

Skills for Living

Occupational Therapy Advice for: Buttons, shoelaces and fastenings

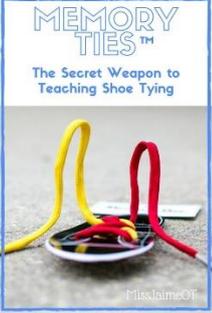
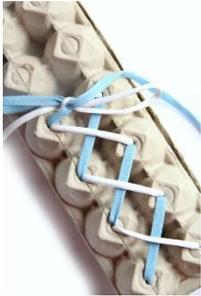


Strategies to use:	
<p>1. Think about the environment</p> <ul style="list-style-type: none"> • Reduce distractions • Help the child's balance by sitting on a small chair or against a wall for support 	<p>Make sure the child can sit well supported on a small chair or on the floor. If sitting on the floor try to sit against a wall as back support. This will give a more stable position so their hands can work on the task more easily.</p> <p>Try to work in a quieter part of the house or school setting, away from too many distractions such as noise or TV.</p> <p>Allow extra time for practicing when things are not so busy. Avoid times when the child needs to get ready quickly. Use weekends or evenings at home. Give extra time to get ready for PE in school</p>
<p>2. Things you might need</p> <ul style="list-style-type: none"> • A small keyring or loop of ribbon the attach to the zip pull • A box of buttons or counters to help practice games • Different coloured shoe laces – usually the flat laces are easier to manage • Alternative types of shoe lace – see adaptations • A clip on tie (or clip on kit) to adapt school tie if allowed 	<p>Zips Find clothes with large zips. It is easier if the zip material is different to the colour of the jacket</p> <p>If zips are stiff rub the zip with a wax crayon or candle to help</p> <p>Buttons Larger buttons are easier to manage. Buttons that are a different colour to the material of the garment can also help Try sewing buttons on using a loop of shearing elastic to allow a little extra stretch</p> <p>Shoelaces Try using shoelaces which are a different colour to the shoe. A range of adaptations are available while children master this skill – see later</p> <p>Tie Using a thicker material tie to practice will be easier Try to use a visual sequence or rhyme to help the child remember the steps</p>
<p>3. Doing the task</p>	<p>Start with unfastening as it is much easier</p>

<ul style="list-style-type: none"> • Start with unfastening • Use games and activities • Use the same technique each time • Create a little rhyme / routine to say out loud <ul style="list-style-type: none"> • Fastenings require lots of fine motor control and lots of practice. • Be Patient • Have lots of fine motor activities and games for the child to play all of the time 	<p>than fastening</p> <p>Make sure the child is looking at the buttons / laces / zip when they are working</p> <p>Create a set routine for dressing – which goes first, second, third etc. Lay out clothes the night before in the right order</p> <p>When showing the child - explain how you are doing the task very clearly. Think about where your hands are and how you are holding the fastening</p> <ul style="list-style-type: none"> • Don't be too quick to correct the child's mistake. Get them to think about it themselves – what have they done, where did it go wrong? How can they make it work? • Encourage the child to keep trying and practicing each time
<p>Techniques to help develop skills:</p>	
<p>Backward chaining</p>	<p>In this technique, we work <i>backwards</i> until the child can do the whole activity for themselves.</p> <p>To begin, the adult starts the task for the child, and the child finishes off the very last part eg. buttons – the adult would do most of the buttons and let the child do the last 2 or 3. OR the adult would push the button through the hole and the child would pull it through to finish</p> <p>Gradually encourage the child to do more of the “finishing” as they develop their skills over time</p>
<p>Forward chaining</p>	<p>In this technique we work <i>forwards</i> from the beginning of the task.</p> <p>To begin, the child starts the activity and the adult helps them to complete it eg shoelaces. The child does as much as they can without help and the adult steps in to finish off when the child becomes frustrated or stuck.</p> <p>Gradually encourage the child to do just a little bit more until they can manage independently.</p>
<p>Hand over hand</p>	<p>Using this technique, the adult helps the child by putting their hands over the child's hands to help complete the task eg. fastening a zip</p>

	<p>on a jacket.</p> <p>Try to encourage the child to do as much as they can themselves, but be there to assist when needed. Try not to let the child become over-reliant on the adult to help.</p>
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Encouraging independence:	Goal, Plan, Do, Check Approach
GOAL 	<p>What is the Goal?</p> <p>What would the child like to be able to do better?</p> <p>Eg. Putting on trousers independently Being able to manage their socks etc.</p>
PLAN 	<p>How are we going to achieve the goal?</p> <p>This is the step by step plan. Break it down into each stage. It is really important to use the child's own words and descriptions eg.</p> <ol style="list-style-type: none"> 1. Hold my trousers the right way round – “zip on top” 2. Put my legs into the right holes “one leg, two legs” 3. Pull up my trousers – 1,2,3 4. Fasten the button 5. Pull up the zip 6. Done!
DO 	<p>This is the active stage – when the child completes the activity by following their plan</p>
CHECK 	<p>Look back – Ask the child – encourage them to think</p> <p>Did you do it?</p> <p>What worked well?</p> <p>What do we need to do differently / need to change?</p> <p>Do we need to change the plan a little?</p> <p>Add a stage if you need to</p> <p>Use rhymes or action words to help the plan eg. Pull, 123 done, etc.</p>

Activities to practice:	
<p>Shoelaces</p>  	<ul style="list-style-type: none"> • Start by learning how to tie a knot • Use different items to tie – dressing gown belts, rope, skipping ropes, tie etc. <p>When tying the knot on shoes – wrap the lace around twice instead of the usual once. This helps to keep the knot tight while completing the remainder of the task.</p> <ul style="list-style-type: none"> • Use two different coloured laces tied together to make a longer length. • When the child is sitting down, use the two coloured lace to fasten a knot around their leg / thigh. Begin the next part of the task by making a loop / bunny ear with one colour of shoelace (white) and wrapping the other lace (black) around it. <p>Keep going until the technique is learned – then try it on a real shoe placed on the child’s lap</p>
<p>Buttons</p> 	<ul style="list-style-type: none"> • Use buttons as posting “coins” to reinforce the idea of pushing through a button hole • Make a buttoning card using a sheet of card with slots cut into it. This can be hung around the child’s neck on a loop of string. Encourage the child to pass different sized buttons / coins / counters through the slots from one hand to the other. • Make a button snake by sewing a large button onto a length of fabric tape. Make a set of felt squares with a slit cut into them. The button snake can be fed through each piece of felt in turn as it grows.
<p>Zips</p> 	<ul style="list-style-type: none"> • Fasten a loop of ribbon or a key ring to the zip pull to make it easier to manipulate • Use activities like a zipper board to help develop the fine motor skills needed • Paperclip activities can help to practice the skills for slotting the zip into place. • Practice on a jacket with a very easy smooth zip to begin with
<p>Buttoning Games</p>	<ul style="list-style-type: none"> • Easy to make felt buttoning games can be very helpful in developing skills



Fun with Buttons

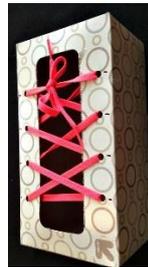


Therapy Fun Zone

Activity Cards



- These can be bought from shops or made easily using shoeboxes, tissue boxes etc



Visual reminders

Use a set of pictures to remind the child about the order of the activity eg. Fastening shoelaces

YouTube has some fantastic video clips for learning how to fasten shoelaces and school ties. The clips can be repeated and stopped / started at any time you need – over and over again. There are lots to choose from, including:

How to tie shoelaces step by step

<https://www.youtube.com/watch?v=TqPCGGHoxsE>

Teaching kids to tie shoes – New Technique

<https://www.youtube.com/watch?v=AWM0XHhObLk>

The easiest way to teach children to tie shoelaces

https://www.youtube.com/watch?v=IHoORx_qFxl

Learn to tie your shoes in 2 minutes

<https://www.youtube.com/watch?v=V840Oy1QcYo>

How to tie a tie for school

<https://www.youtube.com/watch?v=Z9kiXJmE-7M>

How to tie a tie a school tie with Harry Potter

<https://www.youtube.com/watch?v=1ZHPYiselBI>

<p>Fine Motor Skills Basket</p> 	<p>Create a motor skills basket or busy box with lots of activities which will help your child to develop their fastening skills</p> <ul style="list-style-type: none"> • stringing beads (small, medium, or large beads depending on your child's age) • <u>Using scissors</u> (holding the scissors with one hand, holding the paper with the other) • Lacing cards • Peeling Stickers • Thread buttons • Use clothes pegs to pick up objects • Use fine motor tweezers or tongs • Use a hole punch to cut out designs and use them as lacing cards
<p>Adaptations There are many types of no-tie shoelaces for example</p> <p>Hickies, No tie elastic shoelaces, curly laces and sport lock elasto laces. These are available from a range of online stores and sites</p>  <p>Tie Clips Kits are available to make regular ties into clip on versions. There are also many YouTube videos showing how to do this.</p>	

Websites and online links for more information	
<p>Raising a Sensory Smart Child</p> <ul style="list-style-type: none"> - Practical ideas and strategies with a focus on sensory challenges 	<p>www.sensorysmarts.com</p>
<p>Pinterest</p> <ul style="list-style-type: none"> - An online notice board of 	<p>www.pinterest.com Type search words eg. "learn to</p>

information	fasten buttons”, “learn to fasten shoelaces” etc
<p>For further information:</p> <p><u>When Can Kids Learn to Button and Zip?</u> http://mamaot.com/when-can-kids-learn-to-button-and-zip/</p> <p><u>Clothing Fasteners and Gross Motor Skill Development</u> https://www.yourtherapysource.com/blog1/2016/11/16/clothing-fasteners-gross-motor-skills</p> <p><u>How to Adapt Buttoning and Zipping for Your Child</u> Miss Jaime OT http://www.missjaimeot.com/how-to-adapt-buttoning-and-zipping/</p> <p><u>Learning How To Use Buttons, Snaps, Zippers, and Buckles Through Play</u> Growing Hands-On Kids http://www.growinghandsonkids.com/learning-how-to-use-buttons-snaps-zippers-and-buckles-through-play.html</p> <p><u>Tips to Teach Kids to Zip and Button</u> The Inspired Treehouse http://theinspiredtreehouse.com/kids-clothing-fasteners</p> <p><u>Clothing Fasteners and Sensory Processing</u> Sugar Aunts http://www.theottoolbox.com/2016/11/clothing-fasteners-and-sensory-processing.html</p> <p><u>The Visual Motor Aspect of Buttons and Zippers</u> Therapy Fun Zone https://therapyfunzone.net/blog/the-visual-motor-aspect-of-buttons-and-zippers/</p> <p><u>Pinch, Poke, Snap – Helping Kids to Manage Buttons, Zips and More</u> Your Kids OT http://www.yourkidsot.com/blog/pinch-poke-snap-helping-kids-to-manage-buttons-zips-and-more</p>	