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Dear Parents,

We are so excited to offer you the following information to help you create the most exciting, compelling and growth-inspiring playrooms. Whether you are just beginning to build your playroom, or you have already established your playroom and simply need guidance, the following information contains a wealth of ideas for you. We feel honored to support you in this way, knowing that you are all creating miracles in your own corners of the world with your children.

The attached packet includes information on the toys that we have found most durable and most useful in inspiring interaction and growth. We have tested these toys ourselves in our very own playrooms, and we hope that they inspire as much creativity for you as they have for us. Most of the toys we have included in this list are manufactured in the United States. However, many are available through various international distributors. Our intention is to give you a starting point from which to find the items that you want for your playrooms.

We all send you our love and very best wishes. We feel honored to be part of your journey and consider each of you to be part of our extended family—even those of you that we haven't yet met. We wish you joy, delight and laughter as you spend your time in your playrooms with your amazing children. We are cheering you on!

With love,

Kate Wilde  
Director of Intensives  
The Autism Treatment Center of America™

## **SON RISE PROGRAM<sup>®</sup> PLAYROOM** **SOCIAL DEVELOPMENT MATERIALS**

The following information is intended to help you furnish your playroom with toys and materials that will help you create more interaction with your child. As parents begin to set up playrooms for their children, they often ask, “What type of toys will best help my child to interact with me? How many toys should I have? How do I know a toy will be safe for my child? Where do I find useful toys?” For over 20 years, we have worked with children from the age of 9 months to 53 years and have created a comprehensive understanding of items (toys and materials) which most enhance a child’s ability to grow and learn. We have also visited home-based **Son-Rise Programs<sup>®</sup>** and found playrooms filled with toys that do not encourage children to interact with people; we have often found many toys that actually undermine the potential for interaction. We have compiled the information below to help you fill your playroom with safe, durable toys that will help facilitate interaction in a variety of ways.

We have spent time looking through hundreds of toy catalogs, searching the internet, visiting international toy fairs and contacting toy manufacturers around the world to find the toys we believe to be the most effective to use in a **Son-Rise Program<sup>®</sup>** playroom. We then took samples of each of these toys and tested them for many hours, with many different children, in the playrooms at the Autism Treatment Center of America™. Those toys that made it through this rigorous testing process are collected below to aid you in setting up your own **Son-Rise Program<sup>®</sup>** playroom. The following list is not meant to be an exhaustive reference of toys, but to provide a starting point in your search and provide guidelines to help you evaluate the usefulness of any new toy.

The toys listed below have all been tested to meet the following criteria:

1. **Durable:** Our experience with children with Autism and other related developmental challenges has shown us that toys need to be able to withstand being thrown, chewed and bent into new shapes! Each of the toys below has stood up to our tests for durability.
2. **Non-distracting:** The playroom is designed to be non-distracting and specifically not over-stimulating for children. The toys in the playroom, therefore, must also be non-distracting. The toys listed below do not have any neon colors or busy patterns or flashing lights, nor do they make sounds (without us being involved) or contain many small components that can become distracting for children.
3. **Encourage Creativity:** As we help children to become more flexible, think more creatively and engage in imaginative play, we have found it useful to work with toys supportive of this goal. Therefore, the toys we have listed below all lend themselves to being used in a variety of ways.
4. **Encourage Interaction:** Most toys on the market are designed to occupy a child while their parents attend to chores or other matters. We want the opposite of this! Although a child who wants to be exclusive will be exclusive, regardless of the toys available, this list represents toys we’ve found that tend to promote interactive play rather than encourage solitary play. For example, your child could play exclusively with a puppet but may find it more entertaining when you animate the puppet. The puppet then provides you with an opportunity to become a part of your child’s interest.

If there are particular toys you know that your child enjoys (or even uses to “ism”), excluding toys that are battery operated and toys that contain large amounts of sand, beans or water, we suggest that you have those toys in the playroom available for your child to play with. We suggest that you put your child’s “ism” toy in the playroom in moderation. For example, if your child “isms” on trains and has 50 trains, lower the number in the playroom to approximately 6 trains. If your child likes to “ism” with string, provide a couple of strings in the playroom instead of an entire basket. We do not think that it is necessary to have 2 of every toy, but suggest that you get 2 of each toy that your child plays with exclusively, so that you can join exactly using the same toy.

Many parents have also asked how many toys they should have in their playrooms. The object is to provide a variety of different toys, while ensuring that it is easy for you and your child to see what you have on your shelves and locate a toy. Our playrooms contain 3 shelves, 7 feet in length, with one toy-free section where we keep snacks, drinks, extra changes of clothes, diapers, etc.

*The following two pages provide a brief description of recommended toys followed by a chart on page 6 to help you decide which toys will be most appropriate for your child. The charts on page 7-8 gives contact information for suppliers of each toy.*

### **Dress-Up Costumes:**

**Disguise Kit** – Silly glasses, fake noses, big ears and more to draw your child’s focus to your face.

**Face Paints** – Non-toxic, washable, bright colors will make you fun to look at.

**Multi-horned Hat** – Fun to look at, feel and wear.

**Wizard Hat** – Draws attention to your face and can be used for imaginative play.

**Black Cape** – Another item with multiple dress-up possibilities.\*

**Fireman Suit** – Useful in many imaginary scenarios.

### **Musical Instruments:**

**Harmonicas** – Easy to play, fun to listen to and encourages oral motor development.

**Bucket Drum** – For playing rhythms, sitting on, climbing in, making into boats - the possibilities are endless when you use your imagination!

**Drum Sticks** – Solid wood, well padded, with soft felt to allow banging on many different objects without causing damage.

**Rhythm Kit** – A collection of various percussion instruments to make your own band!

### **Sports / Gross Motor & Sensory Development:**

**30-inch Exercise Ball** – We recommend 2 of them for bouncing, rolling, throwing and making into airplanes, etc.

**Huggy Balls** – A soccer ball, basketball and football, all small enough to be caught by little hands and soft enough to be gentle on your windows.

**Bowling Game** – Soft, squishy pins and ball for practicing hand-eye coordination and many other imaginative purposes. (They make excellent ice cream cones!)

**Rip-Tag** (youth or adult sizes) – Velcro bands with colored flags for tag-based games. Tags are made of durable fabric for high energy chasing and physical play that can be both interactive and imaginative.

**Luna Stick** – Fun higher-level physical game to help with hand-eye coordination and attention span.

**Bubbles** – These bubbles are non-drip, non-spill—perfect for giving control without creating slippery floors!

**Chew Toys** – For oral motor development and sensory stimulation.

### **Props for Imaginative Play:**

**Brick Blocks** – Large, sturdy cardboard “bricks” for construction of whatever you can imagine.

**“Phone-a-Friend”** – Long, durable, flexible tube with wooden “handsets” for phone calls, vacuum cleaning, putting out fires, etc.!

**Jumbo Letters and Numbers** – Large, colored, textured letters and numbers.

**Toddle Tots School Bus** – Yellow school bus complete with movable, durable plastic passengers.

**Big-Mouth Puppets** - The cow and dog puppets have large mouths, operated by your hand, meaning they can be used to pick up and throw objects, squeeze, tickle and kiss your child and many other creative ways to get your child interested in you. They can also be used to model the power of language to your child—the frog says “tickle” and gets his tummy tickled!

**Finger Puppets** – Set of puppets representing various roles (i.e. doctor, nurse, dentist, farmer, etc.) for imaginative play.

**Bendo People** – A family of 5 figurines, complete with cat and dog, which can be molded into various positions.

**Tea set** – Brightly colored plastic set for imaginative entertaining.

**Zoom Box Cars** – An ambulance and a fire engine that you can climb into and use to rescue people, animals, stuffed toys, etc.! \*

**Hands and Feet Set** – Blue and yellow plastic foot and hand prints you can use to create trails, dance steps, large-scale board games, etc.

**Microphones** – Creates an echo of your voice. Fun for announcing, performing, story telling and more.

**Pretend Money** – Set of bills and coins for role-playing games and teaching life skills and mathematics.

**Blank Books** – For making your own stories and illustrations, either in collaboration with your child or to teach a particular perspective through your child's favorite characters.

### Cognitive Development:

**“ABC Toss n Play Activity Set”** - Brightly colored floor mat showing letters and fun illustrations, comes with 4 small bean bags. This item can be used in many different ways to stimulate interactive games while teaching the alphabet.

**“Arthur’s Tell-a-Story”** - Based on the cartoon character, Arthur, this game encourages sequencing skills, narrative development and can form the basis for interactive story telling, conversation and role playing.

**“Fun Thinkers”** – Creative matching game for development of reading, mathematics, creative thinking, sequencing and problem-solving skills.

**“Feel and Find”** – Locate and select chunky wooden shapes to complete a puzzle. Develops visual and tactile discrimination skills.

**Flash Cards** – Selection of cards including phonics, pictures and simple words. \*

**“Poetry Pals”** – Set of 7 small, durable hard-board books, featuring simple poetry, fun characters and appealing illustrations.

### Interactive Board Games / Puzzles:

**“Bessie in the Barnyard”** – Easy first board game with many possibilities for variation, expansion and interaction. \*

**Up & Down Puzzle** – Wooden puzzle with large pieces featuring various forms of transport to explain concepts of position and encourage manual dexterity.

**“Kids On Stage”** - Charades style game in board game structure. Encourages role playing, guessing, creative thinking and interaction.

**“Together Game”** – Twenty miniature objects and cards for matching, object recognition, functional association skills and imaginative play.

**“Twister”** – The old favorite can be adapted in countless ways by adding in more of your child's particular motivations and challenges. \*

**Move Cube** – A large 6-side die made of durable plastic with transparent pockets so you can add pictures, words or numbers to each face of the die and create unlimited amounts of your own games.

**“Don’t Make Me Laugh”** – Highly interactive board game encouraging role play, creative thinking, imaginative play and self-expression.

**“Life Stories”** – Board game facilitating personal (rather than fact-based) conversation, while exploring a variety of social settings and skills.

**“The Whole Brain Game”** – For children 11 and older, this game demands “out-of-the-box” thinking and encourages self-expression. Can be played competitively or cooperatively.

**“Ungame”** – Cooperative board game to stimulate conversation, invite self-expression and promote listening skills.

\* Retail information is not available for these items now. We listed them so you could look for similar toys.

***Recommended Toys by Child's Age, Language Level and Interactive Attention Span***

<b>Child's Characteristics</b>	<b>Freshman Kit</b>	<b>Sophomore Kit</b>	<b>Junior Kit</b>	<b>Senior Kit</b>
Age:	2 years – 8 years	2 years – 8 years	8 years +	14 years +
Language Level:	Up to 50 words	3 word sentences	Up to 150 words	Conversational
Attention Span:	10 sec – 10 min	10 min or more	10 sec – 10 min	10 min or more
<b>Recommended Toy</b>				
Disguise Kit	*	*		
Face Paint	*	*	*	*
Multi-Horned Hat	*	*		
Wizard Hat	*	*		
Black Cape	*	*	*	*
Fireman Suit	*	*		
Harmonica	*	*	*	
Bucket Drum	*	*	*	*
Drum Sticks	*	*	*	*
Rhythm Kit			*	
30-inch Exercise Ball	*	*	*	*
Three Ball Set	*	*	*	*
Bowling Game	*	*	*	
Rip-Tag			*	*
Luna Sticks				*
Bubbles	*	*		
Chew Toys	*			
Brick Blocks	*	*		
Phone-A-Friend	*	*	*	
Jumbo Letters / Numbers	*	*	*	
Toy School Bus	*	*		
Big Mouth Puppets	*	*	*	*
Finger Puppets	*	*	*	
Bendo People		*	*	
Tea Set		*		
Zoom Box Cars		*		
Hands and Feet				*
Microphones		*		*
Pretend Money				*
Blank Books				*
ABC Toss n' Play		*		
Arthur's Tell-a-Story		*		
Fun Thinkers		*		
Feel and Find			*	
Flash Cards		*	*	
Poetry Pals	*			
Bessie in the Barnyard	*		*	
Up & Down Puzzle	*			
Kids on Stage		*		
Together Game			*	
Twister			*	
Move Cube				*
Don't Make Me Laugh				*
Life Stories				*
The Whole Brain Game				*
The Ungame				*

***Recommended Toys Purchasing Information***

<b>Recommended Toy</b>	<b>Supplier</b>	<b>Contact Information</b>	<b>Web Site</b>	<b>Telephone Nos.</b>
Disguise Kit	Copernicus	1 Morton Dr., Charlottesville, VA 22903	<a href="http://www.copernicustoys.com">www.copernicustoys.com</a>	1-800-424-3950 1-434-296-6800
Face Paint	Small World Toys	5711 Buckingham Pkwy., Culvert City, CA 90230	<a href="http://www.smallworldtoys.com">www.smallworldtoys.com</a>	1-866-310-1717 1-310-645-9680
Multi-Horned Hat	Elope Inc.	775 N. Murray Blvd., Colorado Springs, CO 80915	<a href="http://www.elope.com">www.elope.com</a> <a href="http://www.shiptheweb.com/epages/shiptheweb.storefront/EN/Catalog/1028">www.shiptheweb.com/epages/shiptheweb.storefront/EN/Catalog/1028</a>	1-800-388-8493 1-856-426-0111
Wizard Hat	Schylling Associates	306 Newburyport Turnpike, Rowley, MA 01969	<a href="http://www.schylling.com">www.schylling.com</a>	1-800-767-8697 1-978-948-3601
Black cape			Available on <a href="http://www.amazon.com">www.amazon.com</a>	
Fireman suit	Dexter Educational Toys Inc.	PO Box 630861, Aventura, FL 33163	<a href="http://edushop.edu4kids.com/catalog/product_info.php?products_id=1165">http://edushop.edu4kids.com/catalog/product_info.php?products_id=1165</a>	1-800-291-4515
Harmonica	Woodstock Percussion	167 DuBois Rd., Shokan, NY 12481	N/A	1-800-422-4463 1-845-657-6000
Bucket Drum (Catch the Rhythm)	The M.H.F. School of Drumming	PO Box 103, Bethany, CT 06524	<a href="http://www.drumbuckets.com">www.drumbuckets.com</a>	1-203-393-1965
Drum Sticks	The M.H.F. School of Drumming	PO Box 103, Bethany, CT 06524	<a href="http://www.drumbuckets.com">www.drumbuckets.com</a>	1-203-393-1965
Rhythm Kit	Rhythm Band Instruments	PO Box 126, Ft. Worth, TX 76101	<a href="http://www.rhythmband.com">www.rhythmband.com</a>	1-800-424-4724 1-817-335-2561
30 inch Ball	Small World Toys	PO Box 3620, Culvert City, CA 90231	<a href="http://www.smallworldtoys.com">www.smallworldtoys.com</a>	1-866-310-1717 1-310-645-9680
Huggy Balls	Hooray!	156 Fifth Ave. # 500, New York, NY 10010	<a href="http://www.huggybuggy.com">www.huggybuggy.com</a>	1-866-278-7785
Bowling Game	Small World Toys	PO Box 3620, Culvert City, CA 90231	<a href="http://www.smallworldtoys.com">www.smallworldtoys.com</a>	1-866-310-1717 1-310-645-9680
Rip-Tag	Sportime One	3155 Northwoods Pkwy., Norcross, GA 30071	<a href="http://www.sportime.com">www.sportime.com</a>	1-800-283-5700 1-770-449-5700
Luna Sticks	Liston Concepts	1151 S. Redwood Rd. # 104, Salt Lake City, UT 84104	<a href="http://www.lunastix.com">www.lunastix.com</a>	1-800-221-8500 1-801-972-8282
Bubbles	Little Kids, Inc.	225 Chapman St. # 202, Providence, RI 02905	<a href="http://www.littlekidsinc.com">www.littlekidsinc.com</a>	1-800-545-5437 1-401-454-7600
Chew Toys	Millbrook Distribution Services	PO Box 790, Harrison, AR 72601	<a href="http://www.millbrookds.com">www.millbrookds.com</a>	1-800-643-8130 1-870-741-3425
Brick Blocks	U.S. Toy Co. Constructive Playthings	13201 Arrington Rd., Grandview, MO 64030	<a href="http://www.cptoys.com">www.cptoys.com</a>	1-800-448-1412 1-816-761-5900
Phone-A-Friend	Small World Toys	PO Box 3620, Culvert City, CA 90231	<a href="http://www.smallworldtoys.com">www.smallworldtoys.com</a>	1-866-310-1717 1-310-645-9680
Jumbo Letters/ Numbers	Educational Insights	2206 Oakland Pkwy., Columbia, TN 38401	<a href="http://www.educationalinsights.com">www.educationalinsights.com</a>	1-800-995-4436 1-931-381-9066
Toy School Bus	Little Tikes Company	2180 Barlow Rd., Hudson, OH 44236	<a href="http://www.littletikes.com">www.littletikes.com</a>	1-800-321-0183 UK: 0-800-521-558
Big Mouth Puppets	Lakeshore Learning Materials	2695 E. Dominguez St., Carson, CA 90895	<a href="http://www.lakeshorelearning.com">www.lakeshorelearning.com</a>	1-800-778-4456 1-310-537-8600
Finger Puppets	Dexter Educational Toys Inc. (Web site is retailer; use SKU DEX110.)	PO Box 630861, Aventura, FL 33163	<a href="http://www.edushop.edu4kids.com/catalog/product_info.php?products_id=1165">www.edushop.edu4kids.com/catalog/product_info.php?products_id=1165</a>	1-800-291-4515

***Recommended Toys Purchasing Information (Continued)***

<b>Recommended Toy</b>	<b>Supplier</b>	<b>Contact Information</b>	<b>Web Site</b>	<b>Telephone Nos.</b>
Bendo People	Kid Galaxy, Inc.	One Sundial Ave. #310, Manchester, NH 13105	<a href="http://www.kidgalaxy.com">www.kidgalaxy.com</a>	1-800-816-1135 1-603-645-6252
Tea Set	International Playthings, Inc. (Use Cambitoys web site for retail.)	7D Lackawanna Ave., Parsippany, NJ 07054	<a href="http://www.intplay.com">www.intplay.com</a> <a href="http://www.cambitoys.com">www.cambitoys.com</a>	1-866-472-7135
Hands and Feet	Sportime	One Sportime Way, Atlanta, GA 30340	<a href="http://www.sportime.com">www.sportime.com</a>	1-800-283-5700 1-770-449-5700
Microphones	The Early Learning Center	South Marston Park, Swindon SN3 4TJ, UK	<a href="http://www.elc.co.uk">www.elc.co.uk</a>	08705-352-352
Pretend Money	Lakeshore Learning Materials	2695 E. Dominguez St., Carson, CA 90895	<a href="http://www.lakeshorelearning.com">www.lakeshorelearning.com</a>	1-800-778-4456 1-310-537-8600
Blank Books	Treetop Publishing	PO Box 085567, Racine, WI 53408	N/A	1-414-884-0501
Alphabet Toss n Play Activity Set	Learning Resources, Inc.	380 N. Fairway Dr., Vernon Hills, IL 60061	<a href="http://www.learningresources.com">www.learningresources.com</a>	1-800-333-8281
Arthur's Tell-a-Story	Ravensburger/ F.X. Schmid USA, Inc.	One Puzzle Place Lane, Newton, NH 03858	<a href="http://www.ravensburger.com">www.ravensburger.com</a>	1-800-886-1236 1-603-382-3377
Fun Thinkers	Educational Insights	2206 Oakland Pkwy., Columbia, TN 38401	<a href="http://www.educationalinsights.com">www.educationalinsights.com</a>	1-800-995-4436 1-931-381-9066
Feel and Find	Guidecraft USA	66 Grand Ave. # 207, Englewood, NJ 07631	<a href="http://www.Guidecraft.com">www.Guidecraft.com</a>	1-800-524-3555
Flash Cards			Available on <a href="http://www.amazon.com">www.amazon.com</a>	
Poetry Pals	Poetry Pals, Inc.	PO Box 367, Burlison, TX 76097	<a href="http://www.poetrypals.com">www.poetrypals.com</a>	1-877-463-6896/ 1-817-295-6680
Bessie in the Barnyard	Kinga Games	49 A Rue Ste-Anne, Ste-Anne-DE-Bellevue, QC H9X 2E6, Canada		
Up & Down Puzzle	Small World Toys	PO Box 3620, Culvert City, CA 90231	<a href="http://www.smallworldtoys.com">www.smallworldtoys.com</a>	1-866-310-1717 1-310-645-9680
Kids on Stage	University Games	3893 Crowfarn, Memphis, TN 38118	Available on <a href="http://www.amazon.com">www.amazon.com</a>	
Together Game	Lakeshore Learning Materials	2695 E. Dominguez St., Carson, CA 90895	<a href="http://www.lakeshorelearning.com">www.lakeshorelearning.com</a>	1-800-778-4456 1-310-537-8600
Twister			Available on <a href="http://www.amazon.com">www.amazon.com</a>	
Move Cube	Sportime	One Sportime Way, Atlanta, GA 30340	<a href="http://www.sportime.com">www.sportime.com</a>	1-800-283-5700 1-770-449-5700
Don't Make Me Laugh	Lolo Company, Inc.	6755 Mira Mesa Blvd. # 123, San Diego, CA 92121	<a href="http://www.lolofun.com">www.lolofun.com</a>	1-800-760-9930
Life Stories	Talikor/Aristoplay	901 Lincoln Pkwy., Plainwell, MI 49080	<a href="http://www.talikor.com">www.talikor.com</a>	1-800-433-4263 1-269-685-2345
The Whole Brain Game	Creative Mind Games	PO Box 227, Elmhurst, IL 60126	<a href="http://www.creativemindgames.com/wheretobuy.htm">www.creativemindgames.com/wheretobuy.htm</a>	No telephone #s. Game available in stores
The Ungame	Talikor/Aristoplay	901 Lincoln Pkwy., Plainwell, MI 49080	<a href="http://www.talikor.com">www.talikor.com</a>	1-800-433-4263 1-269-685-2345