Top 10 Household Items for Early Intervention Play...No Need to Buy Toys!

1. Grocery store circulars and catalogues are a great substitute for picture books. Point out familiar fruits, veggies, snacks, and other recognizable items, then let your child practice fine motor skills by ripping, crumpling, and turning the pages.

2. Small shipping boxes are great for "in and out" container play, stacking, nesting, hiding toys, or decorating with crayons.

3. Big shipping boxes or diaper boxes can be great for wobbly sitters. Place your child in the corner of the box for extra support (supervised!) while they work on sitting and playing with their toys.

4. Dried rice or pasta in a small plastic leftovers container make a simple sensory bin. Add spoons or measuring cups for scooping, dumping, and transferring.

5. **Old clothes from parents make great dress-up clothes** and providean opportunity to practice putting on and taking off pants, shirts, socks, and other clothing.

6. **Laundry baskets** are great for pushing and pulling, climbing in and out, carrying toys, or calming "heavy work". They can provide lots of opportunities for gross motor play.

7. Kitchen tongs can be used to pick up objects like socks, stuffed animals, or small toys, depending on the size of the tongs. They're a fun way to work on hand strength.

8. Socks can be rolled into balls for throwing, used for matching games, or or practiced with for putting on and taking off. You can also pull toys in and out of a single sock for bilateral (two hands together) hand coordination.

9. Egg cartons, muffin tins, or ice cube trays are great for putting objects into individual sections, sorting by color or type, and transferring objects from one section to another. Try picking up small puffs or other age-appropriate objects for fine motor grasp practice or combine them with the kitchen tongs from #7!

10. Crib sheets or lightweight baby blankets are great for simple parachute play, especially with new sitters or standers who are working on simple movements while sitting or standing. You can also use them to hide toys and encourage engagement, attention, and peek-a-boo play.