

LEARNING TO DO BUTTONS



HELPFUL HINTS

- Start by teaching your child to do buttons when they are not wearing the garment. At first you can provide a garment with large buttons and once this is mastered move onto a garment with smaller buttons.
- Use Button boards or play cubes. These can be made to give the child practice at certain types of fastenings inc. buttons, laces, poppers.
- Allow your child to do up those buttons which he can see (e.g. at the bottom of a shirt). Start the task if necessary but then get him to finish e.g. pull the button through.
- Replace frequently used buttons with larger ones (e.g. on coat or school shirt) as these will be easier to do up and a good place to start.
- Buttons are easier to grasp if they are flat (instead of concave) large, textured or sewn slightly above the surface of the garment. Be sure buttonholes are large enough for buttoning ease.
- Be sure your child is sitting or standing comfortably when practicing.
- Sit next to, in front of, or directly behind your child during the activity. Guide them through the task. For some children, it may help to sit in front of a mirror.
- Encourage your child to practice this skill when time is less of an issue e.g. evenings and weekends.
- Use a reward chart to increase your child's motivation for the task.

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- Practice activities that need your child to use two hands together e.g. rolling with a rolling pin, clapping games or catching a ball during play.
- Activities that encourage your child to use a fine pincer grip (pad of thumb and index finger) e.g. picking up raisins will also help.