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## A Baby Sleep Pillow

By Kevin McShore

A baby sleep pillow can serve as far more than a mere source of comfort for your child. Baby

pillows can serve as small treasures: treasures that will last a life time. More than a decorative touch to any child's nursery, a baby sleep pillow can be stored away and saved as a "memento" that reminds you of your child when they were small.

As your baby grows older and comes to age he (or she) will look with a chuckle at his favourite accessories when the world was his playground.

Baby sleep pillows come in all shapes and sizes. No matter what color your nursery may be, you are more than able to find baby pillows that match the room's décor. Moreover, if you are looking for something extremely personal, you can easily have personalized a baby sleep pillow made for your child's room. You can custom order baby pillows in pink or blue, in a variety of sizes and you can have your baby's name embroidered on the service of the pillow. You can be limited to eight letters on your custom ordered baby pillows so if your child's name is long, you may want to have your baby pillows customized with a nickname. You will find that most customized baby pillows are easily washable and are made of 100% cotton flannel.

If you are concerned about allergies, you can also purchase baby pillows that are made of all natural materials. Such pillows are made from all natural cotton and no bleaching agents are used. Moreover, the fill is made of organic wool and cotton and you can order the pillows online and have them delivered to your home.

If you are overly concerned with what baby pillows might be made of, you may be better off making your own. You can select the fill and fabric yourself and there are patterns available on the Internet for you to follow. In fact, you may find that you enjoy making baby pillows and you can then start a small online business selling them if you so choose.

Kevin McShore is a contributor to the helping baby sleep blog. Check out great helping baby sleep

<http://www.baby.info-index.com>

tips and information now at:

<http://www.helping-baby-sleep.blogspot.com>

### **Recognizing A Baby's Sleep Patterns**

**By Adwina Jackson**

It's true, the number one milestone most parents seek look forward to is the day (or night) their newborn starts sleeping through the night.

You don't have to suffer endless night after night without sleep however, even with a newborn.

Baby's actually follow certain sleep patterns, and if you get to know what these patterns are you'll start sleeping more soundly and better the times you do have a chance to get some sleep!

Baby's don't actually sleep at the same intervals adults do. They actually sleep very unsoundly. Their sleep is full of interruptions because their sleep cycle is not yet fully developed, thus they wake more often during the night.

Generally grown adults spend about six hours every night in deep sleep. This is the really restful phase of sleep you require to feel fresh and new in the morning. Usually time permitting another 2 hours are spent in light sleep.

Baby's generally have twice as many light sleep cycles as adults though, and their deep sleep cycles are much shorter than adults.

Baby's also have to LEARN how to fall back asleep, it is not a skill that comes naturally. Whereas adults might zonk out the moment their head hits the pillow, a baby will actually lie there looking for something to soothe them back to sleep.

Newborn's actually sleep a lot, approximately 16 to 18 hours every day, but they don't enjoy this sleep all at the same time. Most baby's will sleep in increments of only two to three hour intervals. Sometimes their internal sleep clocks are also confused from being in the womb, and they mistakenly believe that night is day and day is night. This means that they'll spend more of their time sleeping during the day than at night!

Here's the good news, your baby's sleep patterns will eventually changes, usually by about the time they are 12 weeks old. They will start sleeping about 14–16 hours per day, and many of those hours will be spent sleeping at night.

What can you do in the meantime to feel more refreshed?

– Sleep when your baby sleeps. No matter what time of day, take a nap whenever your baby does catch some zzz's.

## A Baby Sleep Pillow

– Open the blinds and keep things bright during the day. This will help change your baby's clock around so they spend more of their time sleeping at night and not during the day.

– Sleep near your baby at night. This will help comfort them and allow them to sleep more easily. There are many co-sleeper products available that allow you to sleep with your baby safely at night. Consider trying one until your baby is about 12 weeks old, when they are old enough to start sleeping on their

own.

– You can teach your baby to be a good sleeper with a little time and a little patience, armed with a little bit of knowledge about their sleep patterns!

Adwina Jackson is a wife and mother of a young boy. She's also the editor of Inspiring Parenting, an online source of valuable parenting information. Please visit

<http://www.InspiringParenting.com>

for

helpful and free parenting info. Observe your children's health, growth and development by clicking the website.



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