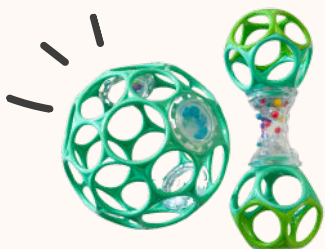




PHYSIO-APPROVED HOLIDAY GIFT GUIDE

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!



PHYSIO-APPROVED HOLIDAY GIFT GUIDE

Toddlers (1-3 years)

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.



[Zippee](#)

The Zippee is great for babies and toddlers who are working on their fine motor skills. It has pulling, chewing, and grabbing functions to keep your little one occupied and engaged!

Strider bikes are a great option to start your kiddo on the path towards biking. It works on leg strength, core stability, balance, coordination, and motor planning. With practice, your toddler will be zipping around the playground in no time!



[Strider Bike](#)



[Rainbow Spin Toy](#)

Spin toys are super fun and engaging for toddlers. Your kiddo can use them for stacking games to practice their squatting, roll the pieces around the room to encourage mobility, match the gear to the hole on the stick to practice their fine motor skills, gain confidence for hands-free activities, and so much more!

Bowling pins are a great tool for practicing ball skills! From rolling to throwing underhands to kicking a ball to emerging into toddlerhood, they're fantastic for problem-solving and motor planning skills.



[Alien Bowling Pins](#)



[Alphabet Puzzle](#)

Puzzles, much like stacking games, are great for getting children to do repetitions of an exercise (e.g. squatting to pick up one piece at a time). They are also excellent for motor planning, spatial awareness, and fine motor manipulation! This Alphabet Puzzle can support all the above, while encouraging your child to learn the alphabet!



PHYSIO-APPROVED HOLIDAY GIFT GUIDE

Prechoolers (3-5 years)

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.



[Balance Board](#)

Balance boards are suitable for all ages, but this rocker board style is well-loved by our preschoolers! Balance boards can add a fun challenge when children are developing balance. They can also be turned upside down and used as "bridges" in home obstacle courses or as tunnels for cars.

Target games are a great way for kids to develop their throwing skills - they can work on their aim, accuracy, and speed when throwing, all while having fun! Target games come in all shapes and sizes, but we love ones that stick and have different point values.



[Target Board](#)



[Sneaky, Snacky Squirrel Game](#)

Board games like the Sneaky, Snacky Squirrel Game can support the development of fine motor skills, such as grasping, grip strength, and hand-eye coordination. Even better if they can use it while in a squat, kneeling, or tummy position to add some full-body strengthening while playing!

Sensory tiles are super versatile and fun! Place them on the floor to encourage stomping, skipping, hopping, or jumping on their own or as part of an obstacle course. At Kids Physio, the orange one is "lava," the green one is "a swamp," and the purple one is "unicorn slime" - have your kiddo use their imagination to make it more FUN!



[Sensory Tiles](#)



[Sensory Balls](#)

Sensory balls are a fantastic choice for helping to encourage catching, bouncing, throwing, and kicking! We love to use them around the clinics because they are brightly colored and softly textured, making them appealing to young kids and safe for play.



PHYSIO-APPROVED HOLIDAY GIFT GUIDE

Gradeschoolers (5 years+)

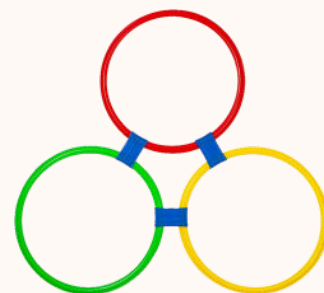
Gift ideas for kids of ALL ages and abilities, approved by our therapists across Kids Physio locations! Click on the gift titles for more info.



[Stomp Rocket](#)

The Stomp Rocket is great for practicing single-leg standing and balance and can be used outdoors or indoors. You can encourage your child to hold their balance for as long as possible for extra "rocket launching" power!

Hopscotch ring sets are fantastic for gross motor development, motor planning, and coordination. It can be used in a hopscotch course, combining both single and double-leg hopping patterns to build lower extremity strength and power.



[Hopscotch Ring Set](#)



[Ogodisk Max Set](#)

The Ogodisk Max Set is an excellent choice for kiddos working on hand-eye coordination to improve their ball-handling skills in sports. The large target allows for success and guaranteed fun!

Scooters are a gradeschooler classic! They're great for building strength, balance, coordination, and power for tasks like running and jumping. Have your kiddo practice by riding up and down the driveway or sidewalk or by maneuvering around their toys in an obstacle course.



[Scooter](#)



PHYSIO-APPROVED HOLIDAY GIFT GUIDE

Preteens & Teens (9 years+)

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.



[Suction Cup Balls](#)

Suction cup balls are great for working on throwing skills and can also be combined with other exercises. Have your kiddo practice picking the balls up with their toes or throwing them onto a wobbly surface - we like to hide tough exercises with a fun suction cup ball competition and you can get creative with it, too!

Bosu balls are a must-have at our clinics - in fact, we have 101 different exercises that incorporate the bosu ball! They're great for working on balance, multitasking, strength, and proprioception. If you don't have this piece of equipment at home, you can use wobbly couch cushions!



[Bosu Ball](#)



[Twister](#)

Twister is a classic game that's known for bringing on some friendly competition among family and peers! At Kids Physio, we love to use Twister to get the body moving, work on core strength, motor planning, and movement patterns, challenge balance, and practice weight bearing through hands and feet. Best of all, it can be adapted to fit everyone's skill level, even children!

Kettle bells are a fantastic piece of exercise equipment for increasing strength. They're available in many weights, so you can practice a variety of exercises like squats, overhead presses, and laying down chest press effectively!



[Kettle Bell](#)