

Guide to choosing a baby head pillow

When a new baby is on the way, there is a lot of excitement and sometimes more than a little bit of confusion. This is even more so the case for those who are going to be parents for the first time as they have never handled a birth before. As new parents, you might be making a list of things you would be needing to welcome the baby into a safe and comfortable world. Other than the likely and obvious items like feeding bottles and baby diapers, there exist lesser known items like baby pillow which are also essential and important. The baby pillow is one such item which is often given less importance than other more obvious items.

More often than not, baby pillows are sold along with the crib for the baby as a set, with bedding etc, which might not be suitable for children below two years of age as proper care is not taken in manufacturing such packaged items. It is advised by experts that it is prudent to be patient until the baby is grown up enough to sleep on a bed instead of the crib, when it comes to introducing pillows. It is also an old maids remedy and one suggested by experts that if the baby is suffering from a cold or a stuffed nose, using a pillow to elevate the head of the baby helps drain the sinuses. This can also be achieved without a pillow though as there are various other methods as well.

There are a few characteristics all baby pillows should have. A small and lightweight pillow is best for a young child. This is so that it can not suffocate the child or make him or her too hot. Another guideline is that the pillow should be free of decoration such as fringe or beads. This way, the baby cannot choke on anything attached to the pillow. When going for a baby pillow, choose baby friendly fabrics like silk or light cotton. Feather pillows are known to cause an allergic reaction among some babies and it is best to avoid them. All the better to sleep with if the pillow has a washable cover that can be removed at will as it promotes better hygiene.

Test the firmness before buying a baby pillow so that the baby will not be smothered by sinking his or her little nose into it. It is safe to teach a baby to sleep on a baby pillow after it becomes two years old. There is a high chance of suffocation in earlier stages. It might prove dangerous to do otherwise.

A non allergic body pillow is not a bad alternative either. The possibilities for your baby pillow are endless.

The possibilities for your baby pillow are endless. Similar References [Travel pillow](#) -- [See](#) --

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