Children’s Therapy Services

Patient Information

**Learning to do buttons**

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|  | **Things to try** |
| Image result for reward chart | General advice:Practice whilst sitting on a chair.Use a reward chart to help motivate your child. |
| **Posting** | Doing buttons is like posting the button in and out of the button hole.It helps to get good at posting.Post small objects into a slot such as a piggy bank.Try things like plastic coins or buttons.-Say the word **‘pinch’** when pinching the button.-Say the word **‘post’** whenposting it through the slot. |

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| **Improving pincer grip**Image result for pincer grip childImage result for child using spinning topImage result for peeling stickers Image result for peeling stickers | Pincer grip: Using thumb and index finger to pick up small things.You need a good pincer grip to do buttonsActivities that help your child to get a good pincer grip:Examples:* -Spinning tops
* Peeling stickers
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| Image result for child using tiddlywinksImage result for child stringing beads | * Tiddlywinks
* Stringing beads
* Pick-up sticks
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| **Getting ready to do buttons**Image result for child doing up buttonsImage result for learning to do up buttons | Lay a piece of clothing with large, loose buttons in front of your child.Start with unfastening the buttons.Remind your child to:* pinch the button then
* post it through the hole

When your child is good at unfastening buttons, they can practice fastening.You can make this easier by doing the followingStep 1: You put the button in.Step 2: Your child pulls the button through. |

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| **Playing with buttons**Image result for large button on child  cardigan  | Dress a doll or teddy bear to practice buttons. |
| **Doing Buttons on clothes** | When learning to do buttons on clothes make sure that* Your child wears a coat or cardigan with large, loose buttons.
* Your child can see the buttons.

Practise unfastening the buttons first.When your child can unfasten the buttons they can practise fastening. |

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| **Easy buttons**  | The easiest buttons to grasp are:* Flat
* Large
* Textured
* Sewn slightly above the surface

Make sure that the buttonholes are large enough.This way the button can pass through easily. |

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| **Easy buttons**Image result for large buttons on boy cardigan  | If your child need to use buttons very often,for example on coat or school shirt :* change the buttons to larger ones.

Larger buttons are much easier to do up! |
| **Getting good at buttons**Dressing a sensory sensitive child | Start to use smaller size buttons.Keep using the words ‘pinch and post’ until your child can fasten the buttons themselves. |

**Contact details:**

Children’s Occupational Therapy

E-mail: epunft.OTenquiries@nhs.net