

SDOT Holiday Gift Guide

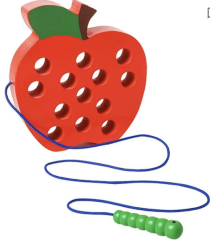
One of the most common questions our therapists get from parents during the holiday season is what gifts we recommend to support skill development at home. Check out our holiday gift guide below for a breakdown of some of our favorite gifts for all ages:

Age 0-2 years

Item	Picture	Age	Target Skills
Tummy time floor mirror		0-6 months	• Tummy time • Neck strength • Arm strength
Baby Einstein glow and discover light bar		0-12 months	• Tummy time • Weight bearing through arms • Reaching
Sit to stand walking toy		6 mo - 2 years	• Sitting • Tall kneel play • Standing • Walking • Intro to pretend play (telephone) • Music/singing for imitation • colors/shapes

Shapes Puzzles		12-18 months	• Visual motor integration • Fine motor precision • Language (e.g. colors, basic shapes, descriptive words)
Farm set		1-3 years	• Imitating noises • Following directions • Basic concepts (prepositions, colors, etc) • Early language
Fill it up! fine motor jars		18-24 months	• Grasping development • Problem solving • Visual motor integration • Fine motor precision
Pull toy		12-24 months	• Walking backwards • Balance • Coordination
Fat Brain Toys SpinAgain Kids Stacking Toy		12-60 months	• Visual motor integration • Gross grasp • Balance • Build sitting tolerance • Bilateral coordination

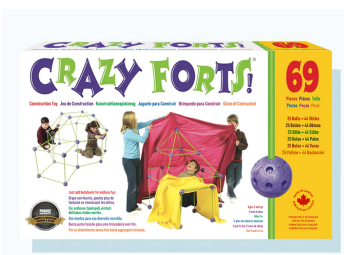
Ages 2-4 years

Item	Picture	Age	Target Skills
Lacing Toys		3-4 years	• Fine motor control • Visual motor integration • Sequencing • Bilateral coordination
Shopping cart/food/kitchen items		2-4 years	• Language development • Following directions • Pretend play/ dramatic play • Learning action words • Turn taking • Social skills
Picnic baskets		3+	• Language development • Following directions • Pretend play • Learning action words • Turn taking • Social skills • Requesting help • Basic concepts (prepositions, colors, shapes, etc.) • Spatial/quantitative concepts • Articulation • Fine motor control
Lacing & Stringing Bead Set		3+	• Fine motor control and precision • Hand-eye coordination • Motor planning • Sequencing • Developing grasps • Pattern recognition • Bilateral coordination

Magnetic Creation Station	 A wooden magnetic creation station with a whiteboard and a tray of colorful magnetic pieces. A small book with a rocket illustration is also visible.	3+	• Fine motor skills • Visual perceptual skills • Problem solving • Visual motor integration
Go-go gears	 A wooden tray with a whiteboard and a set of colorful gears (red, yellow, blue, green) and a small train engine.	3+	• Fine motor skills • Cause and effect learning • Visual motor integration • Bilateral coordination • Matching skills
Bugzzle	 A wooden tray with a whiteboard and a set of colorful gears (green, yellow, blue, orange) and a small bug character.	3+	• Fine motor precision • Visual perceptual skills • Spatial reasoning • Problem-solving
PlayFoam	 A colorful package of PlayFoam, featuring various colored foam balls and a rainbow. The text 'playfoam The Everlasting Squish' is visible.	3+	• Fine motor skills • Hand strengthening • Increasing tolerance for messy play

River stones		2.5+	• Strengthening • Balance • Postural control • Motor planning
Bowling pins		2-4+	• Rolling • Kicking • Strengthening • Coordination • Balance • Motor planning
Bean bags		2-4+	• Throwing • Hand-eye coordination • Motor planning
Balance beam		2.5+	• Balance • Coordination • Strengthening • Postural control • Motor planning

Ages 4-6 years

Item	Picture	Age	Target Skills
Take apart, put back together construction toys		4-6 years	• Sequencing • Fine motor control + precision • Motor planning • Problem solving skills • Hand eye coordination • Bilateral coordination • Language (e.g. verbs, prepositions, colors) • Following directions
Marble Run/Marble Maker		4+ years	• Sequencing • Following directions • Receptive language (e.g. identifying by description) • Expressive language (e.g. requesting specific pieces, marbles, etc) • Self-advocacy
Toy Kitchen		4+	• Language development • Requesting/protesting • Descriptive words • Following directions • Pretend play • Learning action words • Turn taking • Social skills • Requesting help • Basic concepts (prepositions, colors, shapes, etc.) • Spatial/quantitative concepts • Articulation
Crazy Forts		4+	• Fine motor skills • Bimanual + bilateral coordination • Spatial awareness • Motor planning • Eye-hand coordination • Problem-solving

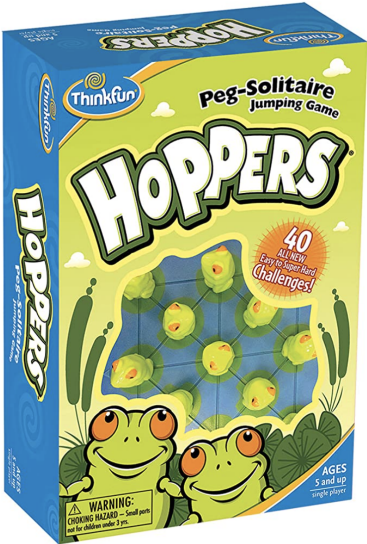
Magnetic Maze		4-6 years	• Fine motor skills • Eye-hand coordination • Visual motor skills • Frustration tolerance
B Toys Pop Snap Bead Jewelry Set		4+ years	• Fine motor precision • Bimanual coordination • In hand manipulation • Sequencing
Ball and goal		3-6	• Kicking • Coordination • Balance • Strengthening • Motor planning
Tricycle		3	• Leg strengthening • Postural control • Coordination • Motor planning

Age 6-8 years

Item	Picture	Age	Target Skills
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Q-bitz		6-8	• Visual motor skills • Visual perception skills • Problem solving • Frustration tolerance • Fine motor control • In hand manipulation
Uno		7+	• Problem solving • Pattern recognition • Sustained attention • Following directions/rules • Identifying similarities/differences
Blokus		5+	• Fine motor skills • Visual perceptual skills • Sustained attention • Following directions • Problem solving

I Spy - Dig in		5+	• Articulation/phonological skills • Language development • Word finding skills • Naming categories/items within categories • Using descriptive words • Basic concepts (opposites, sizes, colors, etc.) • Following directions • Turn taking • Visual perception • Tactile discrimination
Geoboards		6+	• Fine motor coordination, precision, and accuracy • Hand strength • Pattern recognition • Visual motor integration • Sequencing • Sustained attention • Frustration tolerance • Spatial awareness
Spot It!		6+	• Visual perceptual skills • Frustration tolerance • Fine motor skills • Scanning

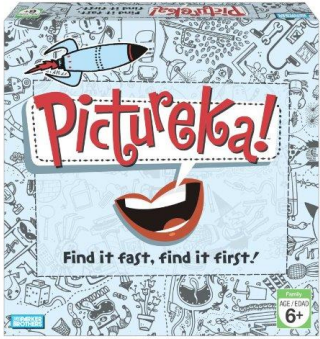
Hoppers Game		5+	• Visual perceptual skills • Problem solving • Frustration tolerance
Basketball		6+	• Dribbling • Catching • Throwing • Bilateral coordination • Motor planning
Scooter		5+	• Leg strengthening • Balance • Postural control • Coordination • Motor planning

Age 8+ years

Item	Picture	Age	Target Skills
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Scattergories		8+	• Ideation skills • Handwriting • Time management • Frustration tolerance • Language development • Word finding skills • Naming categories/items within categories • Short term memory and working memory
Headbanz		8+	• Word finding skills • Using descriptive words • Inferencing • Deductive reasoning • Asking/responding to questions • Following directions • Turn taking • Social skills
Origami books (can be graded up or down by age and skill level)		8+	• Fine motor skills • Bilateral coordination • Folding • Visual motor integration • Sequencing • Following directions

Rush Hour Game	 The image shows the box and the game board for the Rush Hour Traffic Jam Logic Game. The box is blue and yellow with the ThinkFun logo and the text 'RUSH HOUR TRAFFIC JAM LOGIC GAME'. It features a graphic of the game board with colorful cars. The game board itself is black with a grid of colored cars (blue, yellow, red, green, purple) that can be moved to clear a path for a red car to exit.	8+	• Visual perceptual skills • Problem solving • Frustration tolerance • Hand-eye coordination • Sustained attention
Gravity Maze	 The image shows the box and the game board for the Gravity Maze Falling Marble Logic Game. The box is blue and white with the ThinkFun logo and the text 'GRAVITY MAZE FALLING MARBLE LOGIC GAME'. It features a graphic of the game board with colorful marbles. The game board itself is grey with a grid of colored marbles (blue, yellow, red, green, purple) that can be moved to create a path for a marble to fall into a target.	8+	• Visual perceptual skills • Problem solving • Frustration tolerance • Hand-eye coordination • Sustained attention • Sequencing • Bimanual coordination
Taco Cat Goat Cheese Pizza	 The image shows the box for the Taco Cat Goat Cheese Pizza game. The box is yellow and black with a cartoon cat character and the text 'TACO CAT GOAT CHEESE PIZZA'. The game is a card game where players take turns saying words that start with the letters T, C, G, C, P in sequence.	8+	• Sequencing • Fine motor precision • Bimanual coordination + dexterity • Working memory • Impulse control • Social skills • Dual tasking

Pictureka		8+	• Vocabulary • Categories/Naming • Word Finding • Descriptive Language • Articulation/Speech Sounds • Turn Taking • Visual Perceptual Skills • Sustained Attention • Frustration tolerance
Baseball bat & ball		8+	• Postural control • Coordination • Sequencing • Motor planning • Balance