



How to Customize a Busy Bag for your Child

What is a busy bag and why do I want one?

A busy bag is a small kit of motivating toys that your child is independent in exploring; these are also encouraged to only be utilized at certain times in order to keep the items motivating. Busy bags offer an alternative to screen time, which research has proven to negatively impact behavioral compliance and global development in toddlers and young children. Popular times families find these helpful are when out at restaurants, during car rides, or even to keep your kiddo entertained while you prepare dinner.

Steps to building a busy bag your child will love

1. Novel Coloring Materials



[Squiggle Wiggle Writer - \\$11.00](#)

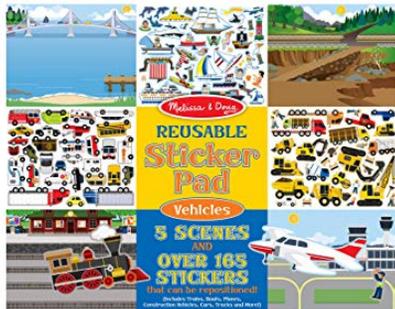
The vibration input from this pen can be overwhelming or highly motivating, depending on your child's sensory profile. If you aren't sure how your child will respond your BBD OT can provide insight!



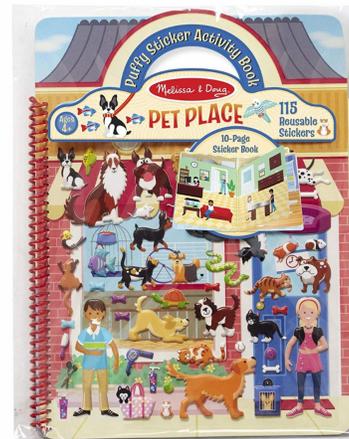
[LCD Drawing Tablet - \\$9.99](#)

This LCD Tablet is a motivating and gentle-on-the-eyes alternative to Ipad drawing apps, and a great way to support handwriting in an easier to generalize way!

2. Reusable Sticker Books



[Transportation Reusable Sticker Book - \\$4.00](#)



[Pet Place Reusable Sticker Book - \\$7.00](#)

Melissa & Doug has countless reusable sticker books on Amazon so you can always find a theme your child enjoys!

3. Motivating Tactile Play Materials





[Playdough Travel Pack - \\$4.99](#)

Your Blue Bird teacher can also laminate simple, reusable playdough place mats upon request!



[Flarp Noise Putty - \\$3.95](#)

4. Sensory Fidgets



[Bubble Timer and Stretchy Snake Duo - \\$7.99](#)

This Amazon fidget duo includes two very popular and durable fidgets!



[Tangle Toys - \\$8.00](#)

A rubber, hairy texture brings a fun spin to a classic fidget favorite, the tangle toy!

Please don't hesitate to reach out to your Blue Bird Day team with any questions on busy bag material recommendations or tips for implementing successfully - we are always happy to brainstorm additional ideas!

Thank you,
Your Blue Bird Day team