

## Baby Pillow Beneficial in Many Ways

A new baby being born is such an exciting time for new parents. The first born can bring with it special anticipation. However, if this is your first time having a child, there may be things you do not know about yet. [There](#) are numerous responsibilities that come along with having a baby. The comfort of the child is one of your biggest priorities. This is because when the child is comfortable, he or she is able to sleep and relax, and when the baby can sleep and relax, you can, too! A baby pillow is one often overlooked as one thing that can improve the comfort of your child, and yourself.

You may be thinking that your child is too young for a baby pillow, and you are right. This could be the case, because most physicians ONLY recommend them for kids over the age of two. Regardless, sometimes a baby pillow can be used to good effect before the second year, and certainly after. Coughing can be lessened with the head propped up on a pillow if a child has a respiratory infection or cold. Also, in the case of an ear ache, relief can be found if a baby lies on his or her side, head propped up on a pillow. Of course, you will want to consult a physician in both of these cases to be sure that your child will benefit from the baby pillow in such scenarios.

Another use for the baby pillow is in nursing. In this case, it can be a semi circular pillow that will cradle the head of a small child so that your hands are free to hold the body of the baby. If you use these nursing pillows for the neck of your child AND yourself, you can both be considerably more comfortable. In many cases, a baby pillow for nursing has helped children fall asleep.

If you are interested in having a baby pillow in the crib of your child as well as around his or her neck while nursing, keep reading. In selecting the right pillow for your baby, there are some guidelines to keep in mind. The first guideline is that you want a small pillow. If you select a normal sized pillow, it will be too large and could suffocate the child. The second guideline is to pick something without any decorations such as beading or fringe. This is so that the baby does not choke on small pieces that he or she could pull off the baby pillow. Cotton or silk are the best options for baby pillow fabric. Last, be sure that you purchase a pillow without feather stuffing, which would lead to an allergic reaction. So, the best pillow is small, made with natural materials, and has no sewn on embellishments. These tips can help you select a baby pillow that will put you and your child both at ease.

### About the Author

For more on [baby pillow](#), goto [google1.optihit.com](http://google1.optihit.com).

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