Children’s Therapy Services

Patient Information

**Learning to do buttons**

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|  | **Things to try** |
| [Image result for reward chart](http://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwjR2IOUiuPUAhVFyRQKHV9IADsQjRwIBw&url=http%3A%2F%2Fwww.babytime.ie%2Ftoddlers-preschoolers%2Fbehaviour%2Fpostive-and-negative-reinforcement%2F121-reward-charts-for-toddlers&psig=AFQjCNETcrXbdwNRx3_xSc0auUzry2XxiQ&ust=1498826523299648) | 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’** when  posting it through the slot. |

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| **Improving pincer grip**  [Image result for pincer grip child](http://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwiy04XljePUAhUEOhQKHRD_BbMQjRwIBw&url=http%3A%2F%2Fmontessorionthedouble.com%2F2011%2F09%2F06%2Fpincer-grasp%2F&psig=AFQjCNHQ1sJ61zNIhGQCJud-3yLH9NIDhQ&ust=1498827466390810)  [Image result for child using spinning top](https://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwjLrf2Nj-PUAhXGuRQKHVSABNEQjRwIBw&url=https%3A%2F%2Fwww.aliexpress.com%2Fitem%2FChild-Classic-Toy-Rotating-Multicolour-wooden-Spinning-Top-Traditional-Wooden-Baby-Toys-GYH-S49%2F32665921506.html&psig=AFQjCNE2ukT3TW7jXLwLuiZmC0VgUrMmkA&ust=1498827875440177)  [Image result for peeling stickers](http://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwiJmJbFjuPUAhUIzRQKHc92Ch0QjRwIBw&url=http%3A%2F%2Fwww.notimeforflashcards.com%2F2014%2F07%2Fsticker-station-easy-fine-motor-activity.html&psig=AFQjCNHt3_kOc1P44KmjV3XA4pI0Fpmd-g&ust=1498827725886575) [Image result for peeling stickers](http://www.schooltimesnippets.com/2014/02/foam-heart-sticker-mosaic-fine-motor.html) | Pincer grip: Using thumb and index finger to pick up small things.  You need a good pincer grip to do buttons  Activities that help your child to get a good pincer grip:  Examples:   * -Spinning tops * Peeling stickers |

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| [Image result for child using tiddlywinks](https://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwiHopS1kOPUAhULlxoKHdjIAhUQjRwIBw&url=https%3A%2F%2Ftutordoctorofwny.wordpress.com%2Ftag%2Ffamily-fun%2Fpage%2F2%2F&psig=AFQjCNGTMWUhy8zd8vIpe2lQFVdN_Uxw2Q&ust=1498828183922574)  [Image result for child stringing beads](http://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwijvaXxkOPUAhXCvRoKHWO_B8AQjRwIBw&url=http%3A%2F%2Fwriteinterventions-blog.tumblr.com%2F&psig=AFQjCNHA8MR2KcwxAyZA2V5Fm6-O2Nko_g&ust=1498828310517571) | * Tiddlywinks * Stringing beads * Pick-up sticks |

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| **Getting ready to do buttons**  [Image result for child doing up buttons](https://www.pinterest.com/pin/425379127280487569/)    [Image result for learning to do up buttons](https://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwjxl7rmiuPUAhVMuRQKHYNBBD0QjRwIBw&url=https%3A%2F%2Fwww.pinterest.com%2Fsnippycups%2Fbutton-snakes%2F&psig=AFQjCNEEryMkyNZte6gwsbjyEM8K4ARgdw&ust=1498826708101240) | 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 following  Step 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](https://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&cad=rja&uact=8&ved=0ahUKEwjLxtvJmOPUAhVJ1BoKHe7RCbQQjRwIBw&url=https%3A%2F%2Fwww.etsystudio.com%2Flisting%2F90971312%2Fblythe-doll-hooded-coat-knitting-pattern&psig=AFQjCNFqT7AdeaXYhv2KfsCOmSfVGLelVQ&ust=1498829834818848) | 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](https://www.google.co.uk/url?sa=i&rct=j&q&esrc=s&source=images&cd&ved=0ahUKEwjWqLKDl-PUAhUHrRoKHTT_BFcQjRwIBw&url=https%3A%2F%2Fwww.amazon.com%2FBoys-Sweaters%2Fb%3Fie%3DUTF8%26node%3D3455451&psig=AFQjCNH2kXa0_gu3fqeTZMXXkBmO4QbDJg&ust=1498829971037494) | 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:**

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