

ICCD OT Holiday Toy List

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Your child's primary way of learning is through play and exploration. The following list has been compiled to provide you with fun games, toys, and activities for your child to do at home. Enjoy and happy holidays!

Visual Perception

Ages: 3-6

- ★ I spy (books and games)
- ★ Highlights Magazine
- ★ Pattern boards
- ★ Shape sorters
- ★ Set Jr.
- ★ Robot Face Race
- ★ Puzzles
- ★ Funny Faces game
- ★ Super Sorting Pie
- ★ Melissa and Doug 10-piece magnetic fishing game

Ages 6-12

- ★ Word Searches
- ★ Bop it!
- ★ Tetris

- ★ How to train your dragon 2 sheep launcher game
- ★ Tricky Fingers
- ★ Operation
- ★ Picture Perfect
- ★ Hoppers
- ★ Blink
- ★ Izzi
- ★ Mastermind
- ★ Simon Trickster
- ★ Mousetrap
- ★ Spot it! Disney Frozen-alphabet
- ★ Bop it! Beats
- ★ Disney Frozen Toss Across
- ★ Lego Harry Potter Freeing Doby
- ★ Set

Fine Motor

Ages 1-6

- ★ Tangles
- ★ Education insights Design and Drill Activity Center
- ★ Reusable sticker kit
- ★ Tool kit
- ★ Twist and Drill
- ★ Cootie
- ★ Little Tikes Count n' Play Cash Register
- ★ Learning resources mini muffin match-up

- ★ Wok and roll
- ★ Hungry Monkey
- ★ Melissa and Doug slice and bake cookie set
- ★ Melissa and Doug Caterpillar Gear Set
- ★ Learning Resources Froggy Feeding Fun
- ★ Learning Resources Helping Hands Fine Motor Tool Set
- ★ The Wiki Stix Book

Eye Hand Coordination

Ages 3-6

- ★ Tenzi
- ★ Tumblin' Monkeys
- ★ Read and Build Lego

- ★ Mr. Potato Head
- ★ VTech Alphabet Activity Cube
- ★ Lego Duplo Building Set

- ★ Melissa and Doug Sunny Patch Verdie Chameleon Bean Bag Toss
- ★ VTech Doc McStuffins Doc's Talk and Trace Clipboard Toy
- ★ LeapFrog Scribble and Write Tablet

Ages 7+

- ★ Perfection
- ★ Magformers 62-piece set
- ★ Kendama - Super Crackle Japanese Ball and Cup Game
- ★ Classic Jacks
- ★ Magnetic dart board
- ★ Don't break the Ice
- ★ Ants in the Pants
- ★ Lace and Trace Shapes Melissa and Doug
- ★ Bed Bugs (toys r us)

Self-Care/Strengthening/Motor planning

Ages 3+

- ★ Dressing Dolls and Activities
- ★ Dressing Caterpillar
- ★ Twister
- ★ Yoga
- ★ Theraputty "treasure hunt" (hide coins, beads, small toys etc. inside putty and try to dig them out!)
- ★ Kinetic Sand
- ★ Balloon Lagoon

- ★ Fishin' Around
- ★ Whack a Mole
- ★ Melissa and Doug Shape Sorting Clock
- ★ Elefun

- ★ K'nex
- ★ Simon Says
- ★ Bop-It
- ★ Kerplunk
- ★ Zoomball
- ★ Labyrinth
- ★ Topple
- ★ Tip it
- ★ Connet Four Launchers
- ★ Air Hockey

- ★ Cranium Hullabaloo

Ages 7+

- ★ Rush Hour
- ★ Amazing Labyrinth game
- ★ Hyperdash
- ★ Air pogo
- ★ Balance Stilts
- ★ Moon shoes
- ★ Hop 66/ Hoppity Hop
- ★ Dance Dance Revolution
- ★ Slackers Slackline

Resources

- ★ <http://www.melissaanddoug.com/toys-for-3-4-year-olds?n=1>
- ★ <http://www.melissaanddoug.com/pattern-blocks-and-boards-learning-game>
- ★ <http://www.therapro.com/Self-Care-and-Independence-C307962.aspx>
- ★ <http://www.melissaanddoug.com/shape-sorting-cube-learning-game>
- ★ www.therapyshoppe.com
- ★ <http://funandfunction.com/visual-training-eye-coordination-kit.html>
- ★ www.therapyshoppe.com
- ★ <http://www.therapyshoppe.com/category/P2388-spot-it-visual-motor-perceptual-therapy-toy-game>
- ★ www.melissaanddoug.com
- ★ www.toysrus.com
- ★ www.amazon.com
- ★ www.therapyshoppe.com
- ★ www.amazon.com
- ★ www.imaginazium.com
- ★ www.amazon.com
- ★ <http://www.qualitytoys.com/therapy-toys.html>
- ★ <http://funandfunction.com/>
- ★ <http://www.therapro.com/>
- ★ <http://www.southpawenterprises.com/>
- ★ www.hearthsong.com

How to Survive the Holidays with Sensory Processing Challenges

The holidays are an exciting time: food, music, late nights, family, lights, presents etc. All of these are what make the holidays special but for children with sensory processing and/or behavior difficulties this may also add extra stress to their world. Below are some tips and strategies to keep your child regulated and at their best arousal level to enjoy what the holidays have to offer.

Tips and Strategies:

- ★ Let your child know what to expect: review the schedule for the day
 - Picture schedules work great and help keep kids on track
 - Speak to your child's occupational therapist for specific pictures that may help your child

- ★ Decreased sleep can lead to irritability and decreased ability to respond to sensory overload so try to keep a regular sleep schedule as much as possible

- ★ Schedule "quiet breaks" throughout your holiday plans. If you have a busy day one day plan for downtime the next day

- ★ Give your child choices, if they are feeling overwhelmed (one or two). This helps them feel in control. "Do you want to help me cook, or do you want some quiet time in your room?"

- ★ Look for signs of sensory overload in your child:
 - Inability to control his or her own body (e.g. running around, loud voice, increased heart beat). While these signs are normal during moments of excitement, it is important to help your child regulate when he or she is overloaded. Redirect rough housing play, and encourage a heavy work activity, such as carrying a weighty object, push ups against a wall, bouncing on a trampoline.
 - Some children do the opposite and completely shut down. If you notice your child seems unresponsive or withdrawn, encourage him or her to take a small break. Provide him or her with some heavy / deep pressure with a massage, bury him or her under weighty blankets or under pillows, roll him or her into a hotdog with a yoga mat.
 - Using first/then language can be helpful (e.g. first you need a 5-10 minute quiet break, then you can play)

- ★ If your child becomes overwhelmed schedule a quiet break wherever you are:
 - Listen to music in a quiet room
 - Read a book/watch a short TV show/episode
 - Try deep breathing

- Weighted blankets, compression vests, oral motor toys (e.g. gum, chewy P's and Q's: www.funandfunction.com), rocking chairs and calming music can create a tolerable sensory environment that helps bring your child down from the overly excited state. Speak to your occupational therapist for specific methods for your child
- ★ Encourage movement breaks for 10 minutes, every 1 ½ to 2 hours, or before a social gathering. Play outside, have a snowball fight, tug of war, hanging on a chin-up bar, bouncing or rolling on a therapy ball, etc.
- ★ Lead by example and try to follow these suggestions for yourself and your family: it can be less isolating when relaxing is a family or group social activity.
- ★ Talk to family members about your child's sensory issues: ask them to approach your child from the front and to use a soft voice. If he or she is not comfortable with hugs and kisses, ask family members to shake a hand instead, or to ask your child to play a game. Let them know your child may need a break to leave the room briefly to regroup. Encourage supervision of play, and take turns with the adults, so your child is not left alone to cope.