

Baby Pillows: Some Must Knows

The Internet is full of horrific stories of how babies have suffocated to death because of using baby pillows. Hogwash! I would say. 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. 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. 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. 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. The memory foam pillow does really mold to the shape of the babys head. 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. Doctors say that a slightly elevated head position is helpful in breathing especially if the baby has 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. Choose cotton rich linen as the pillow cover material. That will prevent rashes or allergic reaction which is possible if you use synthetic material. Dont buy soft or feather pillows, they are the ones responsible for the negative publicity. So go ahead and use baby pillows and see your angel sleep soundly. Related Articles [Article](#) [Article](#) [See](#)

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