

CHILDREN'S OCCUPATIONAL THERAPY ADVICE SHEET

BUTTONS

Doing buttons involves using two hands together and finger dexterity, so you may find it useful to work on these skills with your child before practising buttons.

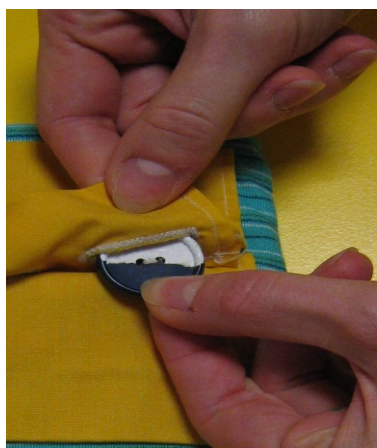
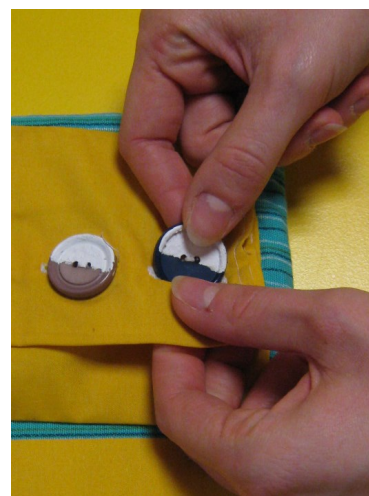
STRATEGIES AND ADVICE

Pre - button skills

- Posting games e.g. pennies into a piggy bank
- Threading games
- Post pennies through a slit in a piece of paper/ lid of a tub/ scraps of material

Button skills

- Practise buttons outside of stressful, busy dressing times
- Make sure your child is sitting comfortably
- Start with undoing buttons first
- Use a garment that the child is not wearing with large buttons and work towards smaller buttons
- Use dressing toys to practice buttons
- Start the button for your child and encourage them to finish doing up the button
- Hide toys/ treats inside a buttoned pouch and ask your child to find it.



- Sit your child in front of a mirror to help them see what they are doing
- Use correction fluid/ marker to paint half of a large button, this will help your child understand where to hold the button and which part of the button goes through the opening first.