



## Barnsley Children's Therapy Services

### Backward Chaining to assist with unfastening 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.

- Unfasten the hooks and remove your bra.
- Twist your bra round to the front, so that the fastening is at your front.
- Take your arms out of each strap.
- Slide the straps of the bra down off of your shoulders/arms.

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