

## Things To Consider When Buying A Baby Pillow

The fact that babies heads are really delicate and fragile should be a primary consideration when looking into a baby pillow. Since sleeping on their backs can cause babies to develop a flattened area on the back of their heads, you may want to consider a baby pillow that is made out of special foam, which keeps this from happening. It is quite ironic that the safest position for babies to sleep in is actually lying on their back. This position [great](#)ly lessens the risk of SIDS or Sudden Infant Death Syndrome from occurring. For this reason, the use of a sleep positioner along with a baby pillow can be quite effective. Sleep positioners are primarily intended to keep babies lying down in the "safe" position through the night. Along with the baby pillow, these sleep positioners help ensure that the baby is able to get a good nights rest.

Some doctors and sleep experts feel that a baby pillow is not really essential for babies. While some children seem to do fine without them, many will need a baby pillow in order to sleep more comfortably through the night. In any case, you may want to hold off on using a baby pillow until the time when your child moves from the crib into a real bed. If your child is below two years old, the use of a baby pillow can actually be quite risky. If you absolutely must use a baby pillow, make sure that it is small and firm. There is a danger of your baby suffocating with a baby pillow that is too soft and contains feathers, and you run the risk of triggering an allergic episode as well.

You may also want to look into a type of baby pillow that is available in stores that uses a material called memory foam. This material is designed to distribute the pressure evenly around the delicate head of the baby. Memory Foam, which is actually made of Visco Elastic cushioning material can also help prevent the flattening of the back of the babys head, as well as ensuring a more comfortable sleep.

It should be clear by now that there are many factors that affect your decision to go with a baby pillow. If you have any other questions about whether or not the use of a baby pillow is beneficial to your child, it would be a good idea to talk to your pediatrician. This way, he or she can make a qualified opinion based on the specific needs of your baby.

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