



The holidays are a time for celebrating friends, family, and traditions, as well as spending time together. For many of us, gift giving has also become a part of the season as a way of expressing our relationships with others. As you think about the children in your life, use this guide to help you choose media and non-media gifts that are thoughtful, meaningful, and developmentally optimal. Happy Holidays!

## How do you choose?

### Consider the child

Think about the activities the child enjoys, the child's personality, and your relationship with the child.

### Do your homework

Make sure that gifts are developmentally optimal. Play with display models, read reviews and ratings, watch trailers, and ask friends and family for advice.

### Spark imagination

Growing children have growing minds, so try to inspire children's creative side through gifts that are open ended or child/teen directed.

### Encourage learning

Help support skills the child is learning through gifts that challenge and inspire them to learn more.

## Gift Ideas



### Toddlers & Preschoolers

- \* Dress-up clothes
- \* Building blocks
- \* Outdoor play set/space
- \* Arts & crafts supplies
- \* Interactive eBooks
- \* DVD of a prosocial movie or TV show



### School Age Children & Tweens

- \* Coupon for alone time with you
- \* Board & card games
- \* Sports equipment
- \* Scrapbook
- \* Mobile phone with pre-loaded learning apps
- \* Constructive video game



### Teens & Young Adults

- \* Collection (help them start or add to one)
- \* Music, dance, cooking, or art lessons
- \* Lawn games or tickets to an outdoor excursion
- \* Journal or diary
- \* Tablet or Computer
- \* Gift card for digital downloads (music, apps, games, etc.)

For more ideas, visit <http://cmch.tv/special-features/gift-guide/>

