



## Inclusive Play Resources

*Inclusive play refers to involving everyone in the activity and making the activity accessible regardless of individual abilities. According to the [National Lekotek Center](#), a nonprofit that provides information and resources on the developmental potential of toys and play, “research has shown that children need to play in order to learn important developmental skills, as well as develop a healthy sense of self-esteem. Play even helps children cope with pain, illness and the stresses of everyday life.” Here we have compiled a robust list of resources and information about inclusive play for families and professionals who support children with disabilities.*

### General Information

- **Making Play Inclusive Toolkits:** Sense, a UK-based disability resource, offers toolkits and videos to help play providers and families develop fun and inclusive play opportunities for children with special needs: [www.sense.org.uk/play/toolkits](http://www.sense.org.uk/play/toolkits)
- **Teaching Your Child How to Connect to Peers with Special Needs:** Tips for families to help peers without disabilities connect to your child: [www.care.com/c/stories/6618/teaching-your-child-about-peers-with-special](http://www.care.com/c/stories/6618/teaching-your-child-about-peers-with-special)
- **Center on Social & Emotional Foundations for Early Learning:** This site offers resources, videos and other tools for families and professionals that reflect evidence-based practices for promoting children's social and emotional development and preventing challenging behaviors: <http://csefel.vanderbilt.edu/resources/family.html>

### Toy Guides

These guides feature reviews, ratings and other helpful information about toys and products for children.

- **Toy Guide for Differently Abled Kids:** Published by the national toy franchise, Toys R Us: [www.toysrus.com/toys/advice/differently-abled-toy-guide-special-needs-toys](http://www.toysrus.com/toys/advice/differently-abled-toy-guide-special-needs-toys)
- **Oppenheim Toy Portfolio/SNAP Awards:** This organization is noted for the lack of a bias for their awards. SNAP (Special Needs Adaptable Toys) awards are given to toys specifically made for children with special needs: [www.toyportfolio.com/snap-award](http://www.toyportfolio.com/snap-award)
- **AblePlay Toy Guide:** This website, part of the National Lekotek Center, provides comprehensive information on toys for children of all abilities: [www.ableplay.org](http://www.ableplay.org)

### Sports & Recreation

- **Special Olympics Iowa:** The Iowa Special Olympics offers adapted sports for individuals with disabilities across the lifespan, including preschool based programming: [www.soiowa.org](http://www.soiowa.org)
- **Adaptive Sports:** A statewide resource for wheelchair sports: [www.adaptivesportsiowa.org](http://www.adaptivesportsiowa.org)
- **Courage League Sports:** Gyms with programs designed for individuals with disabilities across the lifespan. Note: Not available statewide. [www.courageleaguesports.com/locations/location-map](http://www.courageleaguesports.com/locations/location-map)
- **The Miracle League:** Provides an accessible, adaptive venue for children and adults with disabilities to play baseball. Note: Not every community has a league. [www.themiracleleague.net/find-a-miracle-league](http://www.themiracleleague.net/find-a-miracle-league)



## Additional Resources

- **AblePlay Blog:** Offered by the National Lekotek Center, this blog features low cost and no-cost ideas for inclusive and adapted play to engage children of all ability levels: [www.ableplay.org/blog](http://www.ableplay.org/blog)
- **Special Needs Apps:** Common Sense Media offers a directory of fun, well-designed apps that were recommended and tested by field experts: [www.commonsensemedia.org/guide/special-needs](http://www.commonsensemedia.org/guide/special-needs)
- **Inclusive Schools:** Great ideas and strategies to include your child in school activities: <http://inclusiveschools.org/inclusion-resources>
- **Top 10 Parent Blogs:** A mom with lived experience shares her top ten blogs and online resources for parents of kids with special needs: [www.sheknows.com/parenting/articles/816188/10-blogs-for-parents-of-kids-with-special-needs](http://www.sheknows.com/parenting/articles/816188/10-blogs-for-parents-of-kids-with-special-needs)