

## Unit Blocks Are Best

Unit blocks are in direct mathematical proportion, whereas construction materials are not. This helps many children learn many math skills. Children also use different muscles when they are building with unit blocks as opposed to construction materials. Because unit blocks are comparatively heavy, children use large muscles, such as the back, shoulders, upper and lower legs, and arms. They must develop strength and control to successfully manipulate the blocks. Young children are more able to use their big muscles than their small muscles. Construction materials, on the other hand, require children to use fine motor control, which is typically lagging in young children. This is why many young children are not ready to tie their shoes. They will be more successful with unit blocks.