

What to look for in a baby head pillow

When a new baby is on the way, there is a lot of excitement and sometimes more than a little bit of confusion. This is even more so the case for those who are going to be parents for the first time as they have never handled a birth before. As new parents, you might be making a list of things you would be needing to welcome the baby into a safe and comfortable world. Other than the likely and obvious items like feeding bottles and baby diapers, there exist lesser known items like baby pillow which are also essential and important. One of them is the baby pillow which is more or less ignored as a separate purchase.

More often than not, baby pillows are sold along with the crib for the baby as a set, with bedding etc, which might not be suitable for children below two years of age as proper care is not taken in manufacturing such packaged items. It is advised by experts that it is prudent to be patient until the baby is grown up enough to sleep on a bed instead of the crib, when it comes to introducing pillows. It is also an old maids remedy and one suggested by experts that if the baby is suffering from a cold or a stuffed nose, using a pillow to elevate the head of the baby helps drain the sinuses. There are other ways to do it and you can do this without putting a pillow under her head.

Here are some things to look for in a baby pillow. Use a small pillow which is light in weight for the baby. This is so that the child does not suffer from heat and there is no chance of suffocation either. Yet another thing to look for is that the pillow should be devoid of frills and fancies. This way, the baby cannot choke on anything attached to the pillow. Cotton and silk pillows are two perfect examples of baby friendly fabrics. It is best to stay away from things like feather pillows, as they could cause an unexpected allergic reaction in some babies and its best not to find out. All the better to sleep with if the pillow has a washable cover that can be removed at will as it promotes better hygiene.

Test the firmness before buying a baby pillow so that the baby will not be smothered by sinking his or her little nose into it. Two years is the deemed age when you ought to teach the child to sleep using a pillow. There is a high chance of suffocation in earlier stages. It might prove dangerous to do otherwise. A non allergic body pillow is not a bad alternative either. The possibilities for your baby pillow are endless.

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About the Author

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