



SELECTING THE RIGHT TOYS: A Key to Success in PCIT

When selecting toys for your session, think about your client and what you want to accomplish. The toys you choose will help you achieve your goals.

- Think about how old children are, their motor coordination, and their taste in toys. You may also consider whether a toy poses a safety hazard (e.g., choking).
- Think about whether you want the parent and child to play together or to play apart.
- Think about whether parents need a really fun toy to keep children interested in playing with them.
- Think about whether the child might have a meltdown or require a time out.

While it is all right to use other toys, the toys listed below have traditionally been successful for PCIT sessions.

Toys for Most 2 – 7 yr olds	Toys for Younger Children	Toys for Older Children
Foam blocks	Pop-beads	Small Legos
Little People toys	Duplo blocks (large Legos)	Gears (building gears)
Play-Doh with molds, shapes, & cutters	Megga blocks (giant Legos)	Magnetix
Play food, dishes, pots, & pans	Ring stacker with sounds	Tinker Toys (plastic)
Potato Heads (at least two so that both parent & child can play)	Xylophone, or other musical instruments that do not go in the mouth	Matchbox or Hotwheels cars
Wooden train & track	Pop-up toy	Kid Kinex
Plastic play figures with terrain/play mats: farm animals, dinosaurs, jungle animals	Toys with a small amount of sound, music, or lights	Motorworks (cars to build)
Bristle Blocks (Krinkles brand with wheels and figures)	Soft toys, or small plush animals	Marble Toy
Washable crayons and paper	Sorting blocks, nesting toys	Simple, non-directive arts and crafts

You may also consider selecting the following toys to give you more options in coaching around trauma, and in PDI:

- Games like Candy Land or Chutes & Ladders, or puzzles to help build frustration tolerance and improve turn-taking
- Baby dolls and accessories
- Play family figures, all ages and ethnicities
- Fischer-Price school house and playground
- Play furniture, with beds, toilets, and bathtubs
- Cars and trucks, esp. police cars, ambulances, and fire trucks

