

Blue's Blog



December 2019



Hi everyone! I'm so excited, it's December, Safe Toys and Celebrations month! Do you know what that means? It means we get to celebrate Hanukkah, Christmas, and Kwanza. During these celebrations different cultures have the tradition of giving gifts based on their beliefs. At Be Active Kids, we encourage these gifts to include active toys for little girls and boys in order to celebrate the holidays.



The Be Active Kids club has a few recommendations for safe and active toys for infants, toddlers and pre-school children. By providing active toys, children will have a greater opportunity to be physically active and will continue to develop their fundamental motor skills.

Check out these fun active toys for our little friends:

Infant:

- Stackable rings
- Various infant balls (with texture, sight and sound)
- Activity mats/baby gyms
- Tummy time mats/pillows
- Handheld toys (toys that make noise, light up, or have textures)

Toddlers:

- Sit and spins
- Various balls (texture, sight and sound)
- Ride on toys like trikes or bikes
- Wagons
- Push and pull toys

Pre-K children:

- Balance boards
- Various balls (texture, sight and sound)
- Tunnels
- Trikes and bikes
- Indoor trampoline or bounce houses



If you need more ideas, check out the [Active Toys](#) and [Be Well Equipped to be Active](#) one pagers that offer more ideas and information about active toys for young children. Feel free to share these with your family and friends.



Children also enjoy having active experiences, such as going to a new park or playground, visiting a trampoline center, swimming in a neighborhood pool or participating on a team or in a class. All of these activities can be a great gift to a child or the entire family.

Don't forget there are many playful items that do not cost a lot of money, which you may not have considered as toys, but can be used to encourage physical activity. These items will not only get children moving more, but they will help them to be creative and more imaginative. Kids love playing with cardboard boxes, bubbles, pool noodles, containers, kitchen utensils, and blankets. We consider all of these items loose parts. No matter if the toys are traditional or are loose parts, we are happy to see children being more active!

From the Be Active Kids Club and our friends at Be Active Kids, we wish you a wonderful holiday season. Share your pictures and ideas on Facebook, Twitter, and Instagram using [beactiveblue](#), [#caughtbeingactive](#), and [@beactivekids](#). See you in 2020!

- Blue the Caring Cub

