



Barnsley Children's Therapy Services

Activity Ideas for Buttons



Name:

NHS Number:

To Fasten / Unfasten:

1. Start with large buttons that are easy to hold.
2. Practice fastening and unfastening on clothing placed on a table in front of them at a comfortable height.
3. Use the 'backward chaining' technique. This means you carry out most of the steps but leave the last step for your child to complete. For example, you partially push the button through the hole so that they can pull it through.
4. Once they can do it with their eyes open, try with eyes closed (use a blindfold or block their vision with a piece of paper).
5. Move on to medium then smaller buttons once large ones are mastered.
6. Practice fastening and unfastening buttons on a variety of clothing such as: polo shirts, cardigans, shirts and toys. Use adults, older siblings or dress up clothes to add interest and spark enthusiasm.
7. Top buttons can often be really difficult to fasten and unfasten. The top button can be replaced with Velcro or a popper.

To practice lining up buttons correctly:

- Place a coloured mark next to one hole and under its corresponding button as a visual prompt.
- Practice fastening buttons in front of a mirror as this allows your child to check that they are fastening the buttons in the correct hole.

Contact Children's Therapy if further advice or information is required: 01226 644396