



Sock Buddy

Handout A75

Reasons I'd like to use Sock Buddy with my baby:

- _____
- _____
- _____

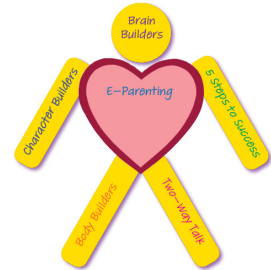


Which Daily Do I want to focus on practicing:

- _____

When will we do this activity:

- _____
- _____



Who else can do this activity with my infant:

- _____

How to do this activity:

1. Use **Ready for Play and Learning** to see if your baby is ready to play and learn. Remember to use **5 Steps to Success** as you help your infant explore their natural curiosity during the activity.
2. Help your baby fall in love with the **Sock Buddy** you created. By doing this, your baby will learn to use their **Sock Buddy** as a comfort object when they're feeling *upset, worried, angry, afraid, tired, or frustrated* to help calm or settle themselves.
3. Use **Sock Buddy** and **E-Parenting** to help your infant learn self-control/regulation when they're experiencing strong emotions. You might 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.**
4. Remember to **ALWAYS** supervise your baby with homemade toys. If you notice the toy is falling apart in any way, discard of it as soon as possible.