

Necessary Infant Accessories: Baby Pillows

One hears of numerous expert opinions on why babies do not require pillows and how dangerous pillows can be for the health of your baby. Most of such advice is needlessly exaggerated and do not give the right picture of whether to use baby pillows or not. It is true that very young babies, less than one year of age do not require a pillow under normal circumstances, and that some baby pillow products may actually be unsafe. But after about a year, using the right baby pillow actually helps your baby sleep soundly.

During the early years, the skull bones are very soft and keeping the head in one position may result in the skull developing a lopsided appearance. A rigid on the back sleeping posture can lead to the development of a hollow at the back of the babys head. Using a baby pillow can help prevent this and provides the requisite support to the head of your baby. It is important to select the appropriate baby pillow. Never choose a feather or soft pillow as the baby may develop allergies due to the feather or be smothered due to the extra softness enveloping the nose and mouth. A pillow such as the latest memory foam baby pillows are good products which provide the requisite support and firmness and are accident free.

Baby pillows come in all shapes and sizes. It is necessary to choose a correct pillow depending upon the requirements of your baby. Baby pillows used in cribs are just as safe as any other provided they are thin and narrow. If you visit any childcare unit in any hospital, you will find crib pillows being used. Should your baby develop a cold, a baby pillow is advocated. A baby pillow helps keep the head up and aids breathing which is disturbed by a congested nose. A baby pillow also helps prevent acid reflux and ear infections. Some parents advise that the right time to give your baby a pillow is when the baby graduates from the crib to a bed. This advice is on the basis that smothering is unlikely as the pillow will probably fall off the bed. In fact your baby may even start indicating a need for a pillow is you observe carefully. They do this by holding a stuffed toy or a towel under their head and use it as a makeshift head rest. Such a gesture is your babys way of telling you to do just that; buy a good baby pillow.

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