2026

HOLIDAY GIFT GUIDE

PT-approved toys for every stage

FROM A BOARD-CERTIFIED PEDIATRIC PHYSICAL THERAPIST















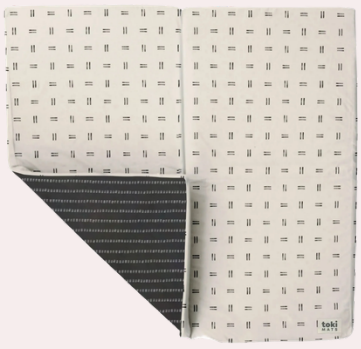








Hi, I'm Karen & these are the toys I actually recommend to the families I work with and what I have in my home for our son.



INCHSTONES PT

Pediatric Physical Therapy & Wellness

2026 Holiday Gift Guide

Perfect Toys For All Ages & Stages from a Pediatric Physical Therapist!

This holiday season, it's all about gifting items that are not only fun but also beneficial for your child's development. Choosing age-appropriate toys that match your child's developmental stage can help them improve their skills while they play.

With 12+ years of experience as a pediatric physical therapist, these are in my opinion the best toys and products out there that will help support your baby's development and grab their attention!

Click on each picture to shop* - and let me know if you have any questions or want to share what you purchased this holiday season! Happy shopping!

-Karen



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Karen@InchstonesPT.org

*As an Amazon associate I earn from qualifying purchases at no cost to you

TUMMY TIME TOYS

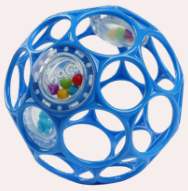
FOREVER FAVORITE



Tummy Time Floor Mirror

Babies love faces. Easy win for lifting that head.

TRENDING 2026



Oball

The easiest first ball to grab and pass hand to hand.

FOREVER FAVORITE



Suction Spinner Toy

Sticks to the floor so baby has a reason to push up.

FOREVER FAVORITE



Take Along Tunes

Lights and music to turn toward, sized for little hands.

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Flip Fish

Flaps, crinkles and a mirror to find. Buys you more tummy time.

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Wee Gallery Art Cards

High contrast pictures to prop up at eye level. No batteries, just a reason to lift that head.

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PLAY MATS & GYMS

FOREVER FAVORITE



Kick & Play Piano Gym

Kicking makes music, which makes more kicking. Great on the back or the belly.

FOREVER FAVORITE



Water Play Mat

Squishy and fun to look at. Gets baby pushing up through the arms.

FOREVER FAVORITE



Foldable Play Mat

A big, soft floor space that folds away. Room to roll, push up and play.

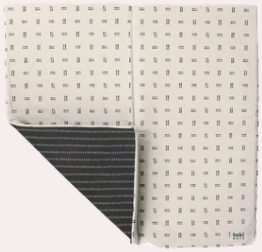
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Lovevery Play Gym

A calm play gym that grows with baby from lying down to tummy time and beyond.

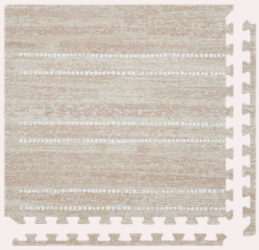
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Toki Mats Tummy Time Mat

My favorite mat for tummy time, crawling and those crazy toddler years!

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House of Noa Puzzle Mats

Interlocking and customizable. Also easy to wipe down and great for crawlers and new walkers!

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SITTING & CRAWLING TOYS

FOREVER FAVORITE



Upseat

Short, supervised sits once baby has head control. A helper, not a parking spot.

TRENDING 2026



Magic Touch Piano

Light taps make music. Great for sitting balance and reaching.

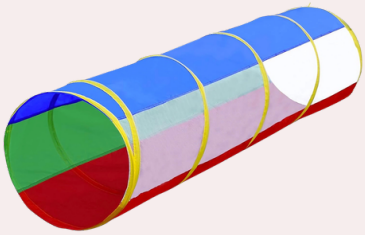
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Stacking Rings

A sitting classic. Reaching, grasping and crossing the middle.

FOREVER FAVORITE



Crawl Tunnel

Instant crawling motivation. Peekaboo at the other end helps.

FOREVER FAVORITE



Foam Climbing Blocks

Crawl up, over and down. Big strength work disguised as play.

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Activity Cube

Buttons and sides to explore in sitting. Easy to turn and reach for.

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STANDING TOYS

FOREVER FAVORITE



Wooden Activity Cube

Every side is a reason to pull up, stand and cruise around.

FOREVER FAVORITE



Little Balance Box

The right height for standing play. A PT's favorite for an early push toy.

FOREVER FAVORITE



Magic Touch Activity Table

Music at standing height. Great for pull to stand practice.

FOREVER FAVORITE



Learning Activity Table

Lights and buttons that make standing worth the effort.

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Mix & Learn DJ Table

The viral one. Standing, bouncing and dancing all count.

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Ball Drop Toy

Because this one can actually keep their attention and the balls going down are fun to watch.

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WALKING TOYS

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Strider Baby Balance Bike

This year's hot pick for early balance and leg strength.

FOREVER FAVORITE



Wooden Push Walker

Baby pushes it, it doesn't carry baby. That's the kind of walker I love.

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Radio Flyer Walker Wagon

Sturdy enough to lean on for first steps. Then it hauls the toys.

FOREVER FAVORITE



Sereed Balance Bike

Feet on the floor, pushing and steering. Balance before pedals. Great for indoor use too!

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On-the-Go Wooden Workbench

A push walker with a workbench on board. Walk, stop, tinker, repeat.

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TODDLER TOYS

FOREVER FAVORITE



Climbing Triangle & Arch

Climbing builds strength, balance and brave little problem solvers.

FOREVER FAVORITE



Nugget Play Couch

Build it, climb it, jump off it. An obstacle course for the living room. Use ours everyday still.

FOREVER FAVORITE



Stepping Stones

Balance, jumping and planning the next step. The floor is lava, officially.

FOREVER FAVORITE



Balance Board

Rock, wobble, stand, slide. Core and balance work that feels like play.

FOREVER FAVORITE



4-in-1 Trike

Grows from push along to pedaling. Legs learn the pattern early.

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Cloud Cozy Coupe

Foot to floor scooting builds leg strength. The classic, in this year's Cloud edition.

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MORE TODDLER TOYS

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Toniebox

Screen free stories and songs little hands can run themselves.

FOREVER FAVORITE



Squigz

Push, pull, pop. Sneaky hand strength work that sticks to everything.

FOREVER FAVORITE



Stomp Rocket

Jump, stomp, chase, repeat. Burns energy and builds leg power.

FOREVER FAVORITE



Toddler Table

Versatile and perfect for toddler snacks, activities and fine motor skills!

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My First Learning Farm

Pretend play with a familiar face. Great for words and busy hands.

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Jelly Blox

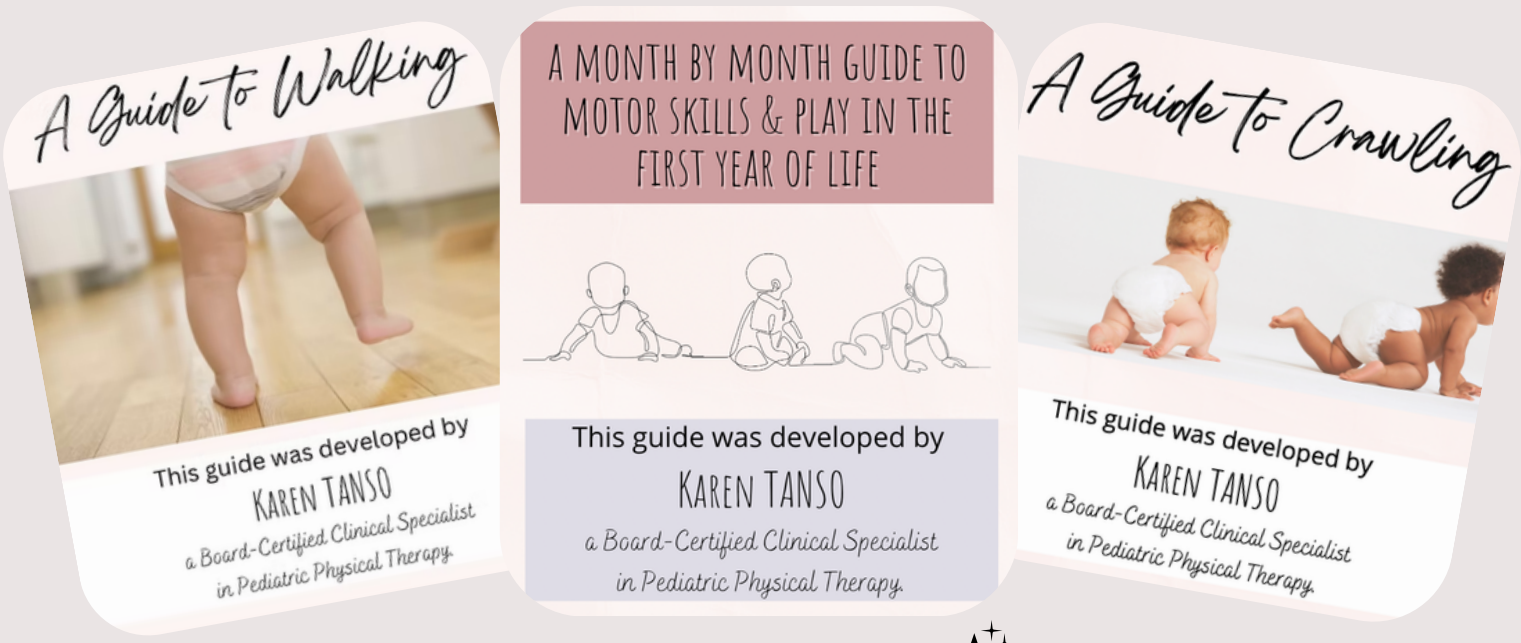
Soft, squishy blocks to stack and squeeze. This year's viral pick.

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Looking for More Developmental Resources?

My guides, now including walking, make the perfect digital gift for a new parent!



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