

OCCUPATIONAL THERAPY

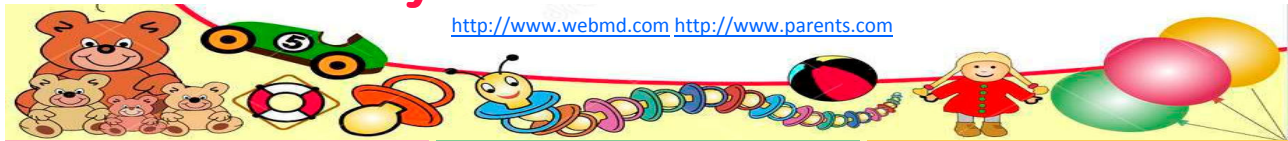
PSYCHOLOGY

SPEECH THERAPY

# BASED AT THERApeace

## All you need to know about TOYS

<http://www.webmd.com> <http://www.parents.com>



**TOYS!** So easy, yet some thought should go into them! They are more than just playthings, and while they should be fun, they should also be age-appropriate, stimulating, and safe. Play is so important in the social, mental, physical, and emotional development of children, toys should be thought of as developmental learning tools.

**When choosing age-appropriate baby toys or kids toys for a young child, keep these tips in mind:**

### Keep them simple.

Toys that do too much don't allow a child to use her own imagination. The best toys are often the simplest ones -- like blocks -- because they allow children to be creative and spontaneous.

### Set limits on electronic toys and video games.

Research has suggested that electronic toys pose several possible dangers for children's health and development, including hearing loss (from loud toys), weight gain (from being inactive while playing), and language and developmental delays. According to the American Academy of Pediatrics, kids under age 2 shouldn't watch TV or play computer games at all; kids over 2 should have their "screen time" limited to 1-2 hours per day.

### You don't need educational toys.

The real educational toys are not the

flashy gadgets and gizmos with big promises, but the staples that have built creative thinkers for decades

### Keep only a few toys out at one time.

Parents can rotate toys in and out of a child's toy box or room, reintroducing a toy after a few weeks when it feels fresh and new. And if your child has several toys of a similar type, let him fully explore one before introducing another.

### Choose age-appropriate toys.

#### Babies (under age 1)

- You. During the first three months, you're their favorite plaything. It's all about sensory development. Interaction with your face and your voice is what they really need.
- Mobiles. Take them down when your baby begins grasping so he doesn't pull it on top of himself.
- Rattles.
- Bath toys
- Soft stuffed animals
- Hardback or cloth books with simple, colorful figures to aid visual development
- Push and pull toys. These come in handy at about 9 months, or when your baby attempts to walk by holding onto something.

#### Toddlers (1-2 years)

- Sorting and nesting toys
- Modeling clay
- Blocks

- Hardback books with rounded edges
- Soft balls
- Picture books
- Musical toys
- Pop-up toys
- Stacking rings
- Shape sorters
- Simple puzzles

#### Preschoolers (2-5 years)

- Basic board games.
- Dress-up clothes, accessories, and props to assist with pretend play
- Large crayons, pencils, paints, blunt-edge scissors, glue, and other art supplies
- Modeling clay
- Books
- Basic musical instruments
- Outdoor toys, like a sandbox, pail, and shovel
- Puppet theaters and puppets
- Puzzles
- Ride-on toys.
- Tricycles or bicycles with training wheels (plus a helmet and your supervision)
- Wooden train sets

**Did you know... you don't have to buy a jungle gym. You can rent it on a monthly basis. When your kids get too old (or bored) you can replace or return it! Visit <http://www.klimrame.co.za/> for more info.**

# How physical activity builds a child's other abilities

What a child does physically in the first few years of life plays a major part in how well he or she will develop other abilities. -Tanya Diedericks

Here's a simple model of how it works:

<b>1. The Brainstem</b>	<b>The activity:</b> Grasping Touching Crawling Arm-leg Walking Movements Reaching Pushing Turning Pulling	<b>Leads to:</b> Hand-eye coordination Big-motor skills Pre-writing ability
<b>2. The Balancing Cerebellum</b>	<b>The activity:</b> Spinning Tumbling Balancing Dancing Listening Swinging Rolling	<b>Leads to:</b> Balance Sporting ability Bicycle riding Writing skills Fine motor coordination Reading skills
<b>3. The Emotional Brain</b>	<b>The activity:</b> Stroking Cuddling Playing together	<b>Leads to:</b> Love Security Bonding Social skills Cooperation Confidence
<b>4. The Thinking Brain or cortex</b>	<b>The activity:</b> Stacking toys Assembling puzzles Recognizing patterns Making patterns Playing word games Receptive play Appreciating music	<b>Leads to:</b> Math, logic Problem solving Fluent reading, spelling Writing, painting Good vocabulary Memory Musical ability

Taken from *The New Learning Revolution* by Gordon Dryden and Dr. Jeanette Vos -- (The above was reproduced from *FUNdamentals Guidebook*, by Gordon Dryden and Colin Rose, published by Accelerated Learning Systems, England. Chart compiled on recommendations by Jerome and Sophie Hartigan, of *Jumping Beans*, Auckland, New Zealand.)

