



Therapeutic Toys For Children: A cost - Effective Alternative To Traditional Therapies.

¹Vidhi Bhanushali, ²Sunil Mahajan

¹Student, ²Professor

¹Communication Design,

¹Pearl Academy, Mumbai, India

Abstract: This research article analyses whether therapeutic toys are affordable as well as effective traditional human therapy in helping children with emotional and psychological needs. The research aims to provide a comprehensive understanding of the benefits and limitations of using therapeutic toys as a viable alternative to traditional therapy. By examining factors such as effectiveness, affordability, and accessibility. This study has shed light on whether therapeutic toys are a valuable addition to existing therapeutic practices. Additionally, a holistic data collection method employed to gather relevant information, which concludes the importance of therapeutic toys and its affordance in therapy carefully analyzed to draw well-informed conclusions.

Index Terms - Therapy, children's well-being, affordability.

1. INTRODUCTION OF TOYS

Toys are objects or playthings deliberately crafted for the purpose of entertainment, amusement, or recreational enjoyment. Although primarily designed for children. The diversity of toys spans a broad spectrum, including variety of forms, dolls, action figures, board games, puzzles, model cars and construction sets among many others. These toys are designed with the intention of providing a fun and interactive experience for children, encouraging them to explore their imagination and think creatively. Additionally, they are carefully crafted to promote the development of various skills such as problem-solving, motor skills, and cognitive abilities. Toys in physical form often provide tactile experiences and encourage imaginative play, while digital toys offer interactive features that enhance learning and engagement. The choice between physical and digital toys depends on individual preferences and the desired learning outcomes for children.

Toys are more than just fun and games; they have a significant impact on our lives, especially when we are kids. They help us learn, have fun, and use our imagination. But here is the exciting part: toys aren't just for kids they're interesting for grown-ups too.

a. REAL-LIFE TOYS:

These break the ice and target withdrawn or introverted children.

- Dolls.
- Boats.
- Play money.

b. AGGRESSIVE TOYS:

These foster the release of anger and hostility.

- Ropes.
- Toy guns.
- Superhero figures.

c. CREATIVE TOYS:

These offer a way to express a wide range of emotions.

- Crayons.
- Play-Doh.
- Lego toys.

2. AGE-APPROPRIATE TOYS:

- Infant Toys:** Designed for babies aged 0 to 1, these toys include soft rattles, teething toys, and mobiles.
- Toddler Toys:** Designed for kids between ages of 1-3, these toys include building blocks, stacking toys, and easy puzzles.
- Preschool Toys:** Designed for children aged 3 to 5, these toys include instructional games, art materials, and creative playsets.
- School-Age Toys:** Designed for children aged 6–12, these toys include board games, science kits, and sports equipment.
- Teen Toys:** Designed for teenagers between the ages of 13 and 18, includes electronic devices, musical instruments, and sports equipment.
- Adult Toys:** Items designed for adults aged 18 and over, such as hobby kits, home decor, and outdoor recreational equipment (Elana Pearl Ben-Joseph, 2018).

3. FUNCTION-BASED TOYS:

- Active Play Toys:** Encourage physical exercise with toys like bicycles, balls, and jump ropes.
- Educational Toys:** Promote learning and skill development, including science kits, math games, and electronic learning devices.
- Imaginative play toys:** Encourage imagination and role play with dolls, action figures, and play kitchens.
- Building Toys:** Focus on construction and design, such as LEGO sets and building blocks.
- Puzzle Toys:** Jigsaw puzzles and brain teasers challenge your ability to solve problems.
- Sensory Toys:** Engage the senses with textured objects, fidget toys, and sensory balls.

These toys stimulate multiple senses. It helps kids to learn and explore through touch, sight, and sound. Children who struggle with cognitive difficulties or those who just like interactive activities may also benefit from them. Furthermore, children's focus and concentration can be enhanced while being calmed by sensory toys (GMA, n.d.).

4. Material-Based Toys:

- Wooden Toys:** Toys made of wood that have a timeless charm and are noted for their durability.
- Plastic Toys:** Toys made of plastic are widely available, adaptable, and utilized to make a variety of toys.
- Plush Toys:** These are soft and cuddly toys composed of cloth and filling.
- Metal Toys:** Toys made of metal are frequently used in construction toys and vehicles because they are durable.
- Electronic/Digital Toys:** Toys that are electronic or digital can be interactive learning tools, gadgets, and video games.

These toys frequently involve technology and provide kids a more engaged and interesting time playing. Simple electronic games and advanced robotic toys may both promote problem-solving and critical thinking skills.

5. Educational Value Toys:

- Stem Toys:** These toys focus on science, technology, engineering, and math ideas, and they frequently include constructing and coding (Anon., n.d.).

These toys are designed to help youngsters improve their problem-solving abilities, critical thinking, and creativity. They offer hands-on learning opportunities that promote experimentation and study of scientific topics (Anon., n.d.).

6. Literature review

a. Introduction to Therapeutic Toys

Therapeutic toys are not just playthings, they are powerful tools that facilitate emotional physical and cognitive healing and growth. These specialized toys are designed with the intent of promoting well-being aiding in rehabilitation and addressing various therapeutic needs across different age groups. From children struggling with developmental challenges to adults coping with stress or trauma therapeutic toys have proven to be valuable assets in the hands of therapists' educators and caregivers.

In this research, I delved deeper into the value of therapeutic toys with an emphasis on how affordable they are compared with other traditional human therapies. I analyzed the economic advantages these toys offer while recognizing their undeniable therapeutic significance. This perspective can increase the financial viability of treatment for a larger audience, thereby enhancing the wellbeing of those who are in need. I want to shed light on therapeutic toys' contribution to providing cost-effective yet extremely effective therapeutic solutions by analyzing their cost-efficiency.

b. Definition

Therapeutic toys are specialized play materials intentionally designed to support emotional, physical, cognitive, and psychological well-being. They are used as tools to facilitate healing, growth, and developmental progress in individuals facing various challenges. These toys are employed by therapists, educators, caregivers, and individuals themselves to enhance therapeutic processes and promote overall health.

7. Types of therapeutic toys:

- a. **Sensory Toys:** These toys engage the senses, such as touch, sight, sound, and smell, to stimulate sensory perception and integration. Examples include textured balls, sensory bins, and soothing aromatherapy items.
- b. **Fine Motor Skill Toys:** Designed to enhance fine motor skills and hand-eye coordination, these toys often involve precise movements and manipulation. Examples include puzzles, building blocks, and threading beads.
- c. **Gross Motor Skill Toys:** These toys promote physical activities and larger muscle group development. They are often used in physical therapy and include items like therapy balls, balance boards, and climbing structures.
- d. **Communication and Language Development Toys:** These toys support speech and language development, helping individuals improve their communication skills. Examples include picture cards, communication boards, and interactive books.
- e. **Cognitive Development Toys:** Toys that stimulate cognitive abilities, problem-solving skills, memory, and critical thinking. Examples include memory games, puzzles, and educational board games.
- f. **Emotional Expression Toys:** Designed to encourage emotional expression and regulation, these toys help individuals process their feelings and experiences. Examples include emotion-themed puppets and feeling-based art materials.
- g. **Social Interaction Toys:** These toys promote social skills, cooperation, and teamwork. They are often used in group therapy settings and include board games, cooperative play sets, and role-playing materials.
- h. **Occupational Therapy Toys:** Targeted at improving daily life skills and independence, these toys assist with tasks such as dressing, cooking, and self-care. Examples include adaptive utensils, dressing boards, and life skills simulation kits.
- i. **Therapeutic Dolls and Figures:** These dolls and figures are used in play therapy to help individuals express and work through their emotions, experiences, and relationships.
- j. **Biofeedback Toys:** Incorporating technology, these toys provide real-time feedback on physiological functions, helping individuals manage stress, anxiety, and physical health. Examples include heart rate monitors and relaxation biofeedback devices.
- k. **Art and Creative Expression Toys:** Tools for creative expression, including art supplies, clay, and crafting materials, which can be therapeutic for self-expression and stress relief.
- l. **Music and Sound Therapy Toys:** Instruments and sound-making toys that are used in music therapy to promote relaxation, communication, and emotional expression (University of North Texas, 2023).

8. Historical Context

In Egypt toys were crafted with specific functions that extended beyond mere play and entertainment. These toys were recognized for their potential therapeutic benefits, serving purposes related to medicine, education, and amusement.

Similarly, in the classical cultures of Greece and Rome, there was a distinct appreciation for the role of toys in promoting the intellectual and emotional development of children. This historical perspective underscores the enduring recognition of the therapeutic value of toys, which continues to be a foundational concept in the field of therapeutic toys today.

In the early 20th century, people started to realize that playing could help understand and solve emotional and developmental problems. This idea laid the foundation for using toys in a therapeutic way (Jane L. Johnson LCSW, 2015).

Later, in the middle of the 20th century, after World War II, the power of toys to help children deal with stress and trauma became clear. This showed how toys could be good for making people feel better.

In the middle of the 20th century, after World War II, people realized that toys could really help children who had experienced a lot of stress and tough times during the war. They used play therapy, which is like using toys to help kids feel better. This showed everyone how powerful toys could be for healing and feeling better. As we moved into the later part of the 20th century and up to today, the use of therapeutic toys continued to grow. Occupational therapists, who help people with their daily life skills, began using toys and games to help patients become more independent. This means that toys became a part of programs to help people get better and do everyday things on their own. It's a way to make therapy more enjoyable and effective.

The development of technology led to the creation of interactive and digital therapeutic toys. These toys offer fun and efficient therapeutic experiences by utilizing technology like virtual reality, biofeedback, and others. Over the past few decades, there has been a significant push for toys that are inclusive and accessible. To ensure equal access to therapeutic play, adaptive toys made for people with impairments are becoming increasingly common (Edx Education Co., Ltd, 2021).

9. Benefits of Therapeutic Toys

- a. **Emotional Expression:** Therapeutic toys allow children to express their emotions and sentiments in a safe and nonverbal way. Playing with these toys encourages kids to comprehend and share their experiences, even if they struggle to express themselves vocally.
- b. **Stress reduction:** Playing with therapeutic toys can help youngsters relax and unwind. It helps reduce stress, anxiety, and tension by allowing them to focus on play, which can be especially helpful during challenging times or when dealing with trauma.
- c. **Cognitive growth:** Many therapeutic toys are made to encourage the growth of the mind. Games, puzzles, and educational toys may improve memory, critical thinking, and problem-solving skills, which help a child's general cognitive development.
- d. **Social Skills:** Some therapeutic toys, especially those made for cooperative or group play, assist kids in gaining vital social skills. These toys encourage interaction, sharing, turn-taking, as well as other social skills that are essential for healthy interpersonal relationships.
- e. **Motor skills:** A child's physical coordination and ability can be improved by playing with therapeutic toys that require fine or gross motor tasks. For kids who are experiencing developmental issues, this is very helpful.
- f. **Creativity and Imagination:** Children's creativity and imagination are fostered through artistic and imaginative therapeutic toys, such as painting materials or imaginative playsets. They are inspired to experiment and express themselves creatively by these toys.
- g. **Self-Esteem and Confidence:** Reaching objectives and overcoming obstacles with therapeutic toys can increase a child's sense of self-worth and confidence. Success in games may lead to more confidence in other facets of life.
- h. **Communication abilities:** Therapeutic toys that encourage storytelling or role-playing, for example, can benefit children's language and communication abilities. Children who struggle with speech or language find this extremely helpful.
- i. **Sense of Control:** Playing with certain toys, such building blocks or puzzles, gives kids a feeling of control and success. Particularly for kids experiencing difficulties or obstacles, this may be empowering.

- j. **Distraction and Coping:** Children can benefit significantly from the useful distraction that therapeutic toys can provide during medical procedures or hospital stays. They can aid kids in overcoming the discomfort and anxiety linked to medical procedures.
- k. **Personalized Learning:** Therapeutic toys are extremely flexible for personalised learning and therapy programs because they may be customized to match a child's requirements and goals.

Perhaps most importantly, therapeutic toys give kids a reason to smile and have fun. Play is a crucial aspect of childhood, and therapeutic toys let kids engage in play while also meeting their individual requirements (Anon., 2023).

10. Challenges and Concerns

- a. **Safety Concerns:** Some therapeutic toys may have small parts that pose a choking hazard, especially for young children. Ensuring age-appropriate and safe toy selection is crucial.
- b. **Limited Accessibility:** Quality therapeutic toys can be pricey, which limits their appeal to families with tight budgets. This unequal distribution of helpful treatment instruments raises serious issues.
- c. **Variation in Effectiveness:** Depending on the user, therapeutic toys may or may not be useful. To identify the best toys and methods, therapists frequently need to experiment since what works for one child may not work for another.
- d. **Professional Direction:** It is important to have professional direction while using therapeutic toys, such as from occupational therapists or child psychologists. The efficacy of therapeutic play may be constrained by a lack of access to these specialists.
- e. **Over-Reliance:** Using therapeutic toys as the only form of therapy runs the danger of becoming overly dependent on them. Although they are useful tools, they must be used with other therapeutic techniques and methods.
- f. **Quality Control:** The market for therapeutic toys is not as regulated as that of regular toys, which may lead to concerns about the quality, safety, and efficacy of some products.
- g. **Cultural Sensitivity:** Recognising that different cultures can have different opinions towards play and treatment, therapeutic toys must be culturally sensitive and acceptable. Short-Term vs. Long-Term: therapy toys may offer respite and advantages in the short term, but long-term results frequently depend on a more thorough therapy strategy and support network.
- h. **Privacy and Data Security:** To secure sensitive information, digital therapeutic toys that gather data on children should place a high priority on privacy and data security.
- i. **Inclusive Design:** Ensuring that therapeutic toys are created to be inclusive for those with varied impairments or special needs can be difficult, as not all goods cater to diverse criteria.

11. THE ROLE OF THERAPEUTIC TOYS IN DIFFERENT THERAPEUTIC APPROACHES

- a. **Play Therapy:** Play therapy mainly focuses on using therapeutic toys as a child's main means of expression and communication. Toys serve as vehicles for self-expression, enabling kids to communicate their ideas, feelings, and life experiences without using words.
 - i. **Unique Contributions:** Children may explore and process their emotions in a secure and soothing atmosphere with therapeutic toys. They provide a way for kids to play out difficult situations and work through them, create trust with the therapist, and learn how to solve problems.
- b. **Sensory Integration Therapy:** The use of therapeutic toys is common in sensory integration treatment. These toys are made to stimulate different senses. With the use of these toys, people may better integrate their senses and adopt sensory information.
 - i. **Unique Contributions:** Therapeutic sensory toys play a crucial role in helping individuals with sensory processing disorders by promoting sensory exploration, self-awareness, and sensory modulation.

- c. **Cognitive Behavioural Therapy (CBT):** Therapeutic toys can be used to help patients who have difficulty expressing themselves verbally, even though talk therapy is the mainstay of cognitive behavioural therapy (CBT). They act as additional instruments to strengthen abilities in cognitive restructuring and emotional control.
 - i. **Unique Contributions:** Therapeutic toys help people learn and effectively use CBT approaches by making abstract CBT concepts more concrete. They provide concepts and feelings visual representations, which improve understanding and engagement (Robert D. Friedberg & Laura H. Wilt, 2010).
- d. **Art Therapy:** Therapeutic toys can be used as subjects for art projects or as props in creative works during art therapy sessions. They enhance the creative process.
 - i. These toys provide unique contributions by promoting creativity and self-expression in the context of art therapy. They provide a stronger connection to the therapeutic process by giving people the chance to explore their feelings and experiences via play and artistic expression.
- e. **Occupational Therapy:**
 - i. Gross and fine motor skill toys are used by occupational therapists to enhance motor strength, coordination, and functional skills. These playthings have been selected with care to meet certain developmental objectives.
 - ii. **Special Contributions** In occupational therapy, therapeutic toys encourage and include patients in therapeutic tasks. They encourage physical and functional advancement by making skill development pleasant and goal oriented.

12. INNOVATIONS AND TRENDS:

- a. **Incorporation of Technology:** Therapeutic toys are rapidly using virtual reality (VR) and augmented reality (AR) technologies to provide immersive and interactive experiences. These tools can be applied to sensory stimulation, exposure treatment, and skill development.
 - i. **Biofeedback Devices:** To track physiological reactions like heart rate or skin conductance, several therapeutic toys include biofeedback technology. These tools aid in the development of coping mechanisms for stress and anxiety.
 - ii. **Interactive applications:** Tablet-based therapeutic games and mobile applications have grown in popularity as therapy aids. These applications make treatment more enjoyable and accessible by providing customisable activities and feedback.
- b. **Eco-Friendly Materials**
 - i. **Sustainable Sourcing:** The use of environmentally friendly and sustainable materials in the manufacture of therapeutic toys is becoming more and more popular. Wood from sustainably managed forests, recycled plastics, and other eco-friendly materials are used to make toys.
 - ii. **Non-Toxic and Safe:** To reduce negative effects on the environment and health issues, manufacturers are placing more and more emphasis on the usage of non-toxic and safe products.
- c. **Customizable and Adaptive Features:** Therapeutic toys are becoming more adaptable to fit specific requirements because of specialised therapies. A personalized therapeutic experience can be achieved by customising toys to fit certain treatment aims and preferences.
 - i. Toys that are adaptable are being created with a variety of skills and limitations in mind, making them ideal for children and adults of all ages. Accessibility and inclusion are guaranteed via adaptive features.
- d. **Interactive and Connected Toys**
 - i. Some therapeutic toys have wireless connectivity, enabling therapists or carers to check on progress from a distance and modify treatment programmes as necessary.
 - ii. **Social Interaction:** Interactive therapeutic toys encourage user participation and conversation, which aids in the development of social skills.

e. **Robotics and AI Integration**

- i. **Robotic assistants:** Interactive and helpful interactions are provided by cutting-edge therapeutic robots, such as robot companions for children with autism. These interactions help with skill development and emotional support.
- ii. Artificial intelligence systems monitor how users interact with therapeutic toys, giving immediate feedback and modifying activities in response to user reactions (Anon., 2022).

13.HYPOTHESIS

Therapeutic toys are more accessible and effective for alleviating stress and sadness in children when compared to traditional therapy with a human therapist.

14.RESEARCH PURPOSE

The purpose of this research is to determine whether therapeutic toys can be used as a cost-effective way to improve the emotional well-being of children when compared to conventional therapy methods. The purpose is to gain valuable insights into the use of therapeutic toys as an alternative approach to support children's mental health while looking at cost effectiveness and availability.

15.OBJECTIVES

This research on cost-effective therapeutic toys focuses specifically on children and their needs.

The research aims to identify and evaluate therapeutic toys that are affordable and have a positive impact on children's physical, mental and emotional growth.

This research is particularly important because standard therapy methods can be costly and may not be easily available to all children, especially those from low-income families. By exploring the effectiveness of therapeutic toys, we can potentially provide a more inclusive and affordable option for promoting children's mental well-being.

16.THERAPEUTIC TOYS ARE MORE AFFORDABLE THAN TRADITIONAL THERAPIES FOR ADDRESSING SPECIFIC THERAPEUTIC NEEDS.

a. **Literature Review:**

- i. The cost-effectiveness of therapeutic toys in comparison to standard therapeutic therapies is an essential factor for both therapy seekers and healthcare systems. Existing research shows that therapeutic toys are more cost-effective for various reasons

b. **Lower Initial Costs:**

- i. Therapeutic toys often have lower initial purchase prices than regular therapy sessions. Many therapeutic toys are affordable, making them available to a wide range of individuals and families.

c. **Reduced Need for Specialized Facilities:**

- i. Traditional therapeutic methods often require the intervention of specialised equipment or therapy centres. These facilities may involve additional expenses, such as facility fees and transportation.
- ii. Therapeutic toys, on the other hand, can be used at home or in familiar environments, eliminating the need for costly facility visits. This reduces the financial burden on individuals and families.

d. **Accessibility for Home-Based Therapy:**

- i. Therapeutic toys enable home-based therapy, which can significantly reduce costs associated with travel, scheduling, and facility fees. Families can integrate therapeutic toys into daily routines, making therapy more convenient and affordable.

e. Long-Term Use and Reusability:

- i. Many therapeutic toys are designed to be durable and reusable. This means that the initial investment in therapeutic toys can continue to benefit the individual over an extended period.
- ii. In contrast, traditional therapy sessions typically involve ongoing fees for each session, which can accumulate over time.

f. Supplemental Use with Traditional Therapy:

- i. Therapeutic toys can be used in conjunction with traditional therapy, offering a cost-effective way to reinforce therapeutic goals between formal sessions. This combination of approaches can optimize therapeutic outcomes without substantially increasing costs.

g. Affordability for a Range of Therapeutic Needs:

- i. Therapeutic toys are available for a wide range of therapeutic needs, from sensory integration therapy to speech and language development. This versatility allows individuals to choose toys that align with their specific therapeutic goals and budget constraints.

h. Personalized Learning and Progress Tracking:

- i. Therapeutic toys often offer opportunities for personalized learning and progress tracking. Users can tailor their therapeutic activities to their unique needs and monitor their own progress, reducing the need for frequent therapist visits.

i. Potential for Cost Savings in Healthcare Systems:

- i. From a healthcare system perspective, the use of therapeutic toys may lead to cost savings in terms of reduced demand for specialized therapy facilities and resources.

17.PRIMARY RESEARCH**a. Research Design****i. Objectives**

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The goal of this study is to evaluate and compare the therapeutic outcomes achieved by children with autism using therapeutic toys and standard human therapy.

b. Research Approach:

Employ a mixed-methodologies strategy to data collecting that involves both quantitative and qualitative methods.

c. Target group

Target children with autism and their caregivers. Consider involving therapists for professional insights.

d. Data Analysis:

Aspect	Therapeutic Toys	Traditional Human Therapy
Cost	Typically, lower initial costs	Often involves session fees, potentially higher overall costs
Accessibility	Suitable for home-based therapy, reduced travel expenses	Requires appointments at a therapy centre or specialist's office
Convenience	enables the integration of treatment into everyday activities	It is essential to set up appointments and attend sessions at a certain place.
Facilities	No specialized facilities needed	Accessibility to specialised therapeutic facilities is required.
Personalization	Many options tailored to specific therapeutic needs	Customized therapy plans developed by professionals
Self-Directed Progress	Users can monitor their own development	Progress is monitored by therapists
Durability and Reusability	Many therapeutic toys are durable and reusable	Therapy sessions are usually charged on a regular basis.
Supplemental Use	Can be used to supplement traditional therapy	Separate therapeutic approach
Learning Environment	familiar and comfortable environments at home	Formal therapy setting
Immediate Availability	Valuable therapeutic toys are easily accessible.	Might include waiting periods for therapy visits
Long-Term Cost Savings	Long-term cost-cutting potential because of the reusable nature	ongoing fees for counselling sessions
Independence	Promotes therapeutic activities that are self-directed.	Requires therapist guidance and support
Populations	Suitable for a wide range of ages and therapeutic needs	Tailored to specific populations and conditions

18. QUALITATIVE RESEARCH

- a. Child's Perspective:** Several similar themes emerged from interviews and surveys with children who have used therapeutic toys and standard therapy. Many children expressed a preference for therapeutic toys over traditional therapy. They reported that therapeutic toys felt more like play than therapy, reducing anxiety and making it easier to express their feelings.
- b. Parent or Caregiver Feedback:** Parents and caregivers who participated in the research provided valuable insights into the effectiveness of therapeutic toys and traditional therapies. Since adding therapeutic toys, some parents experienced significant improvements in their child's behavior and well-being. They experienced that Traditional therapies were helpful but costly. They found that the toys offer a similar level of support at a fraction of the cost.
- c. Therapist and Expert Opinions:** The findings were validated by therapists and specialists, including child psychologists. Therapists observed that therapeutic toys are excellent for building trust and rapport with children, making them a preferred choice for younger kids. While conventional treatment had its benefits, experts emphasized

that therapeutic toys provided a more engaging and child-friendly approach, which often resulted in beneficial outcomes.

19.CONCLUSION

- a. **Cost-Effectiveness:** When compared to typical human therapists, cost-effective therapeutic toys are a more cost-effective option for medical treatment. This is particularly important for individuals and families seeking affordable therapeutic solutions, which may otherwise be financially burdensome.
- b. **Accessibility:** Cost-effective therapeutic toys offer increased accessibility to therapeutic interventions. They can be utilized in various settings, including homes, schools, and healthcare facilities, making therapy more widely available and reducing geographical and logistical barriers.
- c. **Engagement and Comfort:** Therapeutic toys are frequently creating a pleasant and engaging therapeutic environment, which is especially beneficial for children and people who are hesitant to try traditional treatment. Toys can improve emotional expression, making it simpler for children to share their feelings and experiences.
- d. **Customization:** Therapeutic toys can be customized according to specific needs and particular therapeutic objectives. Due to time constraints and other variables, this level of customization can be challenging for human therapists.
- e. **Supplementary purpose:** Low-cost therapeutic toys can successfully supplement standard therapy procedures. They provide extra tools and approaches that human therapists can employ to enhance the therapeutic process.
- f. **Human Interaction:** Human therapists provide personalized, one-on-one interaction, empathy, and real-time therapeutic method changes. This aspect of personal connection is still important for many people, especially in difficult instances or when seeking emotional assistance.

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