

## Baby Pillows May Suffocate your baby to death

That baby pillows may cause harm to their child is something parents have heard before. But that the baby pillows are harmful is something they simply refuse to believe. Thus many children are still being victimized by something that is so innocent looking as baby pillows. Sudden Infant Death Syndrome or SIDS is the main cause of fatalities under that age is something that the parents should know. SIDS is associated with suffocation, strangulation and rebreathing. 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 most cases, the baby suffocate when the pillow get too close to the baby.

Another leading cause of SIDS is rebreathing. Rebreathing is when the baby breathes carbon dioxide or what is more commonly known as bad air. 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 can happen if the baby inhales his exhaled carbon dioxide because the pillow is too close to his face. 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 means that the baby is not ready to use pillows until he is on his toddler age. This should not be a dilemma because the baby can sleep comfortably even without baby pillows. In fact, according to medical sleep experts, babies and even adults do not need pillows in order to get a good and comfortable sleep. However, if you really want to introduce your baby to pillows, do so only when he is old enough and sleeping on his toddler bed. Otherwise, instead of introducing him to what you think is an additional comfort, you may just be introducing him to harm. Related Information [Baby head pillow](#) [" title="Title">Baby pillow soothers](#)

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