Many Ways to Love a "Lovey"

Your baby will enjoy the "lovey" you make for him in many ways.

- **Security and comfort:** When a soft blanket, doll or stuffed animal is frequently paired with comforting times with an adult, that item may become a lovey. Often by the first birthday, babies begin to form an attachment to some kind of lovey. By encouraging this kind of attachment you are responding to your baby's need for comfort and reassurance. By using a lovey, a baby or toddler slowly begins to learn how to comfort himself. Over time this will increase his confidence and self-esteem.

- **Games for intellectual development:** Peek-a-boo and find-the-hidden-toy are both games that babies enjoy and that help them learn about object permanence (out of sight doesn't mean something doesn't exist). Wrapping a doll or stuffed animal in a lovey is a kind of pretend play and pretend play helps develop thinking skills.

- **Physical development:** Feeling the texture of a lovey helps develop the sense of touch. Chewing on the knots of this lovey can help your baby learn, help develop the mouth and tongue, and help with teething.

**How to make a lovey:**

- Cut a piece of fleece the size you want. A piece of cloth is 60 inches wide, so you could cut 4 pieces, each 15 inches wide. The length should be about 8 inches longer than the desired solid part; that will give you 4 inches for fringe at each end.
- Fringe the ends by making 4-inch cuts, about % of an inch apart.
- Tie a knot on each fringe piece.
- Give it to your baby/toddler, and cuddle together.