

Points To Ponder About Baby Pillows

I have been a 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. I think most of such stories are overstated. My personal experience in using baby pillows for my daughter from the age of one and half is a good example that it is not such a devilish product as it is made out to be. 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. A little bit of market survey through the WalMart, Woolworth and Baby care shops is necessary to get a sense of what best is available. 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 babys 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 dont end there. According to some doctors, having a pillow, raises the babys head slightly above the rest of the body and makes breathing easier especially when the baby is suffering from a cold. They also say that a firm support prevents cranial deformity which may occur if the baby sleeps with head to one side for too long. 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. Dont buy soft or feather pillows, they are the ones responsible for the 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.

About the Author

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