

# Comfort Zone

## Primary Objectives

1a. Manages feelings

## Why It's Important

As children learn to manage their feelings when they are stressed, tired, or afraid, they may take comfort in special objects from home. For your child, hugging a favorite stuffed toy or blanket can be a soothing experience at home or away from home.

## Materials

Your child's favorite comfort object

## What You Do

1. At home or away, keep one or two comfort objects available to your child such as a blanket, pillow, or favorite stuffed toy. Notice if your child has a word, sound, or action that he uses to identify his comfort object.
2. Store the special item in a place that is accessible to your child.
3. Observe your child for cues that he is tired, stressed, or afraid and would like to have his special comfort object.
4. As you respond to your child's cues, offer him the familiar item and talk about his feelings. *It is really hard to say good-bye to Daddy. That makes you so sad. Hugging your bunny feels really good right now.*
5. Include the comfort object in routines, such as naptime, mealtimes, or at any time that your child feels stressed. Never use the object as a reward or punishment; instead, offer it to your child when he requests it.