

## When to Introduce a Baby Pillow

As a first time parent, I research and over analyze everything. During my early first trimester, I agonized over what I may have eaten before I knew I was pregnant or whether I worked out too hard and raised my temperature too much for the baby. To save my sanity, I decided to put away all the pregnancy books a couple months in, so I would stop reading about everything that could happen. After I put the books away, I found that I enjoyed my pregnancy a lot more. My husband still laughs about something I said during my first trimester. It was something along the lines of not worrying ever again once the baby is born. He found it quite humorous and told me I would most definitely find some causes for worry in parenthood. He was right. And here my latest worry is the topic of the baby pillow.

A little baby pillow is often sold in crib sets. This is misleading. Unless a child is older than the age of 2, he or she should not use a pillow. There is a danger that a child that young may not be able to breathe when surrounded by a pillow. Duvets and big blankets are not recommended for the same reason. Babies should be placed on their backs to sleep, in addition to not having any soft bedding or stuffed toys that may cover their faces while sleeping. We used a sleep sack with our daughter, which kept her warm without us having to worry about bedding in her crib. Some experts say that even giving a child over the age of 2 a pillow may not make them any more comfortable than they would be without one. The advice from experts is that a pillow should not be given until the child is no longer sleeping in a crib and is in a bed.

A baby pillow, like what you get on an airline flight, is the right size to introduce to a first time pillow user. Choose a pillow that is not feather or down, as such a pillow can often allow the head of a child to sink down too much. We recently introduced our daughter (she is 2 and a half) to a bed and moved her out of her crib. We started with a baby pillow in the bed, per the recommendations. We would put her to sleep with her head on the baby pillow, but whenever we would check on her, the pillow would be somewhere else in the bed. The tiny pillow would often get lost too. We moved on from the baby pillow after about two weeks. She actually sleeps with her head on it and seems to enjoy the fact that her bed is now just like that of Mommy and Daddy. Similar Articles [Baby head pillow](#) ... [Neck pillow](#) ... [Travel pillow](#) ... [Baby nursing pillow](#) ... [Baby pillow cases](#) ...

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