

Help Your Baby Sleep the Night Through with a Baby Pillow

New mothers are generally aware that giving a baby pillow to a newborn is not something you should do. Quilts and pillows can often be dangerous for newborns and small infants, and should only be used under a parents direct supervision. But in the desire to keep their baby safe, many moms avoid giving their child a baby pillow for longer than is really necessary.

When a baby is old enough, he or she will be safe using a baby pillow... and also quite a bit more comfy. Most pediatricians say that an infant can start using a baby pillow starting at one year old, when he or she is more mobile. Though when to give your child a pillow is your choice, and many mothers wait several years, the truth is that giving one to your 12 month old (or older) child may really help him or her to sleep through the night. Why?

Because an appropriately sized and shaped baby pillow can really help a baby to be more comfortable, and also help them to breathe more easily during the night.

Toddler Baby Pillow Guidelines

The truth is, a toddler or older baby will be more comfortable and sleep better using a baby pillow than without one. But just because it is generally safe to give your older infant or toddler a baby pillow does not mean that any kind of pillow will do. It is always important to think about your childs safety, of course, and grown up sized pillows can pose a danger to your toddler. Because even if your 1 to 4 year old gets around well, there is still a risk of him or her being smothered by a larger pillow.

So it is important to do your shopping wisely, and buy the right sized baby pillow for your toddler. In addition to being somewhat dangerous, adult sized pillows are just not comfortable for a toddler. A baby pillow, on the other hand, is designed with the proportions of your babys head, neck, and shoulders in mind. Generally measuring in at 12 by 16 inches, a baby pillow supports him or her just as your pillow supports you, but is much more in proportion to his or her body.

There are also a few additional considerations to make when you are looking into buying a baby pillow for your child. For one, it is a good idea to choose a baby pillow that is hypoallergenic. A hypoallergenic pillow will reduce the amount of allergens your child is exposed to as he or she sleeps, and will usually be of the highest quality. In addition, you should also look into buying a baby pillow with an easy to clean fabric. While a baby pillow with a plastic layer will be the simplest type to clean, the plastic layering may make your child feel overheated. The best option is a breathable but durable and easy to clean fabric.

About the Author

More references on [personalized baby pillow](#), stop in at google3.bigblogmonkey.com.

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