My Blanket

When you cuddle your baby, and baby cuddles a blanket, your baby begins to associate your secure presence with the blanket’s soft comfort. This association comforts baby when trusted adults are not around. Fostering an attachment to a blanket or other comfort toy helps babies feel secure, deal with new situations, and develop independence.

• Talk about baby’s blanket, describing it and making it part of everyday conversation.
• Sing a song while you play peek-a-boo with baby’s blanket.
  Sing to the tune of “Are You Sleeping? / Frère Jacques”:
  Where is Baby? Where is Baby? (Replace baby with child’s name)
  There you are! There you are!
  I’m so glad to see you! I’m so glad to see you!
  Peek-a-Boo. Peek-a-Boo.
• While out and about, take note of blankets and other comfort toys used by other children. Describe the other blanket or toy, comparing them to your child’s blanket, using a variety of descriptive words and comparisons to help build vocabulary.
• Use the blanket as a play object. For example, make a tent, indoors or outside. Use your imagination to incorporate the blanket into everyday life in imaginative ways.

• Baby Duck and the Cozy Blanket by Amy Hest
• Blankie / Mantita by Leslie Patricelli
• Fly Blanky Fly by Anne Margaret Lewis
• I Love You, Blankie by Sheryl Haft

My Blanket

I have a fuzzy blanket
To snuggle in at night
I wrap it all around me
And pull it warm and tight!
(Use a real or pretend blanket to cozily tuck baby in!)