

Building and Stacking Objects

Benefits of Building and Stacking Objects

- Improves fine motor skills, which is the ability to use the muscles in the hands.
- Helps develop eye-hand coordination, which is when the eyes and hands work together to complete a task.
- Improves bilateral coordination, which is the ability to use both hands together to complete a task.
- Develops motor planning skills, which is the ability to think about, plan out, and understand actions.
- Teaches problem solving and cause and effect skills.

When should my child be able to stack objects?

- Blocks:
 - Stack 2 blocks between 12 and 16 months old
 - Stack 3 blocks between 16 and 18 months old
 - Stack 4 blocks between 18 and 22 months old
 - Stack 6 blocks between 22 and 24 months old
 - Stack 8 blocks between 28 and 31 months old
 - Stack 9 blocks between 32 and 36 months old
- Rings:
 - Stack rings between 13 and 15 months old
 - Stack rings in correct order between 30 and 36 months old

Home Activities to Work on Building and Stacking

Stack Cups

- Use plastic, Styrofoam, or paper cups.
- Stack the cups in different ways:
 - Upside down on top of one another
 - Inside one another
 - Drinking side to drinking side on top of each other
 - Like a pyramid
 - Any way you want!



Stack Plastic Bowls or Tupperware Containers

- Use plastic bowls or Tupperware containers from your kitchen and let your child stack them.
- You can keep the lids on or take them off.



Stack Swim Noodles or Foam Pieces

- Take a swim noodle or foam and cut it into small pieces.
- Let your child stack the pieces on top of one another or build their own pyramid.
- Be sure to supervise your child to ensure they do not put these pieces in their mouth, as they are not edible and can be a choking hazard.



Stack Boxes

- Save your cardboard boxes – this can be any type of box such as moving boxes, cereal or food boxes, shoe boxes, tissue boxes, or diaper boxes.
- Use these boxes to have your child stack and build with them.
- To ensure the boxes last longer, try stuffing the cardboard boxes with newspaper to provide more support and tape the ends of the box closed.
- You can even allow your child to decorate the boxes by coloring and drawing on them or wrapping them in wrapping paper.



Stack Buttons

- Use buttons to stack and make a tower.
- Be sure to monitor your child when playing with buttons, as they can be a choking hazard.



Stack Sponges

- Use sponges to stack and build with.
- You can even cut the sponges into small strips to create thin pieces similar to the game Jenga.
- Be sure to supervise your child to ensure they do not put these pieces in their mouth, as they are not edible and can be a choking hazard.



Stack Egg Cartons

- Cut the egg carton into sections to make blocks.
- Use these blocks to stack and build towers.
- You can even allow your child to color, draw, or paint on the carton pieces to personalize their blocks.



Stack Toilet Paper or Toilet Paper Rolls

- Use toilet paper or just the toilet paper rolls for this activity.
- Stack and build in different ways:
 - Standing up one on top of the other
 - Laying them down and placing them one on top of the other, but be sure to have something on the ends so they do not roll away
 - Make a pyramid



Create a Ring Stacker Toy

- There are many different materials you can use for this!
- For the base, try some of these materials:
 - Paper towel holder
 - A container and a dowel rod – poke a small hole into the lid and place the dowel rod into the hole of the container
- For the rings, try some of these materials:
 - Cut up paper towel or toilet paper rolls – remember, you can always color or paint these to personalize them
 - Spool of thread or spool of ribbon
 - Cut a hole in the middle of sponges to make rings
 - Cut up pieces of pool noodles
 - Old shower curtain rings



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