

Physical Therapist Approved Baby Toys 0-12 months

Are you compiling your registry or maybe even feeling a little lost when it comes to buying baby toys for your child? These days there are so many options out there and it's very easy to get overwhelmed. Below are some of my favorite toys to facilitate gross motor development based on your child's age!

Milestone	Toy Recommendation
0-3 Months • Raises head and chest when on stomach • Looks at and begins to focus on toys • Brings hands to mouth • Rotates head from cheek to cheek on tummy • Pushes through forearms on tummy	<u>High Contrast Baby Flashcards</u> - Great for: Visual tracking and visual development, improving tolerance to tummy time, head control  <u>Sassy Tummy Time Floor Mirror</u>  - Great for: Visual gaze and tracking on tummy, tummy time engagement
4-6 Months • Brings feet and hands to mouth to play • Supported sitting and prop sitting with hands • Rolls tummy to back (4-5 months) • Rolls back to tummy (6 months) • Begins to reach for toys/holds a toy • Transfer objects between hands • Visually tracks toys on back • Sits and plays with toys	<u>Oball Bright Starts Shaker Rattle Toy</u> - Great for: Grasp development, hand/eye coordination, visual tracking  <u>Vtech Baby Lil' Critters Spin and Discover Ferris Wheel</u>  - Great for: Reaching, hand/eye coordination, increases engagement in non-tolerated positions such as sitting or on tummy

7-9 Months

- Begins to get on hands and knees
- Move to and from sitting position from hands and knees
- Crawl forward short distances
- Pulls self to kneeling/standing position at surface (9-10months)

Baby Einstein Glow & Discover Light Bar Activity Station

- Great for: Maintaining hands and knees position, encouraging reaching, weight bearing through arms



Follow-Bee Crawl Toy

- Great for: Independent sitters, maintaining hands and knees/rocking on hands and knees, emerging crawlers



10-12 Months

- Takes steps holding onto furniture (Cruising)
- May stand without support
- May take some steps without support

Squigz & Beads

- Great for: Fine motor development, grasp, hanging beads from squigz and placing overhead to play in kneeling or motivate to stand



Vtech Sit-to-Stand Learning Walker

- Great for: Kneeling to play at front of toy, hip and core strengthening, pulling to stand, supported standing, supported walking



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