



Play Diet!

Offer your children a healthy “play diet.” Limit junk toys as you would junk food. And as you have variety and balance in your food diet, there should also be variety and balance in your child’s “play diet!” Share toys from every category for a balanced “play diet.”

The foundation of the play diet is **BOOKS**. The most important thing you can do to help your child learn to read is to read to him! Introducing children to books from birth helps them with reading readiness skills, as well as learning letters and words.

The next level is **ACTIVE PLAY**. Toys such as **6-1 Play Center, Whistling Whirler and Juggle Toss** help build gross motors skills and small and large muscles, as well as hand-eye coordination. Physical development is of utmost importance in growing children!

The next level is **THINKING/PROBLEM SOLVING TOYS**. Toys such as **Super Marbleworks, EZ Blocks, Bright Builders, and Gearopolis** help build healthy problem solving skills and abstract thinking. **Construction** toys that go together in different ways and have no pre-determined play pattern fit in this category, such as **Motorworks, Fashion Friends, and Zip Track**.

The next level is **CREATIVE/IMAGINATION TOYS**. Toys such as **My Busy Day, Main Street Playhouse, and the Topsy Turvy Fairytale Dolls** help feed your child’s imagination. By using these toys, children take on roles and make sense of their experiences.

The next level is **GAMES**. Toys such as **Roll and Play, ZINGO!, Unjumble, Wiz Kidz and ABSeas** help children with not only skill development, but important social skills like cooperation and taking turns, communication skills and emotional development.

The second level is **PUZZLES and PATTERNS**. Toys such as **Playful Patterns, Puzzle Ring Toss, Progressive Puzzles, and Giant Pegboard** help your child build pre-reading and pre-mathematics skills. Your child will use the same brain processes to do these activities as he will when he reads or performs mathematical problems!

The top level is **SENSORY/EXPLORATION TOYS**. Important in the early years, these toys, such as **Play & Learn Snail, Super Yummy Teether, Rainfall Rattle and Jangles** give young children opportunities to use all their senses to discover and learn about the world.



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1. SENSORY/EXPLORATION TOYS

2. PUZZLES AND PATTERNS

3. GAMES

4. CREATIVE/IMAGINATION TOYS

5. THINKING/PROBLEM SOLVING TOYS

6. ACTIVE PLAY/OUTDOOR TOYS

7. BOOKS

*Please remember...don't buy toys because of what they do.
Rather, buy toys because of what they can help children do!*