that you should know

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

Soft bedding, baby sleeping on his stomach and baby pillow causes strangulation and suffocation in children under the age of one. One fact is that the baby pillow is as harmful as sleeping on their stomach and soft beddings. The baby pillow is one of the major causes of suffocation in younger children. This is because the baby pillow may be grasped by the baby and it may end up on his face. 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.

Rebreathing is another leading cause of SIDS. Medically speaking it is when the baby breathes carbon dioxide or bad air, as what it is more commonly known. Rebreathing happens when the baby, instead of breathing oxygen, inhales the carbon dioxide he has exhaled. When you leave the baby in his crib, the loose sheets or beddings may get over his head, causing rebreathing. What many do not know is that baby pillows may also cause rebreathing. This may occur if the baby pillow gets too close to the face of the baby and the baby re breathes the carbon dioxide he has exhaled. 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.

Doctors advise parents, to reduce SIDS risk, not to use baby pillows until the baby is sleeping on toddler bed. This means that the baby is not ready to use pillows until he is on his toddler age. 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. This is because you just might introduce him to harm instead of additional comfort. More related information [Personalized baby pillow](#) . [Great](#) . [Here](#) . [Pillow form](#) .

## About the Author

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