

Encourage success by getting your child to complete the final step. Work on just this last step with your child until they have mastered it. Then, work on the previous step. Gradually, add more steps to the buttoning task until they are able to complete the whole process.



Only undo the top few buttons when taking off a shirt/blouse/cardigan and then remove it over their head.

Choose trousers or skirts with elastic waist bands if buttons and buckles are difficult.



Practice buttoning with a shirt, laying it on the child's lap or table, and positioned like it would be on their body. Once mastered, begin practicing with a shirt on their body, starting at the bottom so the child can see what they are doing.

Online Resources:

<https://www.youtube.com/watch?v=tY4VNAXu3k4>
<https://www.pinterest.co.uk/funspot123/self-care/>



Velcro can be used instead of buttons, e.g. on a shirt use Velcro and sew buttons on to top flap.



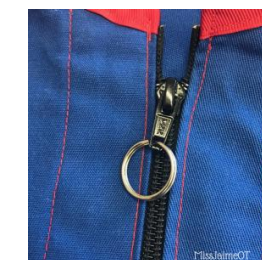
Tips for doing Buttons and Zips

Ensure the child has a stable base of support before commencing the activity, i.e preferably sitting on a firm surface with feet, hips and knees at 90



Sit next to, in front of, or directly behind your child during the activity and guide them through the task.

A key ring attached to a zip can help a child to grasp the zip more easily.



Practice unbuttoning first and with larger buttons before attempting to teach doing up buttons



Talk through each stage of the task in terms of what the next step is - 'find the button', 'open the hole', 'push it through', 'grab it'.

If your child struggles to complete buttons and zips, please also refer to our Fine Motor Programmes as building fine motor skills will help develop these skills.