

Holiday Toy & Gift Guide



Dr. Mary Gregory

Once again we are already back to the Holiday Season. It's been a wonderful year filled with lots of hard work, games and fun in the therapy clinic. As we are looking for gifts this year, let's continue the learning and growth our children have achieved all year. Nothing makes me happier than when I know our children are playing with a really awesome gift and I know their brains are developing some serious skills at the same time.

Studies continue to show that hands on learning is the best. This means the oldies but goodies remain at the top of the list for brain development and stimulation. For those of us who grew up without electronics we can think back to all the gifts and toys we received as children. While these favorites from our childhood may seem old and outdated to some, many are actually still available (only now listed as "vintage"). Ha! Some of these toys have actually made a popular reappearance in the market. Others have never gone away such as Barbies, blocks, LEGOs and board games.

Below is my list from previous years with a few new items. I have separated them by developmental category although many of them do overlap in their benefits. We use many of these in the office at Omni Vision & Learning Center and they are tried and true favorites.

***Eye Hand
Coordination***

Building sets like LEGOs, magnets, Jenga, Magformers, K'NEX. Fishin Around, Operation, KerPlunk, Simon, 3D puzzles, Magna-tiles, Hyper Toss, Bounce Off, Marble Run,

Fine Motor Control

Play-Doh, lacing cards, Perler beads, coloring books, etch a sketch, lite brite, sand art, stained glass made easy, farm cube puzzle, origami crafts, beading, loom boards, geo boards, Abalone, Gravity Maze

***Visual perception or
visual thinking
games***

Parquetry blocks, puzzles, LEGOs, Where's Waldo, Seek and Find books, Perplexus, Spot it, Acuity, Battleship, Labyrinth, Set, Simon, Rush Hour, checkers, Perfection, Memory, Rubik's cube, Q-bitz, Blink, Suspend, Gears, Gears, Gears, Swish, Gravity maze, Maze-O, GeoSmart flip bot, Chocolate Fix, Pictureka, Blockus, Make N Break, Quick Cups, Otrio, Rubiks Cube board game, Sequence, Clue, Geobrix, Zingo, Pengoloo, Trucky,

Imagination

Any imaginative play toys: dolls, kitchen sets, building sets, dress up costumes like firemen and policemen, secret decoder set, magic set, Crayola color chemistry set