

Things You May Not Know About Baby Pillows

I have been hearing and reading a lot on the net on how dangerous baby pillows are and some horrendous tales of babies smothering to death because of using baby pillows. Hogwash! I would say. I have a two year old daughter myself and have been using baby pillows for her right from the age of one and a half without any problems. Indeed, some common sense precautions are a must. Firstly, never go in for cheap products, they are most likely to compromise on quality to keep their prices down. I scoured WalMart, Woolworth and specialized baby product stores before deciding on which type of baby pillow to buy. A little bit of research on the Internet also helps. You can use a narrow but firm pillow or a memory foam pillow for the purpose. I, of course chose to buy a memory foam pillow which is a trifle expensive. As the name suggests, the memory foam pillow molds to the contours of the baby's head and thus provides a very good support. I say this out of experience of [seeing](#) my baby sleep soundly without once bringing out the late night feed ever since she started sleeping on a memory foam pillow.

The benefits of a baby pillow don't end there. Doctors say that a slightly elevated head position is helpful in breathing especially if the baby has a cold. They also opine that pillow support prevents cranial deformities which can occur if the baby sleeps with head to one side for a long duration. One thing to check is the pillow cover. Just make sure you buy the softest, linen cotton material for a pillow cover. Such a material helps prevent allergic reactions or rashes, a common occurrence if using synthetic pillow covers. Soft pillows or feather filled pillows are a definite miss, the real culprit for all that negative publicity. I would recommend that with these common sense tips, using baby pillows is not a liability but an advantage for every parent and the baby of course. See here also [Neck pillow](#)

About the Author

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