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Occupational Therapy Toy Guide

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Toys that OTs love and the
reasons why! Great birthday gift
ideas too!

Some toys are designed or modified to engage children with various abilities in play. Play is crucial for children's development, it promotes physical, cognitive, social, and emotional growth. These toys will target different areas focused on in occupational therapy.

Click on the links for further info!



Where can you look for these toys?

Amazon

Goodwill

Once Upon A Child

Walmart

Target

Facebook market place

Local thrift stores

Garage and yard sales

Tummy Time Mat

[Walmart](#) [Target](#) [Amazon](#)

Cost range: \$9-20

Benefits:

- Engaging during tummy time
- Promotes muscles for crawling
- Stretches into extension while laying on tummy

Play Ideas:

- Pediatricians recommend that by about 2 months, babies be getting at least 15- 30 minutes of total tummy time daily. Work your way up to this amount of time.



Pop-up Toys

Walmart Target Amazon

Cost range: \$10-25

Benefits:

- Teaches cause and effect
- Works on fine motor by pushing and twisting buttons
- Uses different grasps to manipulate buttons

Play Ideas:

- Take turns pushing buttons
- Identify animals and imitate animal sounds
- Have your child push them down if the buttons are too challenging



Shaped Crayons

Walmart Target Amazon

Cost range: \$4-10

Benefits:

- Easy and comfortable to hold for small hands
- Since it does not force a finger grasp, suitable for early stages of development
- Best for toddlers (2-3 years old). It's important not to force a pencil grasp too early for this age group. However, by kindergarten introduce regular crayons for the child to learn their grasp.

Play Ideas:

- Encourages scribbling or coloring with big sheets of paper or their favorite movie character
- Play outside on the side walk with chalk!



Squigz

Walmart Target Amazon

Cost range: \$20-30



Benefits:

- Works on hand grasp
- Fine motor manipulation
- Working on reaching overhead or crossing midline



Play Ideas:

- Stick them to the tub during bath time, and have the child reach from different directions
- Make a tower stacking them (helps with planning steps and spacial awareness)



Sliding “Zip Ball” or “Zoom Ball”

[Walmart](#)

[Kohls](#)

[Amazon](#)

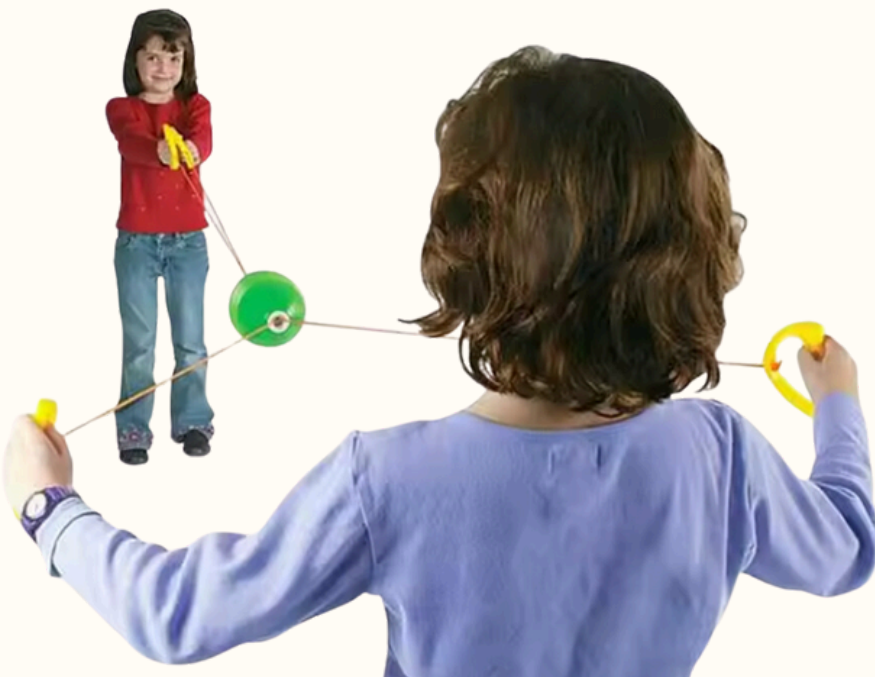
Cost range: \$9-13

Benefits:

- Hand-eye coordination
- Strengthens arms and shoulders
- Bilateral activity and motor planning

Play Ideas:

- Outdoor play
- Counting zips back and forth
- Take turns saying categories like colors, ABCs, fruits, or TV/movie characters



Vibrating Ball Toy

[Amazon](#) [Walmart](#) [Amazon](#)

Cost range: \$7-20

Benefits:

- Tactile sensory input can help calm or wake up the body
- Engaging music
- Use for a gentle vibration massage

Play Ideas:

- Hot potato tossing the ball back and forth
- Identifying different body parts by putting ball on arm, leg, foot, etc.



Tunnel

[Walmart](#) [Target](#) [Amazon](#)

Cost range: \$15-25

Benefits:

- Crawling helps with motor planning and strengthening the body
- Spatial and body awareness

Play Ideas:

- Set up puzzle pieces on one end of the tunnel. Grab a puzzle piece and crawl through the tunnel to complete the puzzle on the other side



Scooters

Walmart Target Amazon

Cost range: \$25

Benefits:

- Stimulating vestibular input
- Gross motor coordination
- Strengthens the upper body, lower body, and core

Play Ideas:

- Superhero rides! Push the child by legs while they lay on their tummy
- Set up obstacle course that the child pushes themselves through



Body Sock

[Amazon](#)

Cost range: \$25

Benefits:

- Stretch material provides soothing deep pressure and proprioceptive input
- Helps with sensory regulation

Play Ideas:

- Snuggle into a body sock to get comfortable and watch a movie
- Try yoga poses while in the body sock!
- Make snow angels

