

Samples 2: Best pillows kids

Are you looking for the best pillow for toddlers? Getting a great night's sleep is a vital factor in a person's life, even more, a toddler. The quality of sleep you get directly affects your mood the next morning. It also affects how well you get through the day. The saying, "you woke up on the wrong side of the bed" has an element of science to it. When you do not sleep well, you will probably not be the nicest person to be around the next day. From aches and pains in the body to just simply having puffy eyes, it can all get a little too much really. Sleep is your body's way of shutting down for the day, recharging, reorganizing thoughts and preparing for the new day. In the same way that your mobile phone needs to be recharged when the battery is low, or it will die on you, your body needs time to recoup and replenish the depleted energy levels.

1. Do you need a new pillow for your toddler?
2. Has your baby outgrown his or her baby pillow?
3. Are you sharing your pillow with your child?

Several sleep myths do the rounds regularly, especially with the advent of the internet, where information accessibility is now such a breeze. Remember that it is not all the information that you get that is true. When it comes to your children, you have to be even more prudent in getting the right information. There are so many hacks, tips, and tricks, and if you are a first-time parent, then you will probably need some guidance on what to get.

The following are the recommended sleep hours:

- Newborn to 3 months old should get 14 – 17 hrs sleep.
- 4 to 11 months old should get 12 – 15 hrs
- 1 to 2 years old should get 11 – 14 hrs
- 3 to 5 years old should get 10 – 13 hrs
- 6 to 13 years old should get 9 – 11 hrs
- 14 to 17 years old should get 8 – 10 hrs
- Young adults (18 to 25 years old) should get 7 – 9 hrs
- Adults (26 to 64 years old) should get 7 – 9 hrs
- Older adults (65+) should get 7 – 8 hrs

If you are doing your due diligence to find the best pillow for your toddler, you will need to realize the importance of your baby's sleep. If your baby is barely sleeping, then that may be the cause of different ailments or even behavioural challenges. The terrible twos are a phase that can seem to go on forever when you are a parent. If there is a way to make your baby more comfortable and less cranky, would you not want to pursue it? A great pillow, can be the major difference between your baby sleeping through the night, and your baby tossing and turning all night.

In a Hurry?

Are you looking for the best pillow for a toddler? Perhaps you do not have the time to go through every baby blog and book, but your baby needs a new pillow now. The first and obvious thing you need to look for is a comfortable pillow. Look for a pillow that supports your child's back and neck properly. Also, get a pillow that suits your child's individual needs. Needs such as the sleeping position.

We have done the heavy lifting for you and found the market's top picks for the best pillow on the market for your precious little one. The Egypto Luxurious Toddler Memory Foam Bamboo Pillow is one of our favourite picks. Designed for kids and children to help promote restful sleeping and nap time. This pillow keeps the head and spine of your baby in comfortable alignment. It is durable and will last you. If your baby has allergies, some you may not even know of, then an anti-allergy & anti-bacterial premium quality cot-bed pillow will come in handy. Bamboo is naturally anti-bacterial and resists mould, fungi, mildew and dust mites. It is a breathable and thermal regulating pillow which is also a natural insulator to aid coolness in the summer and warmth in the winter.

Clevamama ClevaFoam Toddler Pillow

This is marketed as a luxurious pillow for toddlers. I am not very receptive of the use of the word "luxury" to describe anything. Not only is it subjective but is just one of those buzzwords that are often meaninglessly thrown around. That is neither here nor there. Back to the Clevamama ClevaFoam pillow. It is a pillow that features the manufacturer's very own foam. They say that it is scientifically proven to prevent [flat head syndrome](#). That is a claim that we can neither disavow nor support. What we can confirm is that it is just about the right level of softness and firmness for a child. It maintains the alignment of the spine and head. Your toddler will sleep well, without any disturbances arising from misalignment.

It is also a hypoallergenic pillow. The pH is balanced, and toxin eliminated. This makes it a perfect pick for an asthmatic baby or those that have allergies. There is free airflow which allows your child to remain cooled down as they sleep.

Finally, you will also be pleased to note that it has a machine washable cover. You can remove this and keep it looking and smelling fresh.

Pros

- There is reduced cranial pressure as the child sleeps.
- It is highly breathable due to airflow provisions.
- Heat retention is kept to a minimum.
- It has a removable pillow cover that can be washed in a machine.
- It is incredibly comfortable.
- Reduces overnight sweating.

Cons

- Some users either found it too soft or too hard which could be a quality control issue.
- It is on the pricier end of the scale.

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Silentnight Safe Nights Anti-Allergy Cot Bed Pillow

Silentnight is one of the most popular brands in the UK where sleep is concerned. They have a wide range of products that we have come across. This cot bed pillow is one that we had yet to encounter. It is a bronze award-winning product at the Mother & Baby Awards 2018 for best sleep product. That says a lot about what you can expect when you purchase it.

It is designed to provide anti-allergy protection and the restful night that comes as a result. The manufacturer advises that you get a replacement every 12 months. It is a product made of babies that are over 12 months old. The pillow's interior is packed with hollow fibre. As with other products that we have considered, this one is also machine washable. It can also be tumble dry provided you have a low heat setting. This makes it perfect for those emergencies where a clean pillow is required promptly.

Pros

- It provides great value for money.
- This is an award-winning product.
- It is very comfortable.
- It is made by a brand that we are very familiar with.

Cons

- It did not fare as well as we expected during machine washing.
- Some users would have liked it to be thicker.

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KeaBabies Kea Safari Toddler Pillow With Cute Pillowcase

Our next pick is from KeaBabies. They are a manufacturer that we are not very familiar with. This is a clean slate. Let's consider the product. The design process involves testing and getting feedback from the intended end-users, the toddlers. It is made to provide spinal support and comfort as the child sleeps. You will also appreciate that it comes with an outer cover that shows that some effort has gone into the aesthetic side of things. Which is something that cannot be said of some of the products here.

It also has hypoallergenic cotton on the pillowcases. This makes it suitable for children that have allergies and for newborn babies that are still trying to get their heads around this insane world of ours. You will also find that it delivers a softness that most cannot match.

This makes for a more pleasant sleep for your little one. The material used allows for the freeflow of air. It is highly breathable, making it a good pick for hot weather as it is for other seasons of the year.

Pros

- The pillow is of great quality.
- It is incredibly soft.
- It is very comfortable for toddlers.
- The pillowcase has a great design.
- It is 100% Hypoallergenic.
- Both pillow and pillowcase are machine washable.

Cons

- Some users have found it somewhat too thick.

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Panda Kids Luxury Memory Foam Bamboo Pillow (Toddler)

Panda is one of the most popular pillow brands in the world. Their fame is a result of their bamboo pillow innovations. This particular one is designed to provide the perfect head and spine support for your toddler. It is a memory foam pillow that is made to ensure that your child does not struggle with flat head syndrome.

The Panda Kids Luxury Memory foam bamboo pillow has both hypoallergenic and antibacterial properties. It is the bamboo that provides anti-bacterial, fungi, mildew, mould and dust mites. You will not have to worry about allergic reactions that are linked to eczema, hay fever and where skin is sensitive. Where temperature is concerned you will also be pleased to note that the pillow is breathable and has some great thermo-regulation mechanisms. The bamboo is also known to be odour resistant. It draws moisture from your body as you sweat.

The memory foam is orthopaedic verified. It provides great benefits for both circulation and muscle alignment. For the more environmentally conscious ones, you will be pleased to know that the packaging is 100% recycled.

Pros

- The pillow is odour resistant.
- It works well to keep your child's body temperature low as he/she sleeps.
- It is very comfortable.
- There are noticeably better nights.
- It is great for dealing with bacteria, fungi, mould and dust.

Cons

- There are some notable quality control issues.
- Some kids may find it too firm.

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Egypto Luxurious Toddler Memory Foam Bamboo Pillow

Our final pick is the Egypto Luxurious Toddler Memory Foam Bamboo Pillow. We have already covered the benefits of bamboo, so we will not bore you with them. If you missed them, refer back to the product above. This bamboo pillow is made for kids. It provides good support for the head and spine. Your child will have perfect alignment while sleeping. This often results in longer and more peaceful nights for both child and parent.

It has hypoallergenic properties that make it suitable for children that struggle with allergies. Dust mites, mould, bacteria and fungi are no match for it. All in all, it provides great breathability and cool rest. Your child will not get too warm. There is better airflow between body and pillow. The pillowcase that it comes in is removable and machine washable.

Pros

- It has hypoallergenic properties.
- The pillowcase is machine washable.
- It is highly breathable.
- It provides great support for head and spine.
- It is a very comfortable pillow.

Cons

- Some users found it to be too thin.
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Buyer's Guide

You will need to know what to look for in a good toddler's pillow. It is often way more than just the looks. When it comes to baby furniture and accessories, sometimes it is easy to get carried away with aesthetics. The cute colours and patterns can be deceiving, but just remember that functionality is still key.

Why does your child need to have a special pillow?

Your toddler is probably at the stage where he or she needs to move out of the crib and into a bed. Big moves for a little person. You want to make this transition as seamless and as comfortable as possible. This move comes with changing linen and pillows too. So you are now on the hunt for the best toddler's pillow.

You may also need to be on the lookout for a new pillow if your toddler is failing to sleep through the night. When they find it difficult to reposition, then usually the reason is that their back and neck are not sufficiently supported. Restless nights are a bummer for both your child and you.

The other reason to look for a toddler pillow is if he or she is sleeping on your adult-sized pillow. It is easy to find nothing wrong with this. A pillow is a pillow, right? No. Your adult-sized pillow is designed to support and protect your adult size. So it responds to general adult weight and other factors. The same reason you buy your toddler their own clothes, instead of just giving them your old t-shirt, is the same reason why your toddler deserves his or her own comfortable pillow, specially designed for toddlers. The other reason why sharing your pillow with your child is not always the best is because any well-used pillow has tons of dust mites. You do not want your child breathing this in.

Is it hypo-allergenic?

Often times, children have allergies to certain things, and some of them do not even know about it. It is therefore important that you cover all your bases. Get a pillow that will allow your toddler to sleep well and soundly through the night.

Is it easy to wash?

Think about how easy it is to wash the pillow. You want your toddler to sleep on a clean pillow. Some pillows are machine washable and this makes it so much easier to keep them clean.

Get the right size

The right size is paramount. If it is too big, it can be a suffocation hazard, if it is too small, it will not offer the right amount of support. A 13 by 18 inches or a 14 by 19 inches pillow should be your first choice.

How many pillows should a toddler use?

Contrary to adults, children should only use one pillow. It is just safer to do so.

Thickness and firmness

The right thickness should support your child's neck and head adequately. The toddler's body needs to be kept in a neutral position.

When it comes to firmness, make sure the pillow is neither too soft nor too hard. You do not want the child's face sinking into the pillow

What material is it made of?

Check on the makeup of the pillow and ensure that they are not made of anything toxic. Your baby has soft skin, and you need the material to be soft and gentle on your baby's face. The filling is probably the most important feature you need to check on. The most commonly used filling materials are natural (feathers, down, and a mixture of both) and synthetic (memory foam, different synthetic fibres, hypoallergenic foam, etc.). Natural fillings are usually your best bet.

Quality

When it comes to measuring the quality of a pillow or sheets, you need to know the thread count. The bigger the number on the thread count tag, the better (and most durable) the quality of the fabric material. A higher thread count will last longer but it will not go so easy on your pocket.

Final Thoughts

Your toddler deserves a good night's sleep. A good pillow plays a huge role in this. Take the time to understand all the elements that go into a toddler's pillow. Something worth your baby's time. Ultimately it is your choice. Happy shopping!