



2023 Vision Friendly Gift List: 131 Optometrist Approved Children's Toys

The most cherished gift you could give your children is time. Here are some fun and excellent toys that could provide hours of fun for you and your children while at the same time enhancing your child's visual development.

Building Toys

Develop eye-hand coordination and visualization/imagination.

Building Blocks (Ages 1+)
Mega Bloks (1+)
Magformers (3+)
Lincoln Logs (3+)
Tinker Toys (3+)
K'NEX (3+)
Legos/Duplos (4+)
Roller Coaster Challenge (8+)
Erector Set (8+)
VEX Robotics (8+)

Balance and Coordination Toys and Games

Develop gross motor skills, laterality and bilateral coordination.

Sit and Spin (1.5+)
Hoppity Hop (3+)
Foam pogo jumper (3+)
Walkaroo Stilts (4+)
Hoola hoop (4+)
Jump Rope (5+)
Slip 'n Slide (5+)
Pogo stick (5+)
Twister (6+)
Balance Beam/Walking Rail
Balance Board
Minitrampoline/Trampoline
Bicycle
Snowboard
Skis

Memory Games

Develop visualization and visual memory.

Guidecraft Memory Caps (3+)
Memory Game (5+)
Loopz (7+)
Hyperdash (7+)
Simon (8+)
Chicken Cha Cha Cha (12+)

Space Perception Toys

Develop depth perception and eye-hand coordination.

Within arm's length:

Pindaloo (9+)
Don't Break the Ice (3+)
Ants in the Pants (3+)
Egg and Spoon Race (4+)
Fishin' Around (4+)
Jumpin' Monkeys (5+)
Flippin' Frogs (5+)
Pick-up Sticks (5+)
Marbles (5+)
KerPlunk (5+)
Operation (6+)
Door Pong (7+)
Jenga (8+)

Beyond arm's length:

Ball (any kind!) (All ages!)
Elefun (3+)
Frisbee Rings (3+)
Dart Games (velcro) (3+)
Nerf Basketball (4+)
Box & Balls (5+)
Frisbee (5+)

Merry Christmas from the staff of The Vision Therapy Center!



Ring Toss (5+)
Toss Across (tic-tac-toe) (5+)
Cornhole Bean Bags (5+)
Oball (good for kids who have difficulty catching balls) (6+)
Ping Pong (6+)
Badminton (8+)
Bowling Zombies (8+)
Pitchback
Cuponk (9+)

Visual Thinking Toys and Games

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

Color Blocks and 1" Cubes (1+)
Wooden form board puzzles (2+)
Jigsaw puzzles (3+)
Gears!Gears!Gears! (3)
Dominoes (3+)
Tactilo (3+)
Old Maid Card Game (3+)
Bingo (3+)
Go Fish Card Game (4+)
Parquetry Blocks (4+)
Tumble Trax (5+)
Tangrams/Tangoes (5+)
Color Code (5+)
Attribute Blocks (5+)
Make N Break Jr.(5+)
Checkers (5+)
Blokus (5+)
Rush Hour Jr.(5+)
Perfection (5+)
Mathlink Cubes (5+)
Smart Games IQ Puzzler Pro (6+)
Guess Who (6+)
Mancala (6+)
Chinese Checkers (6+)
Set (6+)
Math Dice, Math Dice Jr. (6+)
Qwirkle (6+)

Connect Four (6+)
UNO (7+)
Spot It! (7+)
Battleship (7+)
ThinkFun Laser Chess (8+)
ThinkFun Shadows in the Forest (8+)
ThinkFun Cat Crimes (8+)
Bop It (8+)
Blink (8+)
Racko (8+)
Q-bitz (8+)
Rubik's Cube (8+)
Color Cube Sudoku (8+)
Kanoodle (8+)
Rory's Story Cubes (8+)
Amaze (8+)
Bejeweled Board Game (8+)
Tetris Bop It (8+)
Labyrinth (8+)
Connect Four Shots (8+)
Perplexus (8+)
Rush Hour (8+)
Sort it Out (12+)

Fine Motor Skill Toys

Develop visual-motor integration and fine motor skills.

Finger Paints (1+)
Kinetic Sand (1+)
Pegboard and Pegs (3+)
Coloring Books and Crayons (3+)
Dot-to-Dot Activity Books (3+)
Play-Doh/Modeling Clay (3+)
Chalkboard Easel (3+)
Large Bead Stringing (3+)
Lacing Cards (3+)
Lite-Brite (4+)
Silly Putty (4+)
Rainbow Loom (5+)
Jacks (5+)
Stencils
Spirograph
Origami Sets (8+)
Paint or Color By Numbers
Bead Craft Kits
Models (Car, Airplane, Ship, etc.)

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