

NEWDAWN. NEWDAY. NEWWAY.™

# NEWDAY'S LIVE DEEP DIVE DISCUSSIONS™

*Unpacking  
Toys*  
Part 1



NEWDAYCHILDCOACHING.COM

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This guidebook is designed to be simple and accessible, helping families implement functional activities into daily routines. For questions or comments regarding NewDay's Live Deep Dive Discussions: Unpacking Toys, Part One, please contact: [help@NewDayChildCoaching.com](mailto:help@NewDayChildCoaching.com).



# OTHER RESOURCES

Other resources from NewDay include:

**NewDay's Live  
Deep Dive Discussions:  
Unpacking Toys: Part 1  
0-18 months**



Watch &  
Follow Us on  
YouTube

**NewDay's Live  
Deep Dive Discussions:  
Unpacking Toys: Part 2  
18+ months**



Watch &  
Follow Us on  
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**Ask The Expert™:  
Pelvic Floor Health  
with Angela, DPT of  
@ActiveMotherhood**



Watch &  
Follow Us on  
YouTube

**WhyDo™+HowTo™:  
Responsive Feeding**



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Follow Us on  
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**Blog Post:  
ARK Therapeutics**



Read Our Thoughts

**PodCast:  
Speechie Side Up**



Listen To Our Interview





# Hello!

Welcome to our Unpacking Toys Freebie! At NewDay Child Coaching, we're thrilled that you chose us to shine a light on the importance of choosing the right toys for your child's development. Our mission is to provide you, parents, with the tools and wisdom needed to nurture your child's growth. Get ready to gain the information needed to be able to play with your child at their developmental level.

*Rachel Lynn, Amber Michelle and Amanda Rae*

[newdaychildcoaching.com](http://newdaychildcoaching.com)  
@newdaychildcoaching

# About the Process

We're so excited you've joined us to learn more about toys!

Our Unpacking Toys Freebie is based on and created to be paired with our Live Deep Dive Discussion™, found on our YouTube channel. There are multiple places for notes and the tidbits we share on the live video.

Throughout this guide, we'll unravel what you need to know about toys, offer insights and practical strategies to empower you as parents, and give our top picks for toys for each age range.

## WHAT DO YOU HOPE TO LEARN?



# What do I need to do first?



The first thing you need to consider when choosing toys for your baby is their **age and developmental skill level**. Considering these factors will help narrow down what types of toys will facilitate quality playtime for your child.

## FUN FACT: SOME TOYS GROW WITH YOUR CHILD, SOME YOUR CHILD WILL OUTGROW

## How do I do this?

Simply take into consideration your child's current age and pair their age up with the milestones they've successfully grasped vs. the milestones that will come next. Need help tracking milestones? Check out our milestone trackers on our website (coming soon). We also love the Pathways website!



Find our answers by watching our YouTube Video



# Characteristics We Love In Some Toys

A decorative graphic element in the top left corner of the page. It features a light beige wavy line that curves from the top left towards the center. Below it is a light blue diagonal band that starts at the top left and extends towards the center, partially overlapping the wavy line. The background is white, and the lines are thin and light-colored.

# Characteristics We Avoid In Some Toys

# Top Toy Picks: 0-6 Months

Babies between the age of 0-6 months old are going to need toys that stimulate their senses and encourage long term positioning, especially while in tummy time. While there are many great toys out there for 0-6 month olds, these are three we invite you to try!

## High Contrast Cards or Books



## Notes

## Tummy Time Mirror



## Play Gym



\*We may receive monetary compensation from the links provided. We also enjoy these toys and have positive experiences using them with babies during pre-crawling activities and free play.

# Top Toy Picks: 6-12 Months

Babies between the age of 6-12 months old vary greatly in their development (gross motor, fine motor, cognitive, communication, etc). This is when it is critical to consider your child's age AND developmental skill level when determining if they are ready for some of these toys.

## Stacking Nesting Blocks or Cups



## Notes

## Pop-Up Toys



## LeapFrog Spin and Sing Alphabet Zoo



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# Top Toy Picks: 12-18 Months

Babies between the age of 12-18 months old are starting to really hone their fine motor skills but also need toys that promote gross motor development because they're wired to move! We love these options because they can be used in stationary or moving play.

## Simple Knobbed Puzzles



## Notes

## Piggy Bank



## Balance Bikes or Push Walkers



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# Don't have a big budget? No problem!

We get it, toys are expensive! If you aren't in a place in life where you can afford to purchase our top toy picks, get creative with things you already have in your house!



## OUR TOP HOUSEHOLD TOY PICKS:



- Pots and pans
- Tupperware containers
- Wooden/metal cooking spoons
- Whisks
- Tissue boxes
- Toilet paper/paper towel tubs
- Cardboard boxes

# Don't have space for big toys? No problem!

Some of the toys we love can take up a lot of space! If you don't have the space or aren't in a place where you want your home looking like a therapy gym or daycare center, try these tips!



## OUR TOP TIPS WHEN YOU'RE LOW ON SPACE:



- Consider dedicating a space or a room as a “play room”
- Put your child’s play kitchen in or near your actual kitchen
- Instead of investing in climbing toys, visit playgrounds weekly
- Consider collapsible or easy to store away options



# Live Deep Dive Discussion:<sup>TM</sup> Unpacking Toys

We are so glad you explored toys with us! We hope this freebie guided your learning in ways you can help your baby thrive! Here's what we covered:

1

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Why choosing age and skill appropriate toys is important.

2

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Suggested types of toys to choose for each age range and ways to play with them.

3

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What to do if you don't have a big toy budget or space at home for bigger toys.

# How To™: Get Help

## Find a Local Early Intervention Group

### **What is Early Intervention?**

Early Intervention is a common term to describe children under three who may need some support in achieving their developmental milestones. Early Intervention focuses on supporting the family and child, so that the family is taking the lead to make changes in how their child develops.

### **What is ChildFind?**

ChildFind is a term used by many counties to describe the agency that receives the communication about the family requesting support.

### **What is the cost?**

These publicly funded programs provide services for free or at reduced cost, depending on your area, for any child who is eligible.

### **What providers are available to me?**

This depends on how resource rich your area is, but typically, many areas have Speech-Language Pathologists (some may work with Dysphagia/feeding too), Physical Therapists, Occupational Therapists (some may work with Sensory Integration and/or feeding too), Registered Dietitians, Special Instruction Teachers

### **Where do I have to go to receive support and services?**

Support Services are offered to you in your home in person or via telehealth appointments

### **Do I need a doctor's referral?**

No, a doctor's referral is not necessary.

### **Can my child receive both Early Intervention and Outpatient/Clinic based services?**

Yes. Depending on your county/state, however, sometimes the same discipline needs to be scheduled to be seen on different days, as they may bill the same codes and insurance can deny the charges.

### **How do I find my local Early Intervention Team?**

<https://www.cdc.gov/ncbdd/actearly/parents/state-text.html>

### **What do I say when I call?**

If you'd like support around what to say, you may consider saying this: "I have concerns about my child's development and I would like to have my child evaluated to find out if he/she is eligible for early intervention services."

# Client Testimonial

As someone who is raising a child who struggled to meet her milestones and had every single primitive reflex retained, I can vouch that the information in this packet is worth every penny. Whether your child has multiple delays or is developing "normally" but has a quirky crawl or has skipped crawling altogether, you need to read this. As a physician assistant I assure you that



PAs/NPs/doctors do not receive education on the importance of crawling and are likely to dismiss its importance altogether. As a mom I wholeheartedly feel that ensuring your child reaches this milestone can set them up with a foundation for further success throughout their life and is worth the effort when they're younger.

**Suzanne Sproul**  
Mom of Two  
Physician Assistant

# Thank you!

We hope you gleaned so much from this guidebook about Toys!

Are you hungry for more on child development? Visit our website and sign up for our exclusive community space for full access to our developmental course log AND have access to an awesome community of parents who are all learning and growing together!

We want to help you observe your child's developmental skills so that you are prepared to support them into their next developmental stage.





## FAVORITE TOPICS

- Early Childhood Development
- Multi-disciplinary approaches to childhood development
- Milestones in all of development (gross motor, fine motor, communication, social emotional, adaptive, and more!)
- Parent empowerment!

## HOW TO CONNECT



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# NEWDAY Child Coaching

EXPERTS · COACHES · COMMUNITY · CONNECTION

## WHO'S BEHIND THE WORKBOOK?



**Rachel Lynn:** The team's pediatric SLP/fearless leader/communication and dysphagia/feeding expert. With over 20 years of expert knowledge and experience, Rachel loves educating families and watching children flourish because of their parents' knowledge and passion.



**Amanda Rae:** The team's pediatric OT/fine motor/sensory motor/sensory feeding specialist. Practicing since 2006, Amanda is thrilled to empower families to reach their fullest potential through coaching, mentoring, and heart.



**Amber Michelle:** The team's pediatric PT/graphic designer/content creator/mom of a fierce toddler. Amber is passionate about making resources accessible to families and fostering a judgement free community where children and their caregivers can thrive.

“Each day is an opportunity to parent a new way.”

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