

## Hug a Bear Day

**Many children have a favourite soft toy or blanket they use as a comforter that makes them feel safe and reassured at times of stress and anxiety.**

Apart from being very tactile, children gain emotional comfort from the familiar smell of their soft toy and can become very anxious if they can't find it, or if it has been washed!

Ensure comforters are easily available to children if they need them, especially in times of stress, such as separating from their parents for the first time, settling into new environments and getting used to new faces and routines.

In time, as children develop more confidence and independence, they will need their comforters less and less.



Take part in Hug a Bear Day by encouraging your nursery children to show some love to their favourite soft toy!