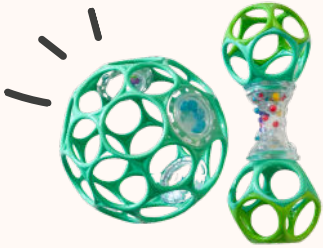




PHYSIO-APPROVED HOLIDAY GIFT GUIDE

Babies (0-12 months)

Gift ideas for kids of ALL ages and abilities, approved by our therapists across Kids Physio locations! Click on the gift titles for more info.



[O-Ball / Rattle](#)

The Propapillar can be used to promote lots of different skills! In the early months, it can assist with tummy time by improving overall tolerance or working on putting more weight through their hands. As they get older, it can support sitting balance and putting weight through hands and knees in preparation for crawling.



[Propapillar](#)



[Activity Table](#)

Activity tables are great for helping progress putting on weight through feet to explore standing and transitioning. If your child isn't ready for standing yet, you can remove the legs and use the activity base to encourage tummy time, play in sitting, or reaching. Once they're ready, you can put the legs back on and use the table for kneeling play, half-kneeling play, pulling to stand, and cruising!

Walkers are a fun toy for getting kiddos to move their feet and can be used as a surface to transition to/from. A big component of learning to walk is balancing and shifting weight from one leg to another - reaching from a walker to another surface can encourage this as it's a perfect height for babies.



[Activity Walker](#)



[Squigz / Whirly Squigz](#)

These bright and colourful toys can stick to walls, floors, windows, mirrors, bathtubs, and other flat surfaces, and are a toy that will grow with your child. They can be used to soothe sore gums, encourage reaching, promote grip strength, fine motor skills, sensory exploration, and more!