

## What Size Baby Pillow?

I am a new parent and I tend to be worried about everything new I introduce to my child. 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. The best thing I ever did during my first trimester was to finally put away that "What to Expect When You are Expecting" book and stop driving myself crazy. After I put the books away, I found that I enjoyed my pregnancy a lot more. I still get quoted from one zinger I told my husband during those first couple months.

"Once this baby is born, I will not worry about anything again." He found it quite humorous and told me I would most definitely find some causes for worry in parenthood. As he predicted, I continue to find things to worry about. I am now over analyzing the introduction of the baby pillow.

When you purchase a crib set (blanket, crib bumper, sheets, crib skirt), a baby pillow is frequently included. This is misleading. Pillows are not recommended for children under the age of 2. There is a danger that a child that young may not be able to breathe when surrounded by a pillow. It is the same rationale for not using heavy blankets and comforters. 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. Sleep sacks are suggested, rather than blankets, when babies are young. There is debate over whether a child older than 2 years of age even needs a pillow to make him more comfortable. 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.

It is suggested that a small baby pillow be introduced first, rather than an adult sized pillow. Something the size of an airplane pillow is perfect. It is recommended that you avoid down and feathers at first, to minimize allergic irritation and because those type of pillows are often too fluffy and big for a child. We recently introduced our a 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. It was not much of pillow, so it would frequently get lodged between the wall and the bed or disappear in the blankets. 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 [This](#) . [Article](#) . [Resource](#) . [Great](#) .

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