



## Buttons and Zips

### Buttons—some general points:

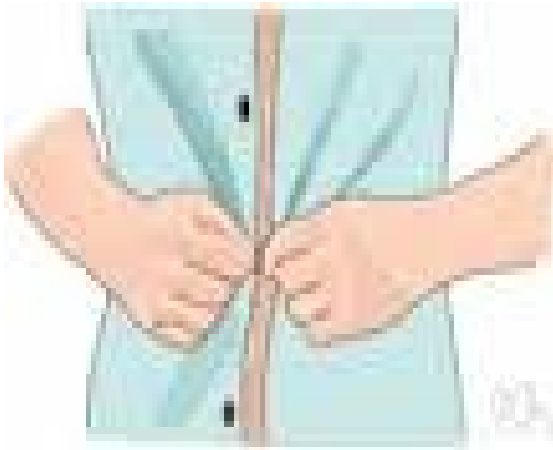
- > Sit down alongside your child so that you can both focus on what you are doing.
- > Practice unbuttoning first.
- > Break down the task into stages. Think about using chaining—start by encouraging your child to complete the last stage. Work on this until successful then work on the previous step. Gradually add more steps until able to complete the whole process.
- > Consider using a plain white garment with coloured buttons to help them stand out more.
- > At first practice with a garment placed on the table in front of you or on your child's lap. Start with large buttons and progress onto small ones.
- > Next try an over sized garment on your child's body. Practice buttoning from bottom to top—this will help to line up the buttons with holes successfully but will also mean that your child has more room within

### Doing buttons up:

- > Hold button with one hand
- > Hold hole open with the other
- > Post button through hole
- > Pull hole over button

### Undoing buttons:

- > Hold hole with one hand
- > Pull hole over button halfway
- > Pull button out of hole with other hand



## Practising zips

To help to zip up and unzip clothing you can:

- > Sit down to help you concentrate
- Connect a key ring or ribbon on zips to help with the grasp
- > Start by practising with a garment on the table in front of you or on your child's lap.
- > Practise on clothing or items that have large zippers at first; a pencil case or rucksack are ideal.



## Verbally explain and demonstrate the stages:

### Zipping clothing

- > Hold one side of clothing near the zip with one hand
  - > Hold the other side of clothing with the other hand
  - > Put the track in the zip and hold bottom of the clothing
- Pull zip up

### Unzipping clothing

- > Grasp zip with one hand
- > Hold the other side of the clothing near the bottom with the opposite hand
- > Pull zip down
- > When zip gets to the bottom gently pull the other side of the clothing

## Activities

When doing and undoing buttons and zips you need to use **both hands**—activities like these listed below will also help your child to use both hands together:

- > Catching a ball
- > Clapping games / cats cradle games for older children.

Your child will also need to develop use of a **pincer grip** to undo / fasten buttons- these activities can help:

- > Making necklaces and bracelets with beads / building with Meccano pieces