

## Things You May Not Know About Baby Pillows

The Internet is full of horrific stories of how babies have suffocated to death because of using baby pillows. I think most of such stories are overstated. 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. I scoured WalMart, Woolworth and specialized baby product stores before deciding on which type of baby pillow to buy. A little bit of research on the Internet also helps. A nice narrow, firm baby pillow is just as good as the latest memory foam pillows. I, of course chose to buy a memory foam pillow which is a trifle expensive. The memory foam pillow does really mold to the shape of the baby's head. It was worth the buy because ever since my baby started sleeping on the baby pillow I have not seen her vomit her nightly feed and she sleeps oh so soundly like an angel.

The benefits of a baby pillow don't 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. Just make sure you buy the softest, linen cotton material for a pillow cover. That will prevent rashes or allergic reaction which is possible if you use synthetic material. Don't 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 Topics [Bedding pillow](#) [See Bedding pillow " title="Link, Travel pillow">Pillow form](#)

## About the Author

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