

## The Dangers of Baby Pillows

Many parents have heard about the harm baby pillows may cause to their child. But many simply refuse to believe that baby pillows are harmful. [Here](#) fore something that is so innocent looking as a baby pillow is still victimizing many children today. What parents should know is that, the main cause of fatalities under that age is SIDS or sudden infant death syndrome. Suffocation, strangulation and rebreathing in children go hand in hand with SIDS. In most of these cases, the baby pillow plays a very important role.

Strangulation and suffocation in children under the age of one is caused by soft bedding, baby pillow or when the baby sleeps on his stomach. Aside from soft bedding and sleeping on their stomach, the baby pillow is as harmful. Major causes of suffocation in younger children includes the baby pillows. This happens if the pillow ends up on the face of the baby if he grasped it accidentally. The baby will be suffocated if he fails to remove the pillow from his face. In some cases, the baby may get too close to the baby, causing him to get suffocated.

Rebreathing is another leading cause of SIDS. Medically speaking it is when the baby breathes carbon dioxide or bad air, as what it is more commonly known. Rebreathing occurs when instead of inhaling oxygen, the baby inhales his own exhaled carbon dioxide. Rebreathing may be caused by loose sheets or beddings getting over his head. Many do not realize that rebreathing may also be caused by baby pillow. This may occur if the baby pillow gets too close to the face of the baby and the baby re breathes the carbon dioxide he has exhaled. If parents do not remove the baby pillow from the crib, the baby is still not safe from rebreathing even if the sheets and beddings are well secured.

To reduce the risk of SIDS doctors recommend to parents not to use baby pillows until the baby is out of his crib and is already on toddler bed. This is because unless the baby is on his toddler age, he is not ready for pillows. The baby do not need pillows to sleep comfortably so this is not really a problem. Babies and even adults do not need pillows to get a good and comfortable sleep according to medical sleep experts. Nevertheless, make sure that your child is already on his toddler bed and is old enough if you are really keen on introducing him to pillows. This is because you just might introduce him to harm instead of additional comfort. Reference [Baby pillow cases](#) . [Travel pillow](#) . [Personalized baby pillow](#) . [Great](#) .

## About the Author

For more information related to [see](#), click to [we8.mywiki9.com](http://we8.mywiki9.com).

Source: <http://Coolness3.com>