

## Baby Sleep Pillows To Ensure Adequate Rest

Like all parents you are likely worried that your child gets the necessary respite from all that play, a night of cozy sleep. In all your efforts you may be thinking your child is ready for a baby sleep pillow. While the need for a pillow is felt by most of us adults, this is not always the case with kids. Perhaps you feel your child will do well with a baby sleep pillow; well then this article is just for you. This will depend on the age of your child, and also the place where you most likely put him to sleep. Baby sleep pillows are generally not recommended for kids under two. The use of pillows before this carries the risk of smothering. If, from your experience, you feel it is the right time to introduce a baby sleep pillow, it is a good idea to do so once your toddler moves from a crib to a bed. A pillow in a crib is an easy tool for those quick feet to climb right out of his baby cot. If you still wish to introduce a baby sleep pillow even while you are using a crib, go for one that is small and firm.

When choosing a pillow for your child always ensure that what you offer your child is an actual baby sleep pillow and not one you may have lying around. You may want to try a [baby pillow](#) that is the size of a travel pillow. Remember that babies have tender heads that needs good protection. Do not bother with feather pillows, as they are too soft to serve the purpose, and may trigger unnecessary reactions and even allergies. Feather pillows are also known to cause smothering as the head of the child sinks into the pillow while he is sleeping. In some cases, babies are known to develop a flat head because of the continued sleeping on their backs. This is where memory foam baby sleep pillows are a god send. The cushioning supports in these pillows reduce the risk of a flat head. Unlike other foam head supports, the Visco elastic head support material in these pillows does not bounce back and create pressure points. And for all those trying times when pillows get soiled, these are easily machine washable. Many models come with adjustable side supports and sleep positioners to keep your baby in place.

Finally, if you still feel ambiguous about the appropriate time to begin using a baby sleep pillow consult your pediatrician. You may even wait for signs from your baby that he might do better with a baby sleep pillow, such as discomfort sleeping in a flat bed. Related articles [Baby pillow soothers ...](#) [Custom baby pillow ... " title="For more on Bedding pillow">Infant pillow ...](#) [Baby pillows ...](#)

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