

Home-Based Play Therapy Toy List: Many mental health practitioners provide in-home based services. This list was created for professionals who use a play therapy approach in the context of in-home services. This list is not exhaustive, but should provide a foundation.

Some overall considerations for In-Home Based Play Therapy sessions:

- toys/materials should be light in weight and simple to transport
- toys/materials should be inexpensive but durable
- toys/materials should be easy to clean up and pack up
- choice of toys/materials should be considered through a cultural lens that factors in that you will be in the child's home

The list of toys/materials:

- a tote for carrying your supplies can also double as a play kitchen (for an example, [on the go Kitchen](#))
- empty egg cartons, cereal boxes, spice containers (Even cleaned out these will retain scent. This is one way to weave cultural thoughtfulness into sessions.)
- paper, plastic or other light weight cups, plates, utensils
- baby doll
- baby bottle
- soft ball (like Nerf-brand)
- plain paper
- washable magic markers
- bandages (as many as you have will get used, so I usually have 3-5 available per session)
- empty vitamin bottle (washed out thoroughly, of course)
- stethoscope (you can get real working ones for about \$10, worth it!)
- doll house or other people figures
- car
- emergency vehicle
- menacing character puppet
- nurturing character puppet
- play handcuffs
- jump rope
- mask (a variety is good, like 2-3)

You can always add your favorites and cater specifically to the population of children you work with. This is most appropriate for play therapists using a child-centered approach. Finally, remember that you want toys that will allow children to express, regress, and aggress in their play.

