









Pediatric Physical Therapist Approved

TOY GUIDE: toddlers

PLAYFUL MOVEMENTS WITH KATIE AND KELSEY

Folding Balance Beam		Dynamic balance and coordination activities, such as placing one foot in front of the other, are excellent for skill development. Side-stepping can be incorporated to enhance gluteal strength, while jumping adds an additional challenge to further improve coordination and muscle engagement.
Balance Stepping Stones		This activity focuses on dynamic balance and coordination by stepping on the stones. The stones can be positioned closer together for an easier option or spread farther apart to increase the challenge. Additionally, the textured bumps on top provide sensory input, enhancing the experience and engaging multiple senses.
Foam Ball Pit		This activity offers multi-sensory opportunities, engaging both tactile and proprioceptive systems. Children can crash, slide, and climb over and into the ball pit, promoting sensory exploration, motor planning, and overall body awareness.
Tiny Land Play Kitchen		The play kitchen encourages children to practice squat-to-stand movements, building lower-body strength and stability. For an added balance challenge, a pillow can be placed underfoot. Opening and closing the doors helps develop strength and coordination, while the activity also fosters imagination and creativity through pretend play.
Balance bike to scooter		We recommend this balance bike combo over smaller options because it is adjustable and grows with your child. While balance bikes are often best suited for children closer to 4 years old—when coordination and balance are more developed—this option is ideal for learning to glide. It also converts into a scooter, offering a fun way to practice single-leg balance and further enhance motor skills.
3-in-1 sports center		Designed to grow with your toddler, offering years of engaging play. Featuring basketball, golf, and soccer, it provides a variety of activities to help children develop object manipulation and coordination skills, such as stepping into a ball, rolling, and extending arms to catch—all typically emerging around ages 1-2. The basketball hoop's height can be adjusted to accommodate different sizes, ensuring a perfect fit as your child grows.
Tiny Land Kids Couch		Kids' couches offer endless opportunities for creative play, allowing children to build various structures that stimulate imagination and problem-solving. Climbing over and under or sliding down the cushions provides valuable sensory input and heavy work, promoting sensory regulation and motor skill development in a fun and engaging way.
Little Tikes Cozy Coupe		These ride-on cars are a hit with children, as much of the fun comes from getting in and out of them. Beyond the enjoyment, they also help build leg strength and endurance as kids use their feet to navigate around the house or outdoors.

All Available on Our Amazon Storefront: <https://www.amazon.com/shop/playful.movements>

