

STUFFED BEAR | ART THERAPY

Self-Regulating Stuffed Bear: A Guide for Parents

Today, your child made a special stuffed bear during our session. This bear is designed to help with fine motor skills development and can also be a versatile tool for self-regulation activities at home. Here's an overview of what the bear stands for, how to implement its use, and why keeping it in one place is important for your child.

What the Bear Stands For

The stuffed bear your child made is not just a toy; it's a tool for various self-regulation techniques. By using the bear consistently in different calming activities, your child can build a strong association between the bear and a sense of calmness and control.

How to Implement the Bear at Home

1. Meditation: Belly Breathing with [Bear's Name]

- Have your child lie down and place the teddy bear on their belly.
- Encourage them to take deep breaths through their nose, making the teddy bear rise with each inhale.
- Slowly exhale through their mouth, watching the bear fall.
- Repeat this for a few minutes to help your child focus and relax.

2. Mindfulness: Sensory Awareness with [Bear's Name]

- Ask your child to sit comfortably and hold the teddy bear.
- Guide them to pay attention to the bear's texture, weight, and any sounds it makes.
- Encourage your child to describe what they feel, see, and hear, promoting sensory awareness and mindfulness.

3. Calm Down Method: Hugging [Bear's Name] for Comfort

- Teach your child to hold and hug the teddy bear whenever they feel upset or anxious.
- Encourage them to talk to the bear about their feelings, providing a safe outlet for their emotions.

(ADDITIONAL STEPS ON PG 2)

4. Tactile Stimulation: Textured [Bear's Name] Exploration

- If the bear has different textured patches, let your child explore these textures with their hands and describe how each feel.
- This activity can help improve their sensory processing skills.

5. Sleep Training: [Bear's Name] Bedtime Routine

- Establish a bedtime routine where the teddy bear goes to bed at the same time as your child.
- Include activities like reading a bedtime story to the bear, tucking it in, and turning off the lights.
- Over time, your child will associate the bear with a calming, peaceful bedtime routine.

Keeping the Bear in One Place

To help your child associate the bear with specific self-regulating activities, keep the bear in one designated spot in your home. This could be a calm corner in their room, a special shelf, or next to their bed. Consistency in the bear's location will reinforce the association between the bear and a sense of calm.

Naming the Bear

Encourage your child to name the bear something meaningful to them, like "Calm Bear," "Peaceful Pal," or any name that they associate with relaxation and comfort. This personal touch helps strengthen their bond with the bear and the calming activities it represents.

We hope this special stuffed bear becomes a cherished companion and a helpful tool in your child's daily routine for self-regulation and emotional well-being.