



Center on Media
and Child Health
ASK THE MEDIATRICIAN



Holiday
Gift Guide
2015

cmch.tv

Welcome to the CMCH Gift Guide!

Whether choosing the latest tech toy, or planning the most imaginative outing, our guide is here to help!

Happy Holidays! Now is the time of year when we gather and celebrate life and togetherness with friends and family. This year, as you consider each child on your gift list, please use this guide to help select gifts that fit the child's personality, and will bring her joy in ways that are developmentally optimal.

What to look for

FIT

Look for gifts that fit the child's personality, likes, and your relationship. Also make sure that whatever you choose matches the child's developmental stage (age and ability) so that she can get the most out of it.

FUN

Find gifts that allow the child to direct the play or experience, and that provide enjoyment for more than just a few minutes.
Look for gifts that will engage the child's imagination and challenge her to think outside the box.

FUNCTION

Seek out gifts that have multiple functions to support different areas of the child's development. Consider the ways gifts can be used or experienced and choose to give those that encourage learning and help build the child's skills.



Infants and Toddlers

- ▶ Soft play dolls
- ▶ Construction set
- ▶ Pail and shovel
- ▶ Sidewalk chalk
- ▶ Remote controlled soft vehicle
- ▶ Digital play cash register



School Aged and Tweens

- ▶ Flat and 3D puzzles
- ▶ Coupon for a special outing or experience with you
- ▶ Paints and canvases
- ▶ Outdoor sports gear
- ▶ eReader
- ▶ Active video game



Teens and Young Adults

- ▶ Tickets to a concert or sporting event
- ▶ Subscription mail service for a hobby
- ▶ Personalized playing cards
- ▶ Photo album
- ▶ Wearable activity tracker
- ▶ Smartphone or tablet