

## Baby Head Pillows: Give Your Toddler A Pleasant Night Rest

Between the ages of one to three, children are at their inquisitive best wanting to learn about their surroundings. [This](#) age fondly called as toddler hood sees maximum activity, which makes them very tired by the end of the day. Some toddlers take an afternoon nap; others do not. Nevertheless, all toddlers require a good nights rest and a sound sleep is vital to maintaining good health. Therefore, comfortable night clothing, pleasant surroundings, suitable bedding and importantly, a good baby head pillow are a must. It is important that the pillow is of a good quality and not too soft. In some cases, pillows too soft are known to cause smothering. Toddlers usually alter their sleeping posture frequently during the night. Some even sleep on their stomachs. A bad quality pillow can even cause neck injuries. It is evident that a baby head pillow is not any other normal pillow. It is a specially designed pillow for babies which caters for all eventualities and are specifically risk free. Design and quality costs money, so baby head pillows are slightly more expensive than normal pillows but are worth the extra costs because of the safety they provide. Feather pillows are to be strictly avoided as they are known to cause allergies among children.

Keeping the babys head slightly elevated helps them breathe more easily and hence a pillow is a must. A slightly elevated position of the head also reduces the chances of regurgitating bedtime feed. Baby head pillows also give support to the soft cranial bones of the toddler and prevent skull deformities. A wide variety of baby head pillows are available. The latest memory foam pillows are very good for the toddler as these pillows mould according to the shape of the babys head. Visco Elastic cushioning materials are used in memory foam pillows to prevent Flat Head Syndrome by providing equitable distribution of pressure around the babys head. Just like standard sizes for clothes, baby head pillows are also made in different sizes according to the age of the child, so check the label before buying one. Specialized baby product shops, online baby product businesses and supermarkets have a variety of baby head pillows for sale. Side support pillows as complimentary to the head pillows are also available for keeping the baby snuggled in an on the back position. The use of side supports is however, optional especially if your baby prefers to turn posture while asleep. The basic requirement of a sound sleep is certainly a good quality baby head pillow. So, go rock a bye baby! Related information [Keepsake baby pillow](#) -- [Pillow form](#) -- [See](#) --

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