

# 2024 HOLIDAY GIFT GUIDE



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 6-year-old has 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 own 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!





Tumtum Wedge

# 0-6 Months for tummy time, rolling, and sitting



Soft Book



Crinkle Toy



Playmat



Music Wobbler



O-Ball Rattle



Water mat



Pop Up Music



Suction Cup Rattles



Stacking Cups



Suction Cup Spinners



Tummy Time Toy



Teething Blocks



Rattle



Tummy Time Mirror

# 6-12 Months for sitting, crawling, and walking



Stacking Toy



Crawling Crab



Push Toy



PlayNest



Turn & Learn



Sit to Crawl Turtle



Shape Sorter



Classic Walker Wagon



Soft Play Mats



Spin Again Stacking Toy



Large Wooden Activity Cube



Crinkle Tissue Box



Water Table

# 12-18 Months

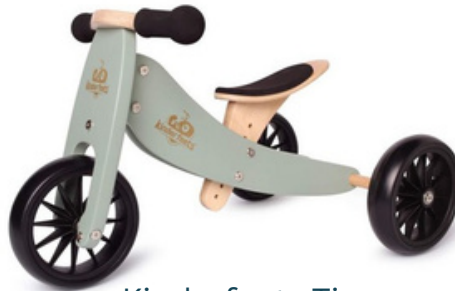
for riding, squatting,  
running and ball skills



Balls



Push & Pull Turtle



Kinderfeets Tiny  
Tot 2-in-1 Balance Bikes



Learning Table



Indoor Slide



Single-Hand Push Toy



Micro 3-in-1 Kickboard



Wooden Race Track



Squigz



# 18-24 Months

for jumping, climbing,  
and exploring



Ball Pit



Sit & Spin



Water Tower



Little Climber Pikler Triangle  
from Lily & River



Bilibo



Mini Trampoline



Play Tunnel



Strider Balance Bike



Play Couch

# 2-3 Years

for obstacle courses,  
balance, and coordination



Sensory Pod Swing



Pogo Stick



Stomp Rocket



Stepping Stones



Scooter



Sensory Stepping Stones



Catch & Toss



Tummy Glider



Balance Board

# 3-5 Years

## for gross motor challenges



Toss Game



Pop & Catch



Kid's Art Subscription Box



Kid Stilts



Outdoor Rock Wall



Bike with Removable Training Wheels

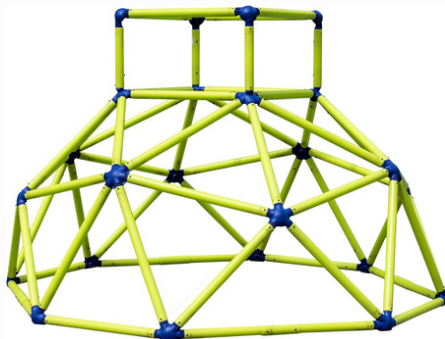
*Favorite Brands: Cleary, Woom, Guardian, and Specialized (based on child's size and ability level)*



Hop Scotch Rings



Sensory Swing



Climbing Tower



Saucer Swing



Balance Beam