

Construction and Building – Ages 0-2

Gross motor skill/sensory development.

Ideas:

- Set up construction materials
- Place the blocks in front of you (adult) and sit down with your child. Begin stacking the blocks on top of each other.
- Encourage your child to knock the blocks down so you can start re building.
- Sing songs whilst your building- you can even make the songs up!

What do you need?

- Babies: soft blocks (foam or plastic)
- Toddlers: wooden blocks
- Other toys of choice.



Tips:

- As your baby becomes more aware and more confident, they will initiate building blocks themselves.
- Feel free to incorporate other toys in your play and building, such as cars, musical instruments, and Lego.

Songs to sing:

- My hands are building.
- Let's build
- YouTube "construction songs"

