

Security Blankie

Q: My daughter insists on taking her special blanket everywhere we go. When will she grow out of this attachment?

A: This is a great question, because kids usually have a very good reason for their attachment to a "blankie" or some other object. And there are good reasons to limit them as time goes on. Your child's blankie is something she cuddles with, clings to and loves. It brings her a feeling of security. And it makes her feel safe and warm. Her blankie or some other attachment—technically called a "transitional object"—helps a child bridge the gap, or "transition," between being with Mommy (or her primary care giver) and being separated from her. A transitional object, like a blankie, symbolizes a mother's love and invests a child with that love when separated from her. Look at a transitional object as sort of a "mobile Mommy" and at the same time, not Mommy. That's why we call it a transition. And, it's good. But because this is a transition, it's important to set limits and help your child grow out of her attachment, too. Early on, it's helpful to establish the rule that the blankie stay in the car whenever you go somewhere. For example, tell your daughter, "No blankie in the restaurant, you need to leave it in the car." There are two reasons for doing this. First, you teach your child to exist apart from her love object. And second, you don't want to lose it! We suggest in the very early stages to make certain you have a duplicate object. Consider creating other limits such as: no blankie during meals or while she's playing or when she's doing activities with you. Let her have it in bed or for snuggling when she's watching a video or other times like that. But when she's up and doing routine things, you should encourage her to say "bye, blankie" and leave it on the bed. That way she'll soon lessen her dependence on it. And don't worry about her sleeping with it. That's not a problem. However, if she's still sleeping with her blankie in college, please call us!

Written by Drs. Cloud and Townsend. Visit their website at cloudtownsend.com.

A family tradition



Each year is filled with love, laughter, triumphs and disappointments. This tradition helps you create a collection of important events, memories and experiences to share as this year comes to an end and a new one begins. Purchase a scrapbook and acid-free glue or tape. Fill the book with photos, stories, and memorabilia. Focus on situations in which family members or friends persevered against obstacles or challenges, achieved goals, and followed dreams. Set aside a page for each member of your family to write their reflections and resolutions for the New Year. In the end you will have a wonderful keepsake and a beautiful record of a year well spent.

Idea provided by "Once Upon A Family"

UPCOMING ADVENTURES:



January 15th: MOPS@ night 7-8:30pm at Sue's house.

January 20th: MOPS meeting at Calvary Bible Church at 8:45am.

January 22nd: Guys Getaway at Steve and Sue's house at 6:15pm.

February 3rd: MOPS meeting at Calvary Bible Church at 8:45am.

February 5th: Guys Getaway at Steve and Sue's house at 6:15pm.

February 12th: MOPS's @ night at Sue's house from 7:00-8:30pm.