## BABY BEDDING



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## **Baby Bedding and Safety**



Your baby's bedding should be seriously planned. Baby Bedding has been know to cause suffocation and there are certain safe practices you should follow when putting your baby bedding together. Since there are also gasses emitted from some material that are harmful you should pay attention to the material label when you buy as baby bedding set as well. We will take a glimpse at some of this information in this article.

There is research that indicates that soft bedding may cause suffocation. There is research on SIDS that even points to death by suffocation due to soft bedding using quilts, pillows, sheepskins, and comforters and such. It is recommend that a young baby, newborn, have a firm mattress with fitted sheets that are tight. The firm mattress helps to keep the sheet taut.

Most mattresses contain polyurethane foam that may have been treated with a flame retardant. They also might have been covered with material treated with stain resistant chemicals. There are chemicals that are emitted from such material that help to cause indoor pollution. Since your baby's immune system is most affected by toxins you need to take steps to provide the safest possible bedding to protect your baby's health. By keeping certain items out of baby's crib and using safe bedding material your baby will be healthier and safer.