

S · O · S P L A Y

Buzzy Buddy — A Clinician's Guide

Bilateral stimulation, in a form clients keep between sessions.

Patent Pending

WHAT IT IS

Buzzy Buddy is a patent-pending, washable plush bear that delivers gentle, alternating tactile pulses through the paws — a simple, wearable-adjacent form of bilateral stimulation a client can hold in-session or take home between appointments.

WHY IT FITS THE WORK YOU'RE ALREADY DOING

- **Regulation before processing.** Left-right alternating input is a familiar mechanism in trauma-informed and EMDR-adjacent practice — Buzzy Buddy offers a low-barrier, always-available version a child can self-administer.
- **Extends the work outside the room.** Most regulation tools live only in-session. This one goes home, to school, and into the car — the moments where dysregulation actually happens.
- **No language required.** For younger clients or those without words yet for what they're feeling, the tactile pathway offers a way in that doesn't depend on verbal processing.

WHO IT TENDS TO HELP

Clients navigating anxiety, trauma responses, sensory processing differences, or big transitions — commonly seen across autism, foster/adoptive, and general pediatric caseloads.

HOW CLINICIANS ARE USING IT

- **In-session:** as a grounding object during check-ins, or paired with existing BLS protocols.
- **Take-home:** recommended for use during transitions (after school, bedtime, travel) or in moments that call for a reset.
- **With families:** many clinicians introduce it directly to caregivers as a concrete, explainable tool — something they can point to and describe simply, versus abstract regulation language.

HOW TO USE BUZZY BUDDY

1. **Introduce it.** Let the child hold and explore the bear before turning it on — curiosity first, no pressure.
2. **Turn it on.** Hold the switch in the bear's left ear for 1.5 seconds. The same press turns it off; a quick tap cycles through the three pulse speeds.
3. **Hold it paw-to-hand.** One paw in each hand, or hugged against the chest, so the alternating pulses cross from side to side.
4. **Stay with it.** Let the pulses run through the moment of overwhelm, transition, or wind-down — there's no set duration. Cycles run for 10 minutes.
5. **Care for it.** Remove the electronic case, zip the bear closed, and wash on gentle. Reopen the zipper and air-dry for 24 hours before reinstalling the case and fluffing the fur.

PRACTICAL DETAILS

- **Pricing** \$149 direct-to-consumer · bulk pricing available upon request for practices and clinics.
- **Origin** designed by a grandmother. Built for the moments regulation is needed most.
- **Risk Free** 30 day risk-free, no questions asked return period. Know it works in your setting.

Creating calm people can hold.

www.sosplay.com

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