

## Barrett Holiday Gift Suggestions 2016

Dear Parents,

The holidays are here! Everyone has questions about what would make great holiday gifts this season. Well, we are here to help! We have put together a list of suggested sensory, fine motor, vestibular, social/emotional and fidget toys/games and where you can purchase them. Enjoy!

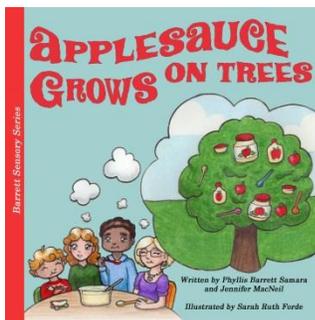
*\*These are just suggestions and we encourage you to look around for compatible items and prices. Please do not feel obligated to purchase from these particular sites!*

The Barrett Staff

---

## Barrett's Sensory Series Books

The first two books in our sensory series are published and available either at Barrett (\$10) or through [www.amazon.com](http://www.amazon.com) for \$12.95.



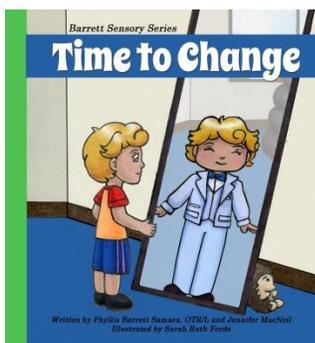
**Blurb:** [Order Now!](#)

Join Sam's adventure with Ms. Phyllis as they play their way into the discovery that Sam's favorite food actually starts out red and grows on trees!

*"I highly recommend this book for parents and children to learn more about a stress-free and playful approach to overcoming a challenge."*

- Karen Jacobs, Ed.D., OTR/L, CPE, FAOTA, Clinical Professor, BU, Sargent College, Dept of OT Past President, AOTA

### NEW THIS FALL!



**Blurb:** [Order Now!](#)

Join Sam's adventure with Ms. Phyllis as they play their way through itchy, scratchy transitions of change to different style clothes.

*"After many morning dressing struggles with my child, this book helps us both to know there are techniques we can learn and do together to help with the tight, itchy, scratchy feeling of her clothes."*

-Joanne Lewis, ACNP and Mom of a child with Sensory Processing Disorder

## Sensory

Weighted Bulldog - small - weighs 2 pounds (Childtherapytoys.com \$60.95)



Discovery Kids LED Arctic Lamp 360 Degree Animated Light Penguin Walrus (Walmart \$38.99)



Kinetic Sand - 3 lb bag (Amazon.com \$23.49)



11 Liter Portable Sand Tray with Lid, 5.5 lbs Kinetic Sand and Sand Molds (Childrentherapytoys.com \$41.95)



Mermaid Play Tent with Carry Case - Indoor/Outdoor Pop Up Tent (Walmart \$19.99)



Sensory Pea Pod (Autism-products.com \$68.99)



Body Sox (Schoolspecialty.com \$28.49) - Excellent for tactile stimulation, sensory integration, body boundaries, and self-expression. Made with durable and elastic Lycra material.



Therapy putty 2 oz. (Therapyshoppe.com \$4.99) Provides tactile input, sensory stimulation and bilateral coordination play. Also used for finger and hand strengthening.





Family Wellness Center, Inc.

Pediatric Occupational and Speech Therapy

Ohuhu Ocean Wave Night Light Projector and Music Player (Amazon.com \$17.99) - Relax, comfort, and soothe.



Fiber Optic Lights (Amazon.com \$5.78-39.99)



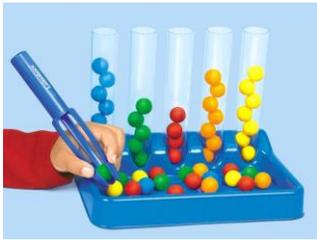
## Fine Motor

Melissa & Doug Farm Animals Lace and Trace Panels (Kohl's \$14.99)



Link Blocks - set of 100 (Walmart \$13.72) - Build fine motor strength and coordination, visual perception, wrist stability, praxis and sequencing. Work on building, sorting, stacking, and patterns.

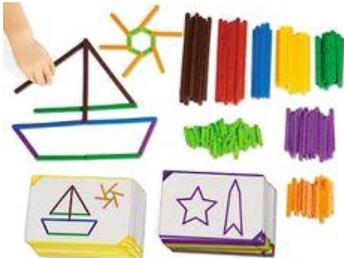




Magnetic Designer (lakeshorelearning.com \$19.99) - Build patterning skills and eye/hand coordination.



Geostix (lakeshorelearning.com \$19.99) -Practice color & size recognition, creative thinking, fine and motor skills.



Crayon Color Wheel (marblesthebrainstore.com \$3.99)



## Vestibular

Spin Disc (Autism-products.com \$128.01 or Walmart \$132.95) - Accommodates children up to 125 lbs. A great balance training device and builds core strength and coordination.



Scooter Board with Handles (Walmart \$20.57)



Spooner Freestyle Balance Board (Amazon.com \$44.00) - Improves core strength & stability, balance, coordination, and gross-motor skills.



Weighted Medicine Balls (Walmart \$7.84-22) - 1-5 pounds



Gong TOP (Amazon.com \$89.99) - Develops physical coordination



BSN Gymnastics Curve-A-Beam (Amazon.com \$61.59) - Challenges balance



Sit N' Spin (Amazon.com \$27.95)



48" Trampoline (Walmart \$29.00) - Be sure to follow up the jumping with some heavy work (such as animal walks, pushing/pulling)



## Social/Emotional

Social and Emotional Competence Game (Childrentherapytoys.com, \$49.95) - “A fun way to teach empathy, communication skills, self-awareness, social awareness, relationship skills, self-management, and responsible decision-making”



Guess Who (Walmart \$25.33) - Encourages practical thinking, communication, and social skills.



Mind Your Manners Cards (funandfunction.com \$11.99) - Illustrates both proper and improper behavior, teaching children proper manners through a combination of visual cues and verbal explanations.

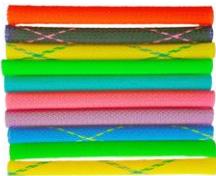


Social Skills Board Games (NestLearning.com \$29.66) - 6 games allowing players to discuss the solutions to socially challenging situations encouraging all players to communicate, listen and participate in the game. Targets: Morals, Manners, Empathy, Friendship, Showing & Managing Emotions.



## Fidgets are great Stocking Stuffers!

Boinks - set of 5 (Childrentherapytoys.com \$3.95) - A great visual-motor games for shooting at targets or shooting up in the air and catching. Makes great fidget toys for self-regulation and attention.



I Spy Wonder Tubes (Therapyshoppe.com \$5.99) - Comes in variety of glittering sand colors and includes "I Spy" riddles. Perfect for classrooms, car rides, waiting rooms... anywhere a quiet calming toy is needed.



Rainbow FidgetBall (Schoolspecialty.com \$5.67) - Hook this fidget onto your child's backpack.



Pencil Set with Fidgets, Set of 4 Pencils with Attached Fidget (Schoolspecialty.com \$7.79) - Optimal for students who need to fidget. Bump, slide, pull, or spin while doing homework or writing in the classroom.



Tangle Fidget Toy (Trainerswarehouse.com \$3.50) - multicolored fidget toy with movable joints that can pull apart.



Scented Chewy Pencil Toppers (TherapyShoppe.com \$7.99) - Alternative for sensory seekers who bite, grind their teeth, chew their clothing, hair, or pencils. Comes in various flavors.





Family Wellness Center, Inc.

Pediatric Occupational and Speech Therapy

Tactile Sensory Ball (TherapyShope.com \$4.99) - Great for fidgeting and tactile ball massages.

