



Prenatal Sock Buddy

Handout JS3



How this toy supports self-regulation skills:

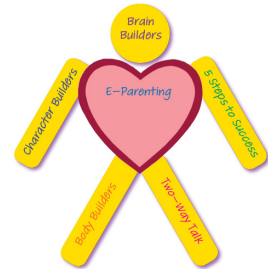
- _____
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Which Daily Do I want to focus on practicing:

- _____

When I will use Sock Buddy:

- _____
- _____



Who else can talk about this toy with my baby:

- _____

How to do this activity:

1. Using the Sock Buddy you made during the visit, talk with your baby about the new comfort object you made them. Share with them about how you made it, when they'll use it, and how they'll love it when they arrive.
2. Use E-Parenting as you talk to your baby about their Sock Buddy. Say something like:

You're so uncomfortable! You're moving, moving, moving! Let me go sit down with Buddy for a couple of minutes. Buddy will help you feel better. Here's your Buddy. Buddy is so soft. That's right... Oh, you feel so much better when Buddy is here.