



Stronger than any Fire

Huggy-Puppy Intervention

according to Sadeh et al., 2007

Show your child a cuddly doll or toy and give it a name: "This is ... Anima (any name you choose)." Tell your child that Anima is a little sad and scared right now. Then ask, "What are some reasons why Anima might feel sad and scared?"

Let your child talk freely. Often, they will describe their own experiences. Then add, "Anima is also sad because she is so far away from home and because she hasn't made any good friends yet. She would very much like to be held and to be loved. She needs a friend."

Ask your child, "Can you be her friend? Would you like to take care of Anima, stay with her and help her know she's not alone, and that there are people here to help her feel safe?". If your child agrees, take the cuddly toy and show your child how to care for the stuffed animal. It is important to support your child at the beginning.

Encourage your child to take the new stuffed animal with them, and give it plenty of love and care.

Through this exercise, you can support your child's ability to self-heal. The child takes care of their own needs on behalf of the cuddly toy and thereby creates their own safe place.

If you are persistently worried about your child or if the symptoms do not subside, seek professional psychotherapeutic help.

Traumatic stress is treatable.

Your child does not have to live with it.