

Pillows Safe for Most Children

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 brand new parents. It may cross your mind that you will have to make some purchases in order to make the new baby comfortable. Besides the obvious like diapers, a crib and bottle, there are other more elusive items that could ease your way into parenthood. One such helper is the baby pillow.

As there are a myriad of different baby pillows to choose from and the choices can be overwhelming, but some are better than others. The nursing pillow is one type that can be helpful from the first day you bring your baby home. Since a nursing pillow is designed to cradle the head of your child while nursing, mommy can relax more during the process. Helping the child relax is also a benefit of the sort of pillows. Many times these pillows assist the baby to fall asleep, since it helps make different positions comfortable. Since these pillows support the head so well, it can make holding an infant easier for any family member, whether or not nursing is involved. A more conventional pillow is also available. Most doctors agree that a regular pillow is best for ages two and older. In the case of an upper respiratory infection or cold, however, a child could benefit from using a pillow to prop up the head. It is always best to consult your doctor about using a baby pillow before age two. Other benefits of using a baby pillow can be the offset of acid reflux and ear infections. A pillow could ease the symptoms your child has if suffering from any of these ailments.

There are a few characteristics all baby pillows should have. One guideline to follow is that the pillow should be both small and lightweight. 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. Some great examples of baby friendly fabrics are silk and cotton. It is best to stay away from things like feather pillows, as they could cause an unexpected allergic reaction. The best possible options are those baby pillows that have a removable cover, or are machine washable. If you follow these simple guidelines, the possibilities for your baby pillow are endless!

About the Author

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