

Beware Of The Baby Pillow

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. Before doing so, the safety of a baby pillow should be considered. 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 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. In 1994, the Back To Sleep campaign was initiated as a joint effort by several national agencies and consumer groups. 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. In 2005, an AAP task force released a new statement, which included several recommendations. Foremost, babies must be laid to sleep on the back only, not on the side. Included in the recommendations was a clearly defined list of items to place in the crib: a firm mattress, a fitted sheet, and the baby. 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. Positioning other than on the back or use of a baby pillow were not deemed worth the risk of SIDS by the AAP.

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

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