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Eco-Friendly Toddler Pillows | Earth911.com

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Eco-friendly Toddler Pillows

Gemma Alexander April 18, 2019



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The American Academy of Pediatrics **recommends** all babies be placed on their backs to sleep. Sleeping on a firm, flat mattress devoid of pillows, blankets, and bumpers eliminates the risk of suffocation. But once a child graduates to regular bedding, eco-minded parents will be looking for a pillow that is as safe for the planet as it is for their child.

Most experts seem to agree that introducing a pillow when a child transitions from a crib to a regular bed is safe. This usually happens between 18-24 months of age. Parents should look for a pillow scaled to a toddler's body — around 12 by 16 inches long and only 2 to 3 inches thick to eliminate neck strain. Ideally, a pillow would also be sustainably manufactured.

As long as your child is sleeping well without a pillow, there is no need to make a change. But eventually, a child's shoulders will become enough wider than their head that sleeping with a pillow will be more comfortable. By this time the risk of suffocation is small, but a firm toddler pillow filled with hypoallergenic material is safest.

For babies who are too young for pillows, **SavvyRest** makes **GOTS-certified** latex crib mattresses that are free from toxic flame retardants, phthalates, or pesticides. New parents know that it can be hard to stay **green with a baby**.