

# Vision-Friendly Gift List

To help pick out the toys that will enhance a child's visual development, we're offering up our 105 optometrist-approved children's toy list - including 8 new additions!

We started our vision-friendly gift list because we became increasingly concerned about the number of gifts that could potentially adversely affect a child's visual development, such as computers and hand-held devices. We want to provide our parents with an alternative.

Besides not enhancing vision development, overusing computers, hand-held video devices and gaming systems have been clinically proven to coincide with worsening functional vision, including poor focusing ability, eye-teaming, and nearsightedness.

## **An Alternative to Gaming Systems**

While we've blogged numerous times on the damaging effects of video games, it's a tough choice for parents. Kids want what kids want - and that tends to be anything with a screen. While you do want to put a smile on your child's face, you also have to be careful about their health as well. We have two recommendations:

1. If your child has a functional vision problem, be sure to check with your developmental optometrist about the types of gifts you are considering buying.
2. When selecting a toy or activity, be sure to align the gift with their developmental age, rather than their actual age.

These gift ideas are not just for kids with functional vision problems. They're ideal for any child.

## Building Toys

Develop eye-hand coordination and visualization/imagination

1. Kreo Sets
2. Mega Bloks\
3. K'NEX
4. Building Blocks
5. Legos/Duplos
6. Lincoln Logs
7. Tinker Toys
8. Erector Set
9. Magformers



Photo courtesy of Magformers.

The "intelligent magnetic construction set for brain development," Magformers include a variety of different magnetic construction sets.

10. VEX Robotics

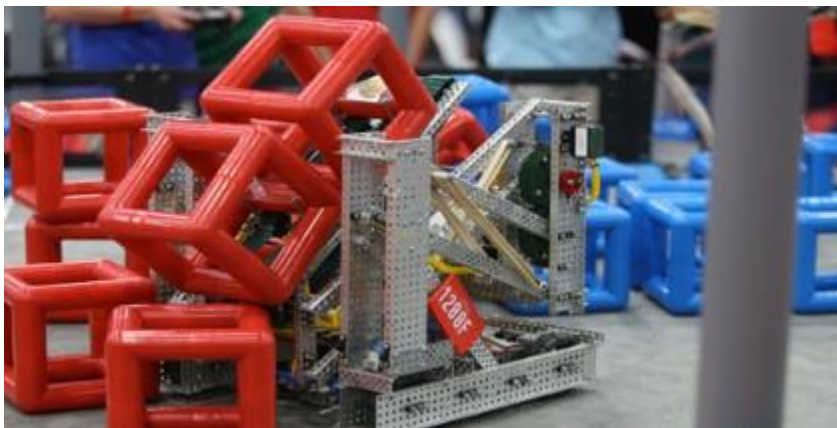


Photo courtesy of VEX Robotics.

VEX Robotics is a highly versatile construction system that allows students to build whatever they can imagine. It allows students a platform to immerse themselves in the areas of Science, Technology, Engineering and Math through the fun of building robots.

## **Fine Motor Skill Toys**

Develop visual-motor integration and fine motor skills

11. Origami Sets
12. Rainbow Loom
13. Lite-Brite
14. Pegboard and Pegs
15. Coloring Books and Crayons
16. Dot-to-Dot Activity Books
17. Finger Paints
18. Playdough/Silly Putty/Modeling Clay
19. Chalkboard (24" x 36")/Easel
20. Bead Stringing
21. Sewing Cards (Craft)
22. Paint or Color By Numbers
23. Sand Art
24. Stencils
25. Bead Craft Kits
26. Models (car, airplane, ships, etc.)
27. Jacks

## **Space Perception Toys**

Develop depth perception and eye-hand coordination

Within arm's length:

28. Egg and Spoon Race
29. Jumpin' Monkeys
30. Flippin' Frogs
31. Ants in the Pants
32. Fishin' Around
33. Operation
34. Pick-up Sticks
35. KerPlunk
36. Jenga
37. Don't Break the Ice
38. Marbles
39. Cornhole Bean Bags



Photo courtesy of [Cornhole-store.com](http://Cornhole-store.com).

A classic! You can't go wrong with a set of cornhole bean bags. We found these at the [Cornhole-store.com](http://Cornhole-store.com). (Naturally you'll need a bean bag toss board to go with it!)

Beyond arm's length:

40. Bowling Zombies
41. Oball (good for kids who have difficulty catching balls)
42. Ball (any kind!)
43. Pitchback
44. Toss Across (tic-tac-toe)
45. Ring Toss
46. Nerf Basketball
47. Dart Games (velcro)
48. Ping Pong
49. Cuponk
50. Elefun
51. Badminton
52. Frisbee

## Visual Thinking Toys and Games

Develop visual perceptual skills including: visualization, visual memory, visual discrimination, pattern recognition and sequencing. These skills are important for academics including mathematics, reading and spelling.



53. Color Code
54. Math Dice, Math Dice Jr.
55. Rory's Story Cubes
56. Amaze
57. Color Blocks and 1" Cubes
58. Bejeweled Board Game
59. Tetris Bop It
60. Parquetry Blocks
61. Attribute Blocks
62. Make N Break Game
63. Jigsaw Puzzles
64. Card Games (Old Maid, Go Fish, etc.)
65. Dominoes
66. ThinkFun Bug Trails
67. Checkers
68. Chinese Checkers
69. Perplexus
70. Qwirkle
71. Battleship
72. Labyrinth
73. Blokus
74. Connect Four
75. Rush Hour/Rush Hour Jr.
76. Regatta
77. Perfection
78. Tactilo

79. Bingo
80. Memory Games
81. Chicken Cha-Cha-Cha
82. Simon Flash
83. Bop It
84. Hyperdash
85. Blink
86. Set
87. Loopz
88. Racko
89. Sort it Out
90. Tangrams/Tangoes
91. Mancala
92. Q-bitz
93. Rubik's Cube
- 2016 new additions
94. Uno



Photo courtesy of [Mattelgames.com](http://Mattelgames.com).

UNO is a number and color matching game of cards that's fun and easy for kids of all ages. UNO can be played with 2 to 10 players and it is appropriate for ages 7 and over. The player who plays first must match a card in their hand to the card on the discard pile. Play continues until one player uses all of their cards. A classic!

95. Spot It!



Photo courtesy of Mindware.com.

Spot It! is also a number and color matching game of cards that's fun and easy for kids of all ages. The concept is simple: each of the 55 cards in the deck feature eight symbols, and there is always exactly one matching symbol between any two cards in the deck. Your goal is to be the quickest to find the match between two cards.

96. Gears!Gears!Gears!



Photo and description courtesy of Learning Resources.

Taking apart and rebuilding things encourages a real understanding of how things work. Our Gears! Gears! Gears!® building sets feature optional building ideas while also fostering creative, open-ended play.

97. Kanoodle



Photo courtesy of [www.vat19.com](http://www.vat19.com).

Kanoodle is a solitaire puzzle game that features 2D and 3D puzzle boards. You use Tetris-like pieces to fill in the board. Includes multiple levels of difficulty.

## **Balance and Coordination Toys and Games**

Develop gross motor skills, laterality and bilateral coordination

98. Hoppity Hop

99. Jump Ropes

100. Sit and Spin

101. Slip 'n Slide

102. Stilts

103. Twister

104. Heads Up



105. Snowboard



Photo courtesy of Target.com.

Prices vary on snowboards. From \$25 for the starter to over \$300 for the serious snowboarder. We found this \$25.00 Emsco Snowboard at Target.com.