

## Baby Pillows Versus Adult Sized Pillows

My first child was happy as a clam sleeping in the crib until she was 2 ½ years old. The only reason we moved her to a normal bed was because her baby brother arrived. We did not even think about baby pillows and blankets. She wore a sleep sack and was snug and happy. The sleep sack prevented her from crawling out of the crib, because she couldn't swing her legs up. She was so happy in the crib, I don't think she would have even if she was not wearing one. When we moved her to her bed, there was no drama. After getting her used to the big bed with a few naps, we transitioned her to nighttime too. We made the bed like we would for an adult. She had two pillows and a big comforter. We did not bother with one of those little baby pillows. We went straight to normal pillows.

My son was an entirely different story. He learned how to unzip his sleep sack shortly after his first birthday. He could easily swing his leg up on the crib rail. He was happy to just do that exercise for months and months. One night, he finally flung the other leg over too. We did not waste any time setting up his crib mattress on the floor.

We had a lot more challenges introducing him to a bed than we did when we did the same with his older sister. It was a rough transition, because he was so young. He wasn't even 2 years old yet. So he would not hurt himself, we had to take a lot of things out of his room. Another parent recommended putting a gate on the bedroom door, which turned out to be incredibly helpful. He was so stubborn that for the first couple days, he would fall asleep sitting in the middle of the wood floor of his room. It took about a week to make the transition.

He was digging his new bed when people started doling out the advice. "Oh, he is not old enough to be sleeping in a big bed." "He could get into trouble, since he does not know better." "Do not use pillows and bedding." Wait. What? He can not use a pillow? How is he going to be comfortable? What about a baby pillow? Being an overly cautious mom, I checked in our medical baby books and online. Children under 2 years of age should NOT use a pillow or big blanket. Once a child is 2 or they move to a big bed, you can introduce them then.

Since my son was not yet 2, I decided to follow the advice and start with one of those baby pillows. It was so small, like an airline pillow, and I hardly saw the point. It did not look like our pillows, so I think my son thought it was something else. My son did not seem to need pillows or bedding; it was just my need to make it look like a normal bed that kept bugging me. We finally put pillows and a comforter on his bed after about a month. He loved sitting up with the pillows and snuggling like he did in our bed. He was happy to not have that little tiny baby pillow for his head too. Related Topics

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