

Development of Play

Sensory motor / exploratory Play

- 1st stage, allows for exploring of child's body and environment

Cause and Effect Play

- Beginning of purposeful behaviour, understanding how things work and that one can make an impact on the environment

Constructive Play and Cognitive play

- Combining objects for specific purposes, turn taking, sequencing, visual motor skills

Imaginative play

- representational or symbolic play.
- At first, child does action on self (e.g. pretend to drink from cup)
- Child does single action with toy (e.g. feed cow)
- Substitute unlike object (e.g. block for telephone)
- Adds more actions
- Develops more of a story (go to the store, choose food, pay for it and come home).

Thoughts about Toys

- The stage of play your child is in, as well as their interests, are the best guides for what toys they'll find interesting and that will stimulate their development.
- Having a range of toys, some they can play with on their own, and some that you play with them helps them learn and stay occupied!
- Many of the toys listed below can fit into multiple categories listed above. For example you could use little cars and a bit truck for in and out play, pretend play and working on learning colours and shapes.
- Look for toys you can use in multiple ways
- Family members playing with the children with or without toys is **invaluable**.
- Use a combination of teaching your children how to use the toys and how to expand their play as well as letting them figure things out on their own.
- Use toys to build imitation and language skills
- **Electronics and screen time should be minimized** and used more when motivation is a factor. Giving children toys that they can interact with and learn through use will teach them more, can be used more to interact with others and will learn how to better occupy themselves. Children should play with toys, the toys shouldn't be doing the playing!

Mommy and Daddy's toys: Have a group of toys that are your toys! These can include the annoying items, and items that can motivate your child to work for or more therapy toys that you would like to work on with your child (e.g. beads). These can also be things like car garages or doll house.

Rotate toys so that some are put away for a couple weeks or months then brought out again: just like getting brand new toys! Have some different toys available at grandparents' or other friends and families' homes for your child to play with while visiting.

Toys from Movies and TV

- Some toys that are licenced are okay, however limit the number. Look for toys that can be used in more ways.

Please see end of chart for a list of toy stores in Calgary.

Ups and Downs also has a Toy Library that you can use!

Please Note: The following toys are not recommended for children of all ages, as the developmental age of the child should be considered when selecting any toy for use. The toys pictured within this handout are for example purposes only as they may not be the best or only option available of that type of toy; therefore, there is no recommendation to purchase any one brand of toy over another. When selecting a toy for specific therapy goals, it is recommended to check with a child’s therapy team to help make the best selection for that child. As always, parents are responsible for using toys in a safe manner and as directed.

Stage	Options and What to look for			
EVERYONE	<p>Bubbles</p> <ul style="list-style-type: none"> • Simple (You blow) • Blowers  <p>Music CDs</p> <ul style="list-style-type: none"> • Familiar nursery rhymes 	<p>Balls</p>  <ul style="list-style-type: none"> • Wiffle balls (Team Skyline, Golf stores, sometimes in sports kits) • O-balls • Nerf balls • Knobby or koosh balls 		<p>Books:</p> <ul style="list-style-type: none"> • For littlest kids: find books with one picture per page to be able to label. • Look for books with simple words. • Books with flaps such as Where's Spot books. <p>Take advantage of your local library!</p>
Sensory / exploratory play (First stage of play)	<p>Sophie Giraffe</p>  <p>Nesting cups</p> 	<p>Links</p>  <p>Keys</p>  <p>Stacking Rings</p> 	<p>Mirrors</p>  <p>Fisher-Price Ocean Wonders Deep Blue Sea Musical</p>  <p>Lamaze Mirror</p>	<p>Rattles</p> <p>-easy to grasp</p>  <p>Bright Starts Rattle and Shake Barbell</p>  <p>Oball rattle</p> <p>-foot and hand rattles</p> 

	 <p>Infant 36'' Round Play Tube (34.99 Sears)</p>	<p>Soft Texture Toys</p>  <p>Great to attach to strollers, car seats and play gyms Look for ones with some different textures to explore (Have one that vibrates)</p>		<p>Winkel (Manhattan Toys)</p> 
<p>Sensory continued: Baby gyms and mats</p>	<p>Activity Gyms Look for ones with tummy time and sitting activities and that you can change the hanging toys.</p>   <p>Playskool Gloworm Tummy Time Gym (29.99 at Toys R Us)</p>	<p>IKEA play mat (34.99)</p>  <p>Fill n' Fun Water Play Mat (Scholar's Choice) 19.99</p> 	<p>Tiny Love Tummy Time Fun Ladybug Activity Mat</p> 	<p>Lamaze Spin & Explore Garden Gym / Sea Gym (Available at Toys R Us) - Great for tummy time and push-ups!</p>  
<p>Moving around / Gross Motor</p>	<p>Push and ride-on toys Look for lower to the ground height and a comfortable width (many traditional ride on toys are too wide for comfort)</p>	<p>Little Tikes Push & Ride Racer</p> 	<p>Little Tikes Go & Grow Lil' Rollin' Giraffe Ride-On</p> 	<p>Scooter Board</p>  <p>Scooter Board 12 Inch with Handles (at Team Skyline)</p>

<p>Pull toys</p>  <p>Good for walking backwards.</p>	 <p>Hip Hop Pony (Fitter First) Balance and lots of FUN!</p>	 <p>Rock N' Rody Horse (Fitter First) Balance and lots of FUN!</p>	 <p>Tangiball (Discovery Toys) Easy to catch.</p>
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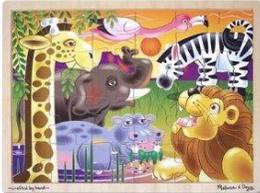
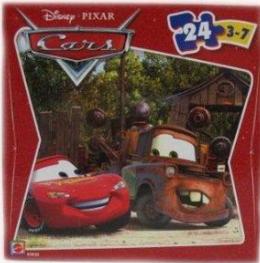
Home Made Ball pit

Use a plastic swimming pool or sandbox that is AT LEAST 10 inches deep.

Balls available at Toys R Us.

<p>Cause and effect play</p>	<p>Activity tables</p> 	<p>Pop beads (Also great for hand strengthening and hand eye coordination)</p> 	<p>Drums - look for one that can be used with hands and comes with drum sticks.</p>  <p>Little Tikes Tap A Tune Drum</p>	<p>Xylophone</p> 
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	 <p>Go Go Caterpillar (Discovery Toys)</p>	<p>Pop up pals</p>  <p>Any brand</p>	<p>Ball Poppers</p>  <p><u>Playskool Explore and Grow Busy Ball Popper</u></p>	<p>Ball Drop (examples)</p>  
<p>In and out toys</p>	 <p>Hammer Away (Discovery toys)</p>	 <p>Fisher-Price Ocean Wonders Musical Fishbowl</p>  <p>Fisher Price Learning Piggy bank</p>	<p>Other ideas:</p> <ul style="list-style-type: none"> - Any toys and their containers - Food and grocery cart - Small cars and big truck <p>Fisher-Price - Little People - Car Carrier</p> <ul style="list-style-type: none"> - People and bus  <p>Fisher-Price - Little People - Lil Movers Vehicle - Stop 'n Surprise School Bus</p>	
<p>In and out - more complex)</p>	<p>Matching Hand eye coordination</p>	<p>Shape sorters</p>  <p>Fisher-Price (also great for in and out without the lid)</p>	 <p>Melissa and Doug</p>	 <p>Playskool</p>

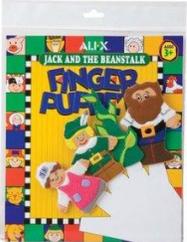
<p>Puzzles (Trade and share puzzles amongst friends to give your child more variety and to save on the cost.</p>	<p>Sound puzzles: a good way to motivate if your child is not interested, but not necessary and can be annoying!</p> <p>When your child is getting good at the puzzles, try putting the pieces of 3 puzzles all together so that your child has to sort out which pieces go with which puzzles.</p>	<p>Puzzles</p>  <p>Start with few pieces, large knobs and picture underneath</p>	<p>Next Step</p> <p>More pieces, smaller pegs or chunky pieces.</p>  <p>Then no picture under the piece</p> 	<p>Inter-locking puzzles</p>   <p>Large floor puzzles available at Scholar's choice.</p>
<p>Construction</p>	<p>Great for hand strengthening, imitating, motor planning and pretend! Lots of internet ideas for what to do plus attached page!</p>	<p>Play-doh (Home-made or bought)</p> <p>Use small plastic characters to add to the fun!</p>	 <p>Fun Factory has lots of good accessories that can be used many ways.</p>	 <p>Basic tools are a great way to explore!</p>

	<p>Regular blocks</p>  <p>Peek a Blocks</p>	<p>Duplo - great for strengthening</p> <p>Mega blocks - easier to start with</p> <p>Have a combination of basic pieces and more specialized to allow creativity and variety.</p> 	 <p>Zoobs Jr.</p> <p>(great for hand strengthening as your little one gets older)</p>  <p>Stacking Train (Melissa and Doug)</p>	<p>Peg boards</p>  <p>Look for large pegs.</p> <p>Have your child copy designs and teach them how to use their helper hand to stabilize the board.</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Art Supplies</p>	<p>Crayons and chalk give friction feedback that gives your child more control and strength than markers</p> <p>Vertical or slanted surfaces such as easels or boards on walls improve shoulder strength and wrist position.</p> 	<p>Basics</p> <p>Crayons Chalk and chalkboard Paper Easel Finger Paints Colouring sheets White glue Tissue/coloured paper Glue stick Colouring pages</p> <p>(Please ask the OT for craft ideas at home!)</p>	<p>Easel</p> <p>Table top</p>  <p>Tabletop Easel (Melissa & Doug) At Chapters</p> <p>Full size easels</p> 	<p>Dry Erase Crayons to use on white boards (slicker on paper too!)</p>  <p>(available at Walmart, Staples, etc)</p> <p>Doodle Boards (available most places including dollar stores)</p> 

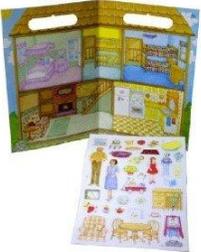
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Pretend Play</p>	<p>Doll house</p> <p>Re enact everyday routines.</p> <p>Other brands: Barbie houses and playsets Little People Playmobil Calico Critters</p>	 <p>Fisher Price My First Dollhouse (64.99) Toys R Us</p>	 <p>Dora the Explorer Doll house (49.99) Toys R Us</p>	 <p>Furnished Dollhouse by Melissa and Doug (159.99) Scholar's Choice</p>
	<p>Animals and Barn</p> <p>Look for realistic looking animals and make sure your barn is the right size to fit animals in to avoid frustration</p>	 <p>Animal Planet - Farm Playset (at Toys R Us)</p>	 <p>Learning Resources Jumbo Farm Animals, Set of 7</p>	<p>Barn Kit Ideas:</p> <ul style="list-style-type: none"> - barn - variety of animals including sheep, horse, cow, - food (this could be blocks or bits of tissue paper/Kleenex to crumple) - farmer, tractor, trailer - fences - cut out blue foam for water and brown for mud
	<p>Dolls and stuffed animals</p> <p>Go with your child's preference for appearance of dolls.</p> <p>Many options are available!</p>	 <p>Pet care Kits</p>	<p>Fisher Price Little Mommy kits (Costco, Sears, Toys R Us)</p> 	<p>Doll Kit Ideas:</p> <ul style="list-style-type: none"> - Doll - Clothes - Bottle/cup/spoon - Blanket - Potty? - Brush/comb - Stroller/bed/high chair

<p>Cars</p>  <p>Fast Lane - Truck Carry Case with Diecast Cars</p>  <p>Wooden vehicles and traffic signs Melissa and Doug</p>	<p>Car Play sets</p>  <p>Matchbox (Toys R Us)</p>  <p>Little People Car Wash</p>	<p>Garages and play mat (any) - sometimes simpler is better</p>  <p>Little People</p> 	<p>Car Kit Ideas</p> <ul style="list-style-type: none"> - Large truck or fire engine - Air plane - Variety of small cars including cars, trucks, vans, police and emergency vehicles, work equipment - Ramp or garage - Play Mat
<p>Trains</p> <ul style="list-style-type: none"> - Can find simple sets at Wal-mart or Ikea (below 19.99)  <ul style="list-style-type: none"> - Thomas the Train sets are very expensive but sometimes Thomas trains fit on less expensive tracks) 	<p>Look for bridges, tunnels, stop lights and stations to teach language concepts and rules</p> <p>Do some looking around as there is a huge variety in price and complexity!</p> <ul style="list-style-type: none"> - Look for a set that you can add pieces to. 	 <p>Imaginarium (Toys R Us 79.99)</p>	 <p>Imaginarium (Toys R Us 159.97)</p> <p>Tables and Sets</p>

<p>Grocery store</p> <p>Kit: Food Cart Cash Register Money Optional: grocery bags, baskets</p> <p>Set up a store area (e.g.) coffee table and then a separate paying area.</p>	<p>Play food</p> <ul style="list-style-type: none"> - Any set is good as long as it has food familiar to your child! - Available at most stores!   	 <p>Little Tikes - Shopping Cart</p>  <p>Generic</p>  <p>Scholar's Choice (39.99) Comes with food and money.</p>	 <p>Bruin Cash Register</p> <p>Look for a cash register that has a few functions and good play value and possibilities for problem solving and pretend play.</p>
<p>Kitchen Set</p> <p>IKEA has a lot of simple, realistic kitchen sets and tools.</p>	<p>Check the height for your child. Choose something that comes with some accessories if you don't already have them.</p> <p>Shop around: a lot of variety in price and features!</p>		 <p>KidKraft</p>
<p>Doctor's Kit</p> <p>Look for one with items familiar to your child's own experiences with doctors.</p>	 <p>Fisher Price</p>	 <p>Learning Resources Pretend & Play Doctor Set</p>	 <p>Melissa & Doug Doctor Costume Deluxe Role Play Set with Medical Play Set</p>

	<p>Food sets (lots of great options available at Scholar's Choice)</p>	<p>Pretend and Play Rise and Shine Breakfast Set/Birthday Party set/Slice and Bake Cookie Set</p> 	<p>Velcro Food</p> 	
	<p>Tools</p> <p>Workbenches that your child can stand at help challenge their motor skills by getting them to do hand skills while maintaining their balance.</p>	<p>Work Bench or Tools</p> 	 <p>Classic hammer and peg sets</p>	 <p>Tool belts</p>
	<p>Dress up A variety of costumes, old clothes and created clothes and hats can be used in many different ways!</p>	<p>Hats, mitts Towels (as dresses, veils) Mommy's old shoes Jewelry</p>	<p>Princess Fire fighter Superman</p> <p>Animals</p>	<p>Home made headbands with ears Add accessories like wands, swords and shields, and other toys from your pretend play sets.</p>
<p>Cognitive Play (stories and problem solving)</p>	 <p>Lite Brite (any variety) Wait til your little one won't eat the pieces!</p>	 <p>Fisher Price Cash Register</p>	 <p>Hide and Squeak Eggs</p>	 <p>Lucky Ducks game</p>
	<p>Sets for stories</p> <p>Three Little Pigs</p>  <p>(Chapters) You can make sets yourself with various toys.</p>	<p>Preschool board games E.g) Honey Bee Tree Pop Up Pirates Feeding Froggies / Hungry Hungry Hippos, Elefun</p> 	<p>Memory (use for matching pictures)</p>  <p>Candy Land 3D Chutes and ladders</p>	<p>Finger puppets Eg.) jack and the beanstalk</p> 

Themes for lots of ages!

Bath and water toys	<p>Basics:</p> <ul style="list-style-type: none"> • Cups • Plastic boats and animals/people • Sponges to wring out • Animal bath mitt • Baby dolls <p>Lots of foam options at Scholar's Choice</p>	<p>Bath Crayons</p> 	<p>Squirters (great for hand strengthening)</p>  <p>(Some nice ones are available in baby section at Superstore)</p>	<p>Whistles (Alex)</p>  <p>Blowing bubbles in the water can be very fun and motivating!</p>
Sand box	<p>Shovels, pails, sieves, rakes</p> 	<p>Large trucks</p> 	<p>Sandboxes and sand</p> <p>Your Preference (many options available!)</p> 	
Travel toys	<p>(Magna doodles are great too!)</p> <p>Books</p> <p>Color Wonder</p> <p>Crayola Products</p>	<p>Magnet Sets</p>  <p>Melissa & Doug Abby & Emma Deluxe Magnetic Dress-Up</p>	 <p>Melissa & Doug Deluxe Wooden Magnetic Pattern Blocks Set</p>	 <p>Magnetic Playboards or board games (often available at Dollar Stores)</p>
	 <p>Wikki stix and whiteboard or other playboard.</p>	 <p>LeapFrog Fridge Wash & Go Magnetic Vehicle Set</p>	 <p>Melissa & Doug Magnetic Number Maze</p>	<p>Leap frog toys, DVDs and other electronics.</p> <ul style="list-style-type: none"> - Save these for long trips only. - Try putting in some CDs to listen to that have favourite songs or stories.

Where to buy toys

Most places have websites to check out what is available. Many fantastic toys are available online that are hard to find in stores.

- Toys R Us
- Walmart, Zellers, Superstore, Sears
- Drugstores (can particularly have good infant toys)
- Indigo and Chapters
- Winners
- Scholar's Choice (www.scholarschoice.ca)
 - Scholar's Choice CALGARY SOUTH**
 - The Boulevard Shopping Centre
 - 16061 MacLeod Trail SE (Beside Studio Ten)
 - T2Y 3S5
 - Scholar's Choice CALGARY NORTH**
 - 8060 Silver Springs Boulevard NW Unit 178
 - (Off Nose Hill Drive, south of Crowchild Trail)
 - T3B 5K1
- Once Upon a Child
- IKEA, Costco
- Kidsource
 - 6019 - 1A Street SW, Calgary, AB T2H 0G5 1-877-259-4567 // 403-253-4567
- Castle Toys
 - 5718 1A Street Southwest
 - Calgary, AB T2H 0E8
- Discovery Hut (Chinook Centre)
 - Chinook Centre (We have moved to Second Level North)
 - 6455 Macleod Trail South
 - Calgary, Alberta T2H 0K9
- Discovery Toys: www.discoverytoysinc.com
- Gracie and Gruff
 - 9309 Macleod Trail South
 - Calgary, Alberta T2J 0P6
 - Telephone : 403 692-6644
 - Unit 201, 315 8th Avenue SW
 - Calgary, Alberta T2P 4K1
 - Telephone : 403 264-6678
- **Garage Sales / Hand-me-downs**
- Dollar stores
- **Fitter International Inc (Fitterfirst)**
 - 2600 Portland Street Southeast #3050
 - Calgary, AB T2G 4M6
 - (403) 243-6830
- **Team Skyline Sports Ltd**
 - 11-6120 2 Street Se
 - Calgary, AB T2H 2L8
 - (403) 253-4911