

About The Baby Pillow And Playing It Safe

Many baby pillows with various types of design and decoration are available at stores and craft shows. These lovely creations are tempting for new parents or someone shopping for a unique baby gift to purchase. Before doing so, the safety of a baby pillow should be considered. Before anyone decides to use a baby pillow in the crib with a small baby, there is some frightening information that should be known.

SIDS, or Sudden Infant Death Syndrome, is said to be the leading killer of babies between the ages of one to twelve months in the United States. In 1992 the American Academy of Pediatrics (AAP) recommended that babies be placed in a non prone position to sleep, as a result of findings in other countries. As a result of the recommendation from the AAP, the Back To Sleep initiative was started in 1994 through the leadership of several national agencies. Several studies were performed to evaluate the effect of the Back To Sleep program on the incidence of SIDS. These studies showed the rate of SIDS decreased by 50%, but other related factors were also discovered. In 2005, an AAP task force released a new statement, which included several recommendations. Primarily, the non prone position was changed to a recommendation of a back only position. The statement also recommended that the only items to put in the crib with the baby should be a firm mattress and fitted sheet. If a bumper pad is used it must not be a loose, fluffy type. There should be no baby pillow, stuffed toys, etc. in the crib with the infant. To address the findings of increased flat head syndrome, the AAP recommended other preventive measures. The AAP felt the use of alternate positioning or a baby pillow were not worth risking SIDS. There is a baby pillow on the market, called Baby Sleep Positioner, which includes the recommendations for SIDS prevention in its advertising. Made of foam, the purpose of this baby pillow is to support the head while keeping the baby positioned on the back. The statement released by the AAP is clear that it does not endorse any specific commercial products. Prior to using the baby pillow sleep positioner, parents should first seek the advice of their Pediatrician to be safe. [Try this](#) | [Try this](#) |

About the Author

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