

Gifts to Encourage Language, Play and Movement

Happy Holidays! Whether you celebrate the holidays, have birthdays coming up, or are just looking to expand your child's play collection, buying presents for our kids can be challenging. It can be especially hard to choose age-appropriate toys. We encourage you to think outside the box and get your children toys that will promote a healthy and active lifestyle as well as promote language development. After all, kids learn most of their language through play and movement!

Great Places to Look for Gift Ideas:

- [Fat Brain Toys](#): This will bring you to a site with a variety of gross motor toys. There is also a menu to the left-hand side of the page where you can search for toys by age. Please be mindful to read the directions before using the toy/game, and only use the toy/game for its intended purpose to avoid any injuries.
- [Melissa and Doug](#): Many of these toys can also be found on Amazon.
- Five Below: They often have a variety of fitness-related equipment, as well as toys for all ages.

Our favorites:

Here is a recommended toy list to help enhance your child's speech, language and gross motor development. We highly encourage you to choose toys that emphasize interaction and creativity. Stick with traditional toys (i.e. those without lights and sounds). The less a toy does, the more your child can do with it on their own! These are the ones that children can play with in countless ways and that spark the imagination.

- [Squigz](#): Great for fine and gross motor, these little suction cups come in a bunch of colors and shapes
 - Stick them to the floor and have your child push a car through them, or run through them like an obstacle course
 - Stick them to a vertical surface (like a wall or the refrigerator) and have your child remove them as fast as they can
 - Remove them from a surface and have a race to return them to their container (Ideas from [Inspired Treehouse](#))



(Photo)

- [Cardboard Blocks](#): Activity ideas include building a fort, making an obstacle course, stacking them as high as you can.
- [Ball](#): The number of games you can play are endless!
 - [Activity ideas for indoor play](#)
- [Fitivities Kids and Family Fitness / Exercise Game](#): This is an exercise based board game that makes exercise fun!
- [Sturdy Birdy](#): This game challenges the players to perform a variety of yoga type poses while balancing a bean bag on various parts of the body.
- An easel: Working on a vertical surface to color, paint, or draw is a great way to strengthen the muscles of the core and upper extremities.
- Books
- Musical instruments
- Pop up houses/tents/tunnels
- Play doh
- Mr. Potato Head
- Puzzles
- Shape sorters
- blocks/megablocks/legos/magnatiles
- Dress-up clothing
- Cars, trucks, trains
- Dolls with stroller/food/clothing
- Play kitchen/pretend food
- Farm with animals/dollhouse with characters/furniture
- Simple turn-taking games (candyland, pop the pig, Don't break the ice, pop up pirate)

Disclaimer: *If you purchase any of the toys mentioned it is at your own discretion. We do not assume liability or responsibility for your satisfaction with the product or damages or injuries that result from the use of the product.*

