

Buttons and Zips

Strategies to try:

- Store toys and puzzles in bags with zips, pull ties, poppers and buttons.
- Start a button or zip for them and get them to finish pulling it.
- Start with chunky buttons or toggles which are easier to manipulate. Sew them on old adult clothes or dolls clothes.
- Make felt button chains to join together.

Once your child can manage putting on simple no fasten clothing, you might want to try buttons and zips. They might struggle with this to start with so support them and encourage using buttons and zips at other times in play.



BUTTONS

- Make sure your child can post coins or buttons into a piggy bank before trying buttons. Make simple posting boxes with old tubs to practice posting if not.
- Start with just 1 button to get success and then encourage your child to watch as you show them how to do the rest.
- Do up buttons on a table in front of you before on their body. Look for pretty big buttons and make button snakes and felt button chains (look up a search engine for ideas).
- See if your child can help button up a duvet cover if it has bigger buttons.

ZIPS

- Check if your child can do simple threading games, thread pipe cleaners into a colander or tub with little holes.
- Encourage your child to zip up purses, pencil cases and half zip fleeces.
- With an old chunky fleece zip, thread a pipe cleaner into the hole to pull up the zipper pull.
- Help them with their jacket by holding the zip together as they pull.
- Put a keyring or a pretty string / ribbon onto the zip pull to make it easier to hold and pull
- If your child continues to find these challenging, consider easy clothes for school or adapt them with Velcro or poppers while they keep practicing.

