

How to Make or Choose the Perfect Baby Sleep Pillow

A baby sleep pillow is not only essential to your child's comfort, it is also a prominent part of the decoration of your child's bed. If you want your child's bed to be a comfortable and soothing place to sleep, your child needs the right pillow. You can choose from hundreds of available designs, including some truly adorable ones. Does your child like robots? Fairies? Giraffes? A favorite sports team? You can find a pillow decorated to suit him or her. It's also easy to make a baby pillow especially for your child by decorating a blank baby sized pillowcase with iron on decals, applique, or embroidery. Just remember to leave one side of the pillowcase undecorated. Most decorations are a little rough, and can be uncomfortable for your child to sleep on.

You can also make a pillowcase for your child's baby sleep pillow from scratch. Take the pillow's measurements along its outermost seams. Each side of the pillowcase will be those dimensions, plus a half inch on all sides for the seams and two to four inches along the longest side to create a finished edge for the open end of the pillowcase. For example, if the pillow is 12" by 16", you will need two pieces of fabric that are each about 13" by 19". Wash the fabric before you cut it to wash out the sizing (a kind of starch) and to preshrink the fabric. Line up the pieces with their "good" sides facing inward, and, leaving a half inch seam, sew three of the four edges together. Roll the open edge up like a pants cuff, then sew around the innermost seam, making sure the raw edge of the fabric is rolled under. Once you turn the pillowcase right side out, you are finished! You can let the fabric's pattern be the only decoration, or you can add more decorations. It's best to pick cotton, jersey knits, or flannel, but if you plan only to decorate with the pillow, you can make it out of a delicate fabric like silk, plush, or velvet.

Remember not to give pillows to children under the age of two. Doctors advise that infants should not sleep with pillows because they can suffocate. Toddlers may also not need pillows, since their proportions are so different from adults. If you are not sure whether your child needs a pillow, let them try it for a few nights, and save it for later if they decide they do not like it.

With this advice, you should be able to find or make the perfect baby sleep pillow in no time. Let your child help you design or pick out the pillow, or make it a wonderful surprise. Good luck! Related [Travel pillow](#) - [Baby head pillow](#) - [Baby sleep pillow](#) - [Baby pillows](#) -

About the Author

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