



Sock Buddy

Handout JS5



How this toy supports self-regulation skills:

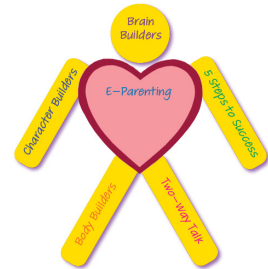
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Which Daily Do I want to focus on practicing:

- _____

When will we use Sock Buddy:

- _____
- _____



Who else can use this toy with my child:

- _____

How to do this activity:

1. Watch for cues and signals to see if your child is ready to play and learn. Remember to help your child explore their natural curiosity during the activity.
2. Using the Sock Buddy you made during the visit, encourage your child to “fall in love” with their new comfort object. By doing this, they’ll begin to use their Sock Buddy to comfort them during times of stress, frustration, tiredness, etc.
3. Use E-Parenting as you encourage your child to use their Sock Buddy. Say something like: **I know you’re feeling tired. You’re sleepy, sleepy, sleepy. Buddy is really tired, too. Here’s Buddy. You’ll feel better if you hold Buddy to help them stop crying and go to sleep. How about you rub Buddy’s soft arms and give them a snuggle? That feels better, doesn’t it? Let’s tell Buddy to close, close, close their eyes. That feels better, better, better...**