

## Security blankets & strength: A guide to transitional objects

Security blankets, comfort objects, or loveys, they are all examples of what childhood experts call 'transitional objects'.

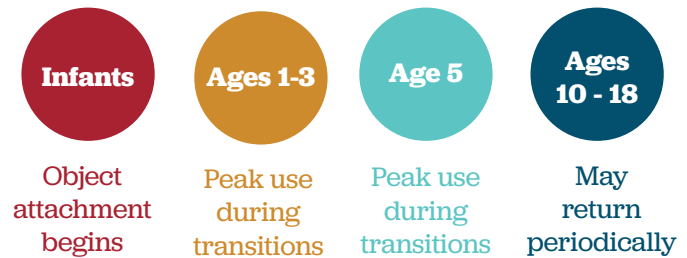
These objects play an essential part in a child's emotional support system, providing comfort and reassurance as they find their place in the world



### Common types of loveys



### Developmental timeline



### Why they matter

- Eases anxiety
- Builds confidence
- First "friend"
- Emotional security
- Supports transitions
- Supports routines

### When they help

- New school or program
- Bedtime & naptime
- Meeting new people
- New environments
- During big changes

### How they are found

- Gift from caregiver
- Consistent sleep item
- Texture preference
- Familiar scent comfort
- Playtime item
- Positive experience link