

Knowing When Your Child Is Ready for a Baby Pillow

Choosing a baby pillow is an important task for any parent. Your child may sleep much more comfortably with a pillow. But because babies are shaped so differently from adults, baby pillows are different from adult pillows. How do you know when you have chosen the right pillow for your baby?

First, is your child old enough to use a baby pillow? Children under two years old should never have pillows in the crib with them. A baby's neck muscles are weak, and cannot always prevent the baby from suffocating if she rolls over onto her stomach. Some parents find that elevating their baby's head when their baby has a stuffed nose or an ear infection helps the baby to sleep, but [this](#) is dangerous. If a baby under the age of two needs his or her head elevated, put the pillow under the mattress, not in the crib, so that the mattress is elevated. The mattress is firmer than a pillow, which reduces the chance of suffocation and is safer for small babies.

Second, does your baby require a baby pillow? Small children often do fine without pillows because their bodies are proportioned differently from adults' bodies. You will know your child is ready for a pillow when they sleep restlessly or when they start balling blankets or stuffed toys under their head.

Third, what size should a baby pillow be? When you choose a pillow for your child, pick one that is small and flat, about the size and shape of an airline pillow. Using a smaller pillow will prevent your child from elevating his or her head too high and waking up with a crick in the neck.

Fourth, what should a baby pillow be stuffed with? You may love the soft, fluffy comfort of down or feather pillows, but children are not ready for them. They are too soft for small children, and their filling can give children allergies to down or feathers. The stuffing should be firm, and hypoallergenic fillings are best.

If you have followed these simple guidelines, you are sure to choose the right baby pillow for your child. Remember to make sure your child is old enough and needs a baby pillow, then choose a pillow that is smaller than an adult pillow and filled with a firm, hypoallergenic stuffing. After that, do the most important step of all, and ask your baby what he or she thinks of the new pillow. Your child is the very best judge you have! With these guidelines, you are sure to find a pillow they love. Reference [Baby pillows](#) [Nursing pillow](#)

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