

Things You May Not Know About Baby Pillows

The Internet is full of horrific stories of how babies have suffocated 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. Yes there are some precautions which you have to take. Do not buy cheap merchandise, the so called best bargains, they are likely to be of poor quality and hence unsafe. I scoured WalMart, Woolworth and specialized baby product stores before deciding on which type of baby pillow to buy. Online research is particularly useful as you can reduce the actual legwork. You can use a narrow but firm pillow or a memory foam pillow for the purpose. In my opinion, a memory foam pillow though a bit costly is a better buy. As the name suggests, the memory foam pillow molds to the contours of the baby's head and thus provides a very good support. It was worth the buy because ever since my baby started sleeping on the baby pillow I have not seen her vomit her nightly feed and she sleeps oh so soundly like an angel.

There are other advantages to using a baby pillow. According to some doctors, having a pillow, raises the baby's 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. Soft pillows or feather filled pillows are a definite miss, the real culprit for all that negative publicity. So go ahead and use baby pillows and see your angel sleep soundly.

About the Author

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