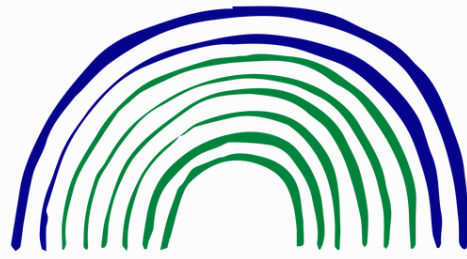


Milestones At Play  
PHYSICAL THERAPY & WELLNESS

# Our 2023 Holiday Gift Guide is Here



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



Milestones At Play  
PHYSICAL THERAPY & WELLNESS

Hi, I'm Dr. Amie

Pediatric Physical Therapist



Thank you so much for checking out our holiday gift guide. Over a decade of experience as a pediatric physical therapist and being a mother to a now 5-year-old have shaped how I utilize toys in treatment sessions and at home. I have carefully selected my favorite toys with the intention of longevity and the ultimate goal of promoting ongoing development of gross motor skills. I have used many of these in my practice and with my son. You will find each section builds on the previous and prepares your child for the next minor and major milestones. If you love the items listed and choose to purchase a gift from this guide, I would appreciate your support as I do earn a small commission on most of the links provided.

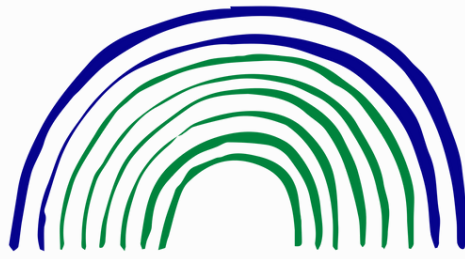
Happy shopping!

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





Suction Cup Spinners



# Milestones At Play

PHYSICAL THERAPY & WELLNESS



Water mat

## 0-6 Months

for tummy time, rolling,  
and sitting



O-Ball Rattle



Music Wobbler



Stacking Cups



Crinkle Toy



Pop Up Music



Rattle



Music Toy



Suction Cup Rattles



Prop-a-Pillar



Tummy Time Toy



Teething Blocks



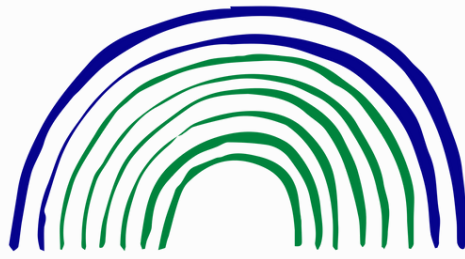
Tummy Time Mirror





UpSeat

Use Code: MILESTONE10



# Milestones At Play

PHYSICAL THERAPY & WELLNESS



ideal for travel

machine washable

PlayNest

## 6-12 months

for sitting, crawling,  
and walking



Crawling Crab



Turn & Learn



Shape Sorter



Push Toy



Sit to Crawl Turtle



Classic Walker Wagon



Soft Play Mats



Spin Again Stacking Toy

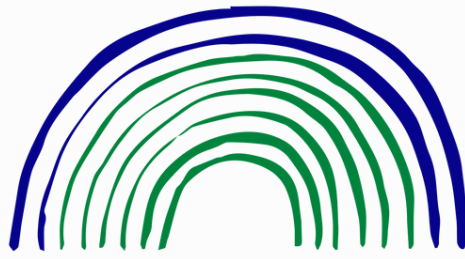


Large Wooden Activity Cube



Crinkle Tissue Box





# Milestones At Play

PHYSICAL THERAPY & WELLNESS



[Push Popper](#)

## 12-18 months

for riding, squatting,  
running and ball skills



[Balls](#)



[Push & Pull Turtle](#)



[Kinderfeets Tiny  
Tot 2-in-1 Balance Bikes](#)



[Learning Table](#)



[Indoor Slide with Steps](#)



[Micro 3-in-1 Kickboard](#)



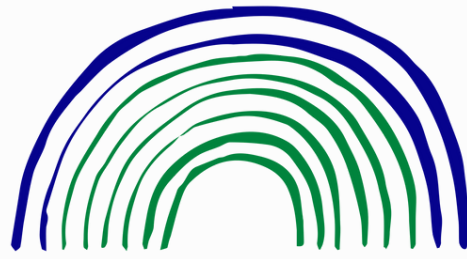
[Wooden Race Track](#)



[Squigz](#)



Sit & Spin



Milestones At Play  
PHYSICAL THERAPY & WELLNESS

18-24 months

for jumping, climbing,  
and exploring

Ball Pit



Bilibo

Water Tower



Little Climber Pikler Triangle  
from Lily & River



Mini Trampoline



Play Tunnel

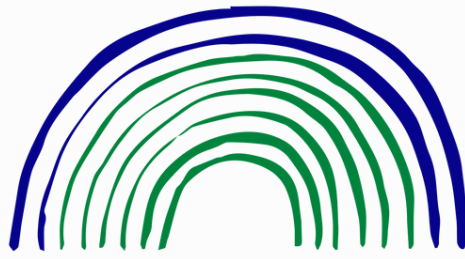


Strider Balance Bike



Play Couch





Milestones At Play  
PHYSICAL THERAPY & WELLNESS

2-3 Years

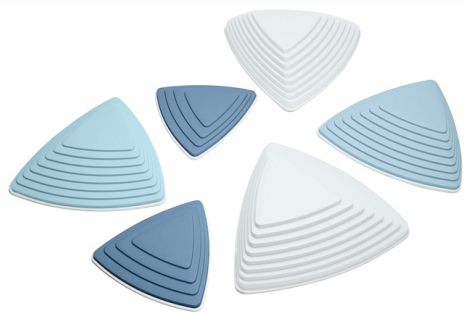
for obstacle courses,  
balance, and coordination



Sensory Pod Swing



Pogo Stick



Stepping Stones



Balance Board



Scooter



Turtle Stepping Stones

Sensory Stepping Stones



Catch & Toss



Tummy Glider

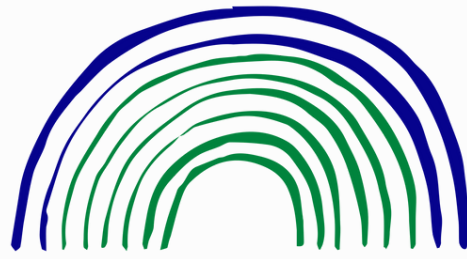


Stomp Rocket





Kid stilts



# Milestones At Play

PHYSICAL THERAPY & WELLNESS

## 3-5 years

### for gross motor challenges



Toss Game

Pop & Catch



Kid's Art Subscription Box



Outdoor Rock Wall



Bike with removable training wheels

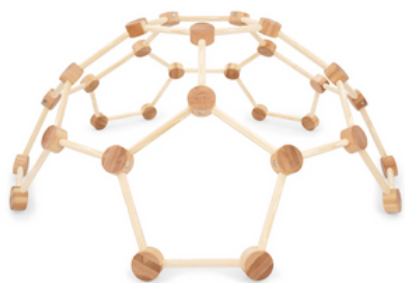
Favorite Brands: Cleary, Woom and Specialized, depending on child's size and ability level.



Hop Scotch Rings



Sensory Swing



Lily & River Little Dome



Saucer Swing



Balance Beam