

## Do You Really Need A Baby Pillow?

People who are looking for an ideal baby pillow should consider the fact that babies have quite delicate heads that require protection. Since sleeping on their backs can cause babies to develop a flattened area on the back of their heads, you may want to consider a baby pillow that is made out of special foam, which keeps this from happening. Ironically, sleeping on their back is the safest position for babies to be in. Lying in this manner can greatly reduce the risk of Sudden Infant Death Syndrome or SIDS. For this reason, the use of a sleep positioner along with a baby pillow can be quite effective. Sleep positioners are designed to keep babies sleeping on their back in the safest possible position. Along with the baby pillow, these sleep positioners help ensure that the baby is able to get a good nights rest.

Some doctors and sleep experts feel that a baby pillow is not really essential for babies. Some children seem to do quite well without them, while others simply cannot get to sleep without a baby pillow. However, it may be a good idea to wait until your child makes the move from the crib onto a real bed before you use a baby pillow. If your child is below two years old, the use of a baby pillow can actually be quite risky. If you absolutely must use a baby pillow, make sure that it is small and firm. A baby pillow that is soft and contains feathers can trigger an allergic reaction and even smother a baby if his or her head sinks into it while sleeping.

A baby pillow that is made out of memory foam could be well worth looking into as well. Memory foam ensures that the pressure is distributed evenly around the babys delicate head. Memory Foam, which is actually made of Visco Elastic cushioning material can also help prevent the flattening of the back of the babys head, as well as ensuring a more comfortable sleep.

As you can see, the use of a baby pillow is dependent upon many factors. If you have any doubts about how the use of a baby pillow will affect your childs sleep as well as general health, you may want to talk about your concerns with your pediatrician. This way, he or she can make a qualified opinion based on the specific needs of your baby.

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## About the Author

Find more info regarding personalized baby pillow, read [www.BabyPillowShop.com](http://www.BabyPillowShop.com).

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