



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/>

