

# A pillow for three phases

If you are investing in a pregnancy and breastfeeding pillow, get one everyone can use, writes Syida Lizta Amirul Ihsan

**RIGHT:** The strap that comes with the Doomoo Buddy helps keep the infant in place when he is relaxing there.

**W**HETHER or not you need a pregnancy pillow depends on how well you can sleep while carrying a baby. Some women find sleeping and breathing laborious, especially during their third trimester, so they buy a pregnancy pillow to make sleep possible and more comfortable.

Others, like me — I could sleep throughout the night until week 40 — could do with just a small cushion propped under the side of the belly.

But if you must buy one pregnancy pillow, try the Doomoo Buddy, a large multi-use cushion for both the baby and his parents, simply because its use goes beyond pregnancy and breastfeeding.



A pregnancy pillow helps a pregnant woman sleep better. **BELOW:** The pillow gives good breastfeeding support.



When my son could sit up straight, he would sit on the pillow (now covered with its matching elastic cover) to play with me and eat. When he's asleep, I use the pillow to lie down in the living room.

## JUST REFILL

With long use, the microballs inside would give signs of flattening. If that happens, you can buy refills of 20 litres of polystyrene microballs which your retailer can order to extend the lifespan of the pillow. Just refill after unzipping the zip located on the under cover and you have one as good as new.

The market is inundated with products for a pregnant woman and the baby who's coming so it's important to get something that can be used beyond the nine months or better still, by the infant and his whole family.

And for that, the Doomoo Buddy ticks all the right boxes.

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## SOFT SUPPORT

Available at Bebehaus in Bangsar Village at RM350, this super soft pillow works as a pregnancy pillow, a breastfeeding support and a cushion for the baby.

Its cover is organic cotton so it's super soft with 5 per cent elastane for stretch and filling of microballs of expanded polystyrene.

I got mine months after I gave birth and realised that it's a good breastfeeding support pillow. The curve supports your back so it takes longer for you to feel tired from breastfeeding.



The Doomoo Buddy in Vegetal Ochre (top) and Citraf Grey.