

Emotional Support Stuffed Animals, Blankets, and More



Why Comfort Objects Matter

Does your toddler have a special comfort object—a teddy bear, a blankie, or a favorite stuffed toy? These cherished items are more than just playthings; they offer security, familiarity, and emotional grounding. Whether it's snuggling with a favorite blanket at bedtime or holding onto a beloved stuffed animal during a new experience, comfort objects provide a sense of stability in an ever-changing world.

It's completely natural for toddlers to form strong attachments to these items. Their comfort object represents safety, connection, and reassurance—a **healthy and developmentally appropriate way** to self-soothe and regulate emotions.

How Comfort Objects Support Emotional Development



Self-Soothing

Comfort objects help toddlers settle when they feel overwhelmed or tired.



Security During Transitions

Whether adjusting to daycare, a new environment, or a big change, a comfort item provides a reassuring presence.



Emotional Connection

Attachment to a familiar object reflects growing independence—it helps children feel safe as they explore the world.



Comfort During Stress

Even as children grow, they may return to their comfort item during difficult times, like starting preschool or separation from a parent.



Healthy Development

Most children naturally outgrow their comfort item between **3 to 5 years old**—returning during stress is completely normal.

Practical Tips for Managing Comfort Objects



Have a Backup

Consider getting a duplicate of your child's favorite item and rotating them to prevent wear and avoid a crisis if one is lost.



Offer Substitutes

If the original isn't available, a soft scarf or sweater with your scent can be a helpful stand-in—familiarity offers similar reassurance.



Validate Their Feelings

If a comfort item is lost, acknowledge their feelings: *"I know you miss your teddy—it's so special to you."*

Helping Your Child Transition Away from a Comfort Object



New Comforting Routines

Introduce deep breathing, a favorite book, or a calming bedtime phrase as alternative sources of comfort.



Layer Sources of Support

Encourage your child to bring their comfort object but also engage other supports—like snuggling with a parent or using a weighted blanket.



Go at Their Pace

Over time, your child may use their special item less. There's no need to rush—**they will let go of it when they're ready.**



Need More Support?

If you have questions about navigating this transition, reach out to your team at Ollie. We're here to help every step of the way.

References

References: American Psychological Association (APA), American Academy of Pediatrics (AAP), Centers for Disease Control and Prevention (CDC), Zero to Three, HealthySteps, Children's Hospital Colorado.

APA (American Psychological Association)

AAP (American Academy of Pediatrics)

CDC (Centers for Disease Control and Prevention)

Zero to Three (Early childhood development resource)

HealthySteps (Pediatric health & development program)

Children's Hospital Colorado