

Learning to Fasten Buttons

Getting Started

- Practise using 2 hands together with threading games e.g. with pasta and posting games such as coins into a money bank.
- Involve your child with buttons early. It is important they learn they can help.
- Start with large buttons on plain clothes.
- Dressing up is a great way to have extra practise.

Fastening/Unfastening Buttons

- Show your child what to do step by step.
- Use the same words each time you do buttons.
- Try with clothes on a table first so your child can see better. Start with the bottom button first.
- You might need to practise one step at a time and guide your child's hands to start.
- Share the steps and words you use with other people who are helping your child with buttons.

Here are the picture steps for doing up buttons:



Pinch button. Open buttonhole.



Push button through.



Pinch button on other side and pull through.

Adapting the Activity

- You can snip button holes to make them a little bigger.
- You can get trousers with elasticated waists and shirts with elasticated cuffs.
- Try pulling school shirts over the head with only the top 2 or 3 buttons unfastened.
- Velcro can be sown onto clothes and used instead of buttons.

Useful Websites

<http://www.theotttoolbox.com/2015/10/teaching-kids-how-to-button-self-help-skills.html>

<https://therapyfunzone.net/blog/category/ot/adl/dressing/>

Videos

For a video showing some different ways to practice buttons please our YouTube video:

<https://vimeo.com/258642254> Doing up vertical buttons

<https://vimeo.com/259689342> Doing up horizontal buttons



Website: www.children.nhslothian.scot

Facebook: @NHSLothianAHP **YouTube:** Children and Young People's Therapies and Support

Telephone: 0131-312-1070 (Edinburgh)/ 0131-446-4013 (East & Midlothian)

Final Version