

Should A Baby Pillow Be Used In The Crib

Many baby pillows with various types of design and decoration are available at stores and craft shows. These lovely creations are tempting for new parents or someone shopping for a unique baby gift to purchase. But is a baby pillow safe for your baby? Before anyone decides to use a baby pillow in the crib with a small baby, there is some frightening information that should be known.

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 the early 90s, based on reports out of Europe and Australia, the American Academy of Pediatrics (AAP) released a recommendation that babies not be placed on their tummies for sleep. 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. These studies showed the rate of SIDS decreased by 50%, but other related factors were also discovered. A task force formed by the AAP issued a new statement in 2005 to include recommendations on all the new findings. 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. There should be no baby pillow, stuffed toys, etc. in the crib with the infant. In response to increased incidence of flat head syndrome, alternate methods of prevention were advised. 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 [see](#) the advice of their Pediatrician to be safe. More [Link](#) --

About the Author

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