



## Points To Consider When Buying A **Plush Toy** To *Reduce Anxiety*

Ensure the fabric is breathable and lint-free to avoid respiratory issues



Ensure the materials are toxin-free to prevent skin irritation

Opt for stuffed animals that are easy to maintain and clean



Ensure the toy has well-defined and well-stitched features

Opt for toys that can double up as a hug pillow, sleeping pillow, and backrest



Ensure the filling of the stuffed animal is soft and of high quality