

The Baby Pillow, Is It Safe For Baby

If you check the baby section of any large department store or browse through craft fairs, you will likely see many varieties of baby pillows: some soft, some lacey, those with hand embroidered detail, etc. Parents, or their family or friends, may be tempted to buy a baby pillow as a personalized gift for a new baby. Before doing so, the safety of a [baby pillow](#) should be considered. If you receive a baby pillow as a gift or purchase one for your child, there are some chilling facts you must know before you place the pillow in the crib with your baby.

SIDS, or Sudden Infant Death Syndrome, is said to be the leading killer of babies between the ages of one to twelve months in the United States. In 1992 the American Academy of Pediatrics (AAP) recommended that babies be placed in a non prone position to sleep, as a result of findings in other countries. As a result of the recommendation from the AAP, the Back To Sleep initiative was started in 1994 through the leadership of several national agencies. Following this, various studies and surveys were conducted to evaluate the relevance of this change on the occurrence of SIDS. While the incidence of SIDS related deaths had decreased by half, other findings were also identified by the studies. In 2005, an AAP task force released a new statement, which included several recommendations. Primarily, the non prone position was changed to a recommendation of a back only position. The statement also recommended that the only items to put in the crib with the baby should be a firm mattress and fitted sheet. A bumper pad, if used, must be firm and snugly fitted. No baby pillow or toys or other objects should be included. To address the findings of increased flat head syndrome, the AAP recommended other preventive measures. The AAP felt the use of alternate positioning or a baby pillow were not worth risking SIDS.

The baby pillow, Baby Sleep Positioner is marketed with acknowledgments of the recommendations made by the AAP. The baby pillow sleep positioner is made of memory foam and keeps the infant in the recommended position, while cushioning the back of the head. The AAP is careful to state it does not endorse any products for use in the crib other than those it lists. Prior to using the baby pillow sleep positioner, parents should first seek the advice of their Pediatrician to be safe.

About the Author

Find more about baby pillow, link to [here](#).

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