

CHILDREN'S THERAPY COLLECTIVE

# Holiday Gift Guide



[www.childrenstherapycollective.com](http://www.childrenstherapycollective.com)



CHILDREN'S  
THERAPY COLLECTIVE



# Happy shopping!

Thank you so much for your interest in our 2023 Gift Guide!

This guide has been assembled with love by our team of pediatric therapists. In creating this guide, we brought the perspectives of clinician, mother, auntie, and friends to compile the list. With that in mind, some of the options presented have clear roles in furthering development, while others are to meet other needs, such as fun, connection, and many others.

From all of us here at Children's Therapy Collective, we hope you have the happiest of holidays and an incredible 2024!

*Camilla, Carrie, Deanna & Sarah*

Co-Owners, Children's Therapy Collective

# Baby

## \$0-\$25

### 1 Tummy Time Mirror

Tummy time mirrors are a great tool for brand new little ones who could benefit from a little extra distraction when they're on their tummies.

[LINKED - \\$19.99 regular price](#)



### 2 Car Seat Toy

This is definitely a mom recommendation! These are great for keeping babies entertained in the car, and the kids can't throw or drop them.

[LINKED.- \\$24.99 regular price](#)



### 3 Stacking Cups

These are great for working on hand eye coordination, fine motor skills, strengthening the shoulder, hand and core and babies LOVE to knock them down!

[LINKED - \\$19.99 regular price](#)



### 4 Oball Rattle Ball

These are designed to be easy for little kids to grab, and very light so they are easy to explore!

[LINKED - \\$7.99 regular price](#)



# Baby

## \$25–\$50

### 1 **Yookidoo Bath Toy**

This battery operated pump keeps the water flowing, as well as offering endless opportunities to work on skills such as pouring and stacking as well as concepts such as full, empty, etc.

[LINKED - \\$48.58 regular price](#)



### 2 **Inny Binny**

This Inny Binny comes with six textured shapes for different sensory experiences! Children can explore and problem solve as they push or pull the shapes through the elastics!

[LINKED - \\$34.99 regular price](#)



### 3 **Skip Hop Crawling Toy**

This is great for motivating babies to move! Young kids learn by moving and this is such a great toy to catch their attention and also to learn some cause and effect play.

[LINKED - \\$39.99 regular price](#)



### 4 **Bumkins Suction Plate**

These are great for early eaters because they provide stability when picking up food, via suction to the table, and lots of walls for baby to rake their food up against.

[LINKED - \\$28.99 regular price](#)





# Baby

## \$50+

1

### **Skip Hop Activity Table**

This is a great alternative to the traditional exersaucers, because it doesn't encourage baby to jump, which is more developmentally appropriate for their hips.

[LINKED - \\$192.99 regular price](#)



2

### **Kick & Play Piano Gym**

We love free movement on a flat surface. This can be played with up to 3 or more years old. Lights and sounds can help stimulate holding head up in tummy time, reaching and kicking with feet!

[LINKED - \\$64.99 regular price](#)



3

### **Kids Sled**

These are great for the wintery months, and can be a fun way for little ones to get fresh air when it's cold outside.

[LINKED - \\$159.99 regular price](#)



4

### **Upseat**

The upseat is an amazing alternative to some of the other baby seats on the market. It is designed to facilitate good posture and keeps the spine in a nice, neutral position.

[LINKED - \\$129.94 regular price](#)



# Preschooler

## \$0–\$25

1

### Medical Play Set

These are great for imaginative play, and especially for preparing kids for upcoming medical appointments.

[LINKED - \\$19.99 regular price](#)



2

### Shape Sorter

This is a classic toy that has so many benefits – motor planning, coordination, visual motor integration, we could go on!

[LINKED - \\$21.49 regular price](#)



3

### Melissa and Doug Water Wow

Water Wow are the ultimate, no mess colouring party. Bonus, they can be used over and over again. They have lots of versions so that you can pick one that would be of interest.

[LINKED - \\$10.85 regular price](#)



4

### Hoot Owl Cooperative Game

A fun cooperative game to play with the whole family, including kids as young as 3.

[LINKED - \\$22.99 regular price](#)

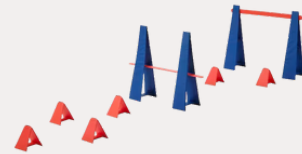


# Preschooler \$0–\$25 cont.

## 4 **Obstacle Course**

The possibilities are truly endless for setting up fun obstacle courses for kids. Bonus gross motor skill development and meeting movement needs!

[LINKED - \\$19.99 regular price](#)



## 6 **Train Set**

Train sets are an amazing open-ended toy. Kids can experiment with different configurations and even bring other toys in to create whole towns.

[LINKED - \\$19.99 regular price](#)



## 7 **Kinetic Sand**

Kinetic sand is an awesome sensory experience and also holds together better than regular sand, so there is more of an opportunity to build things with it.

[LINKED - \\$19.99 regular price](#)



## 8 **Stomp Rocket**

These are great for working on single leg balance, lower extremity strength and hand-eye coordination if you can catch them!

[LINKED - \\$24.98 regular price](#)



# Preschooler

## \$25–\$50

1

### Duplo Set

Duplo sets are great for young kids (1.5+) because they are easy to pull apart and put back together, and are completely open-ended.

[LINKED - \\$39.99 regular price](#)



2

### Suction Kupz

From the same company as Squigz (which we love!), these are awesome for open ended, engaging, and skill building play.

[LINKED - \\$29.98 regular price](#)



3

### Basketball Hoop

These are so much fun! The whole family can get involved. Great to practice throwing, catching, etc.

[LINKED - \\$44.99 regular price](#)

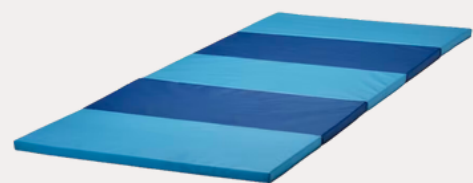


4

### Gym Mat

Gym mats are surprisingly useful for kids, especially during the winter months where there is lots of energy to be expended inside.

[LINKED - \\$49.99 regular price](#)





# Preschooler \$25–\$50 cont.

## 5 **Baby Doll**

Baby dolls are wonderful for encouraging pretend play, empathy, and exploring emotions. Great for all kids regardless of gender and abilities. They also can be helpful when it comes to teaching our kids new routines and skills in a low-pressure way.

[LINKED - \\$39.99 regular price](#)



## 6 **Dollhouse**

A dollhouse allows kids to create their own little world and experiment with relationships, social situations, empathy, emotions, etc. It also allows our kids with big control/power needs to meet those needs through play.

[LINKED - \\$49.99 regular price](#)



## 7 **Roll and Play Game**

This is a super simple cooperative game that can be played with kids as young as two. It involves rolling a big coloured die and picking the corresponding colour card, that gives a fun instruction to carry out that works on movements, concepts, emotions, and building connections.

[LINKED - \\$38.99 regular price](#)



# Preschooler

## \$50+

1

### Mini Trampoline

For the movers and shakers in your life, mini trampolines are great tools to get a lot of intense movement in short period of time.

[LINKED - \\$99.99 regular price](#)



2

### Radio Flyer 3 in 1 Trike

These grow really well with kids, starting off with a lot of support and removing support until it is just a regular pedal trike!

[LINKED - \\$156.65 regular price](#)



3

### Play Kitchen

A classic for a reason! Great for pretend play. Consider getting a wood one and mounting to the wall for more stability if younger kids are pulling themselves up on it.

[LINKED - \\$99.99 regular price](#)



4

### Squigz

These are great for so many reasons - vertical surface play, low squat play, bathtub play, bimanual play! Kids love them. Versatile and fun.

[LINKED - \\$69.99 regular price](#)



# Preschooler

## \$50+ cont.

### 5 **3 in 1 Trike**

This goes from a balance trike to a 2 wheel balance bike to a pedal trike! Learn to balance, learn to pedal and your ready to ride a two wheeler!

LINKED - \$109.99 regular price



### 6

### **Play Couch**

These are definitely an investment but if it's in your budget, these are great for imaginative play, heavy work, physical play, balance and strength!

LINKED - \$349.99 regular price



### 7

### **Play Farm**

Similar to a dollhouse, a play farm with animals is a timeless classic for a reason! Allows kids to experiment with emotions, empathy, control, social roles - all while having lots of fun of course!

LINKED - \$58.26 regular price



### 8

### **Toaster Suit**

These are pricey but they are amazing quality, and hold their value for resale. They allow kids to get much needed outdoor time even when it is freezing cold!

LINKED - \$159.95 regular price



# Preschooler \$50+ cont.

## 9 **Sensory Swing**

There are many options for these online, this link is for one that one of our partners' has had for two years now and it has held up to heavy use. Make sure to mount it securely to a beam and be amazed at its regulating superpowers – giving sensory seeking kids the vestibular and proprioceptive input they crave, and sensory avoiding kids the gentle full body squeeze, back and forth rocking, and reduced visual input that helps them meet their needs! Also if you invest in a higher quality one like this one, its weight capacity is high enough for adults to enjoy also!

[LINKED - \\$107.97 regular price](#)



## 10 **Portable Swing**

As an alternative to the sensory swing above, or a portable strategy for when you are on the go, these swinging hammock chairs are easy to set up and provide regulating movement as well as a gentle body squeeze that many of our kids find regulating and comfy.

[LINKED - \\$59.99 regular price](#)





# Kid

## \$0–\$25

1

### **Squeeze Ball**

We don't need to tell you that fidgets are great tools for kids that need a little bit of extra movement or interesting touch sensation to help them regulate. We love this one!

[LINKED - \\$5.99 regular price](#)



2

### **Snow & Sand Artist Kit**

This is a super fun activity for kids that will add a little extra excitement to outside time. Can be a great motivator to stay outside during the chilly months!

[LINKED - \\$24.99 regular price](#)



3

### **Truck Catapult Kit**

Not only do kids get the enjoyment and learning of putting the truck together, it is then a catapult when they are finished. Truly, what is not to love.

[LINKED - \\$24.95 regular price](#)



4

### **KEVA Brain Builders**

This kit involves planks and different configurations to try and set them up. This will be a challenge but fun for the family to do as a team activity!

[LINKED - \\$24.95 regular price](#)



# Kid \$25–\$50

1

## **Lego Set**

I think you probably already know why Lego is the best – the OG open ended toy, great for imaginative play and fine motor skill building.

[LINKED - \\$49.99 regular price](#)



2

## **Crystal Growing Kit**

Pique the interest of the STEM lover in your life with this very cool crystal growing kit!

[LINKED - \\$50 regular price](#)



3

## **Snap Circuits**

Also for the STEM lover – Snap Circuits teach basic engineering, electronics, and electricity concepts, creating different projects and kits.

[LINKED - \\$46.00 regular price](#)



4

## **Throw Throw Burrito**

Trust us on this, this is the most fun, action packed, silly, perfect for a huge range of ages game! Everyone will love it.

[LINKED - \\$30.00 regular price](#)



# Kid \$50+

1

## **Yoto Audio Player**

A wonderful alternative to screen time for kids. Your child will quickly learn how to insert the “cards” (purchased separately) to listen to audiobooks, kid podcasts, guided meditations, sleep stories, etc. It also doubles as an alarm clock.

[LINKED - \\$149.99 regular price](#)



2

## **Digital Camera**

Taking pictures and making videos is endless fun, and buying one of these kid-friendly cameras offers all of the positive creativity and exploration without the worries that might come along with phones and other internet-connected devices.

[LINKED - \\$109.99 regular price](#)



3

## **Rink in a Bag**

Doesn't get more Canadian than an outdoor rink! These are like giant ziploc bags that make creating backyard rinks super easy and painless - just fill the bag and let it freeze, and then peel back the top.

[LINKED - \\$57.99 regular price](#)

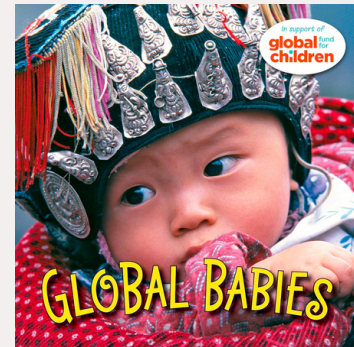


# Books: Baby

## 01 GLOBAL BABIES

Babies love looking at faces! Books like this are a great way to engage young babes, and allows for fun imitation of funny faces, and a gentle introduction to the concepts of emotions and diversity.

[LINKED - \\$7.95 regular price](#)



## 02 "NEVER TOUCH A" SERIES

These books have durable textures on each page and are super fun for babes and toddlers to explore. Lead to lots of fun interaction opportunities while reading together to get silly!

[LINKED - \\$13.99 regular price](#)



## 03 CUSTOM BOARD BOOK

Create a custom board book with the faces and names of important family and friends

[LINKED - \\$45.00 regular price](#)



## 04 HIGH CONTRAST BOOKS

When babies enter the world, they are only able to see things that are high contrast. High contrast books are great for little babies because they are able to see them, and can be great for keeping them engaged in activities like tummy time.

[LINKED - \\$3.99 regular price](#)



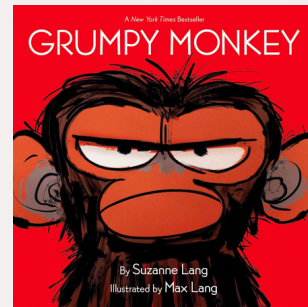


# Books: Preschool

## 01 GRUMPY MONKEY

Super sweet book that normalizes that it is OK to be grumpy or sad sometimes, and also how sometimes the best way to help a friend who is feeling grumpy is to just be with them instead of trying to fix things.

[LINKED - \\$11.99 regular price](#)



## 02 THE WAY I FEEL

Explores emotions and reinforces that all emotions are OK, and emotions aren't "good" or "bad".

[LINKED - \\$11.99 regular price](#)



## 03 LISTENING TO MY BODY

This book introduces mindfulness and flexes those interoception skills (listening to the messages our body sends us about how we are feeling).

[LINKED - \\$16.06 regular price](#)



## 04 WHAT'S MY SUPERPOWER?

Cute book that explores how everyone has different strengths and things that make them special.

[LINKED - \\$12.95 regular price](#)



# Books: Children

## 01 SLIME RECIPE BOOK

Making slime is a great way to work on science and math concepts while also meeting sensory seeker's needs and having fun.

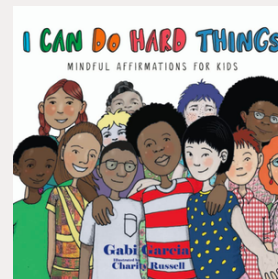
[LINKED - \\$12.99 regular price](#)



## 02 I CAN DO HARD THINGS

This book of affirmations provides lots of opportunities for larger conversations and boosting confidence without being corny.

[LINKED - \\$16.04 regular price](#)



## 03 JOURNAL

A diary/journal promotes more than just writing skills - it gives them a place to explore their inner emotional world. One with a little "lock" or "code" makes it feel extra special, like this one.

[LINKED - \\$16.98 regular price](#)



## 04 BREATHING IS MY SUPER POWER

Sweet book series that teaches mindfulness, breathing, and regulation strategies.

[LINKED - \\$15.99 regular price](#)

