

When should my kid stop sleeping with **STUFFED ANIMALS?**

A background illustration featuring a young boy sleeping peacefully in a bed with a white blanket and a brown teddy bear. To the right, a woman is seen holding a baby. Further right, a man sits at a desk, looking towards the left. The scene is set in a warm-toned room with soft lighting.

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Tips for parents, by parents!

This question is important to ask. After all, every parent wants what is best for their child. Nevertheless, no right or wrong answer exists—every child is different.

Sleeping with stuffed animals is considered normal for all ages—even older teenagers!

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Sleeping with stuffed animals can help some individuals release stress and anxiety, much like snuggling with a loved one!

Here are other things sleeping with a stuffed animal can help your child with:

- **Providing a sense of security**
- **Decreasing feelings of loneliness**
- **Helps to displace negative attachment styles they may exhibit towards other individuals**

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Nevertheless, if you feel like its time for your child to learn to sleep without a stuffed animal, there are a few things you can do!

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First, notice if your child has trouble separating from just one stuffed animal or all of them.



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Second, try implementing some of these tips!

If your child isn't attached to any specific stuffed animal, it's easier to break the habit. This type of attachment is about needing comfort in general. Try introducing a new stuffed animal that comes with a book. Only bring out the stuffed animal when you read the book, and put it away afterward. This gives them comfort in the form of a bedtime story and shows them that they don't need to sleep with a stuffed animal to feel secure.

If your child is attached to a specific stuffed animal, it means they have a unique bond with that plushie, which can be harder to break.

To help, create a cozy place for the stuffed animal to sleep. For example, help your child make a small bed for it using cardboard and leftover fabric. This gives the stuffed animal a special spot and it doesn't feel to your child like you are taking it away. Children often see themselves in their stuffed animals or view themselves as caregivers, so this approach can be comforting.

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**Be creative and don't
hesitate to talk to your
child about their feelings.
You can always just ask—
they're often more aware
of their emotions than
you might think.**

Finished