



Barnsley Children's Therapy Services

Backward Chaining Approach to assist with fastening your bra

Name:

NHS Number:

The backward chaining approach allows the child to learn the last step first, as you guide them through the programme.

The approach works by the carer completing the first stages first and the child completing the last stage.

Once they can do this without physical and verbal prompts, go back a stage until the child completes the task independently.

- Adjust the cups of the bra as required to make your bra feel comfortable.
- Slide the straps up and over your shoulders.
- Place your arms in each strap.
- Twist the fastening of your bra to the centre of your back.
- Fasten the hooks of your bra at the front.
- Place your bra underneath your chest with the fastening to the front.
(Bra straps hanging down)

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