

Cute and Comfortable Baby Sleep Pillows

A baby sleep pillow is not only essential to your child's comfort, it is also a prominent part of the decoration of your child's bed. The right pillow can make your child's bed into a soothing and relaxing place to sleep. You can choose from hundreds of available designs, including some truly adorable ones. Does your child like robots? Fairies? Giraffes? A favorite sports team? You can find a pillow decorated to suit him or her.

It's also easy to make a baby pillow especially for your child by decorating a blank baby sized pillowcase with iron on decals, applique, or embroidery. It's best to decorate only one side of the pillowcase. Most decorations are a little rough, and can be uncomfortable for your child to sleep on.

You can also make a pillowcase for your child's baby sleep pillow from scratch. Measure the pillow along the outer seams. To find the dimensions of the fabric you need to make the pillowcase, add half an inch to all sides, plus two to four inches along the longest side so you can finish the open end of the pillowcase. For example, if the pillow is 12" by 16", you will need two pieces of fabric that are each about 13" by 19". Wash the fabric before you cut it to wash out the sizing (a kind of starch) and to pre-shrink the fabric. Lay the pieces together so their "outside" sides face inside, and sew around three of the edges, leaving a half inch seam. Roll the open edge up like a pants cuff, then sew around the innermost seam, making sure the raw edge of the fabric is rolled under. Turn the new pillowcase right side out, and you are done! You can decorate the baby pillowcase further, or you can choose a pretty fabric and leave it as is. It's best to pick cotton, jersey knits, or flannel, but if you plan only to decorate with the pillow, you can make it out of a delicate fabric like silk, plush, or velvet.

Remember, give pillows only to children aged two and up. Doctors advise that infants should not sleep with pillows because they can suffocate.

Toddlers may also not need pillows, since their proportions are so different from adults. When in doubt, let your child try sleeping with a pillow, and if they do not like it, take it away and save it for later.

Making or finding the perfect baby sleep pillow for your child should be quick and easy with [this](#) advice. Let your child help you design or pick out the pillow, or make it a wonderful surprise. Good luck! References [Baby head pillow](#) | [Monogrammed baby pillows](#) |

About the Author

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