

## BUTTONS:

### HINTS AND TIPS!

To make fastening buttons easier, try the following ideas:

- ☺ Play games that involve a pincer grip (thumb and index finger tips) like "Pick up Sticks", Lego, use of squeeze toys, water pistols, sand play, making shapes with pipe cleaners. Also use games that increase sensory awareness of thumb and index fingers, e.g. finger puppets, finger painting, using playdoh.
- ☺ For practising, try with a shirt on their lap first so the child can see what they need to do easily, and then practise with the shirt on. When they can do their buttons with the shirt on and they are confident with this, then practise with their eyes shut. Use the same idea with trouser buttons/clasps, i.e. first practise with them off and then with them on.
- ☺ Use bigger buttons of a different colour to the fabric. Avoid fabric with checks or stripes if possible as this can be tiring on the eyes and make buttonholes difficult to see. You can re-introduce these patterns when the child is used to buttons.
- ☺ Take off any spare buttons that may be on the inside of shirts. They only confuse the issue.

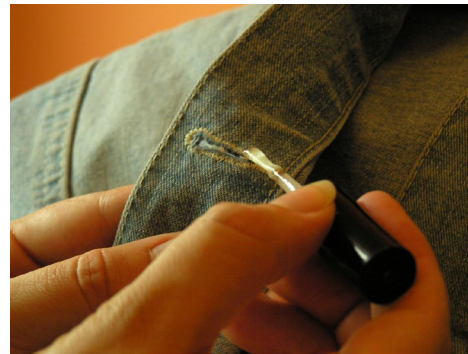


- ☺ Encourage the child to start buttoning from the bottom of the shirt so they can see what they are doing. To do top buttons, make sure they can check this in a mirror (at their level) in the area where they normally get changed.

- ☺ To ensure that buttons do not come off easily, put some nail polish on the thread at the back of the button as it secures it for longer.



- ☺ To ensure that the button can fit through the buttonhole easily, try snipping the edges of the hole slightly so that it is slightly looser. To ensure buttonholes do not fray and to provide a little sensory feedback and stability, you can use clear nail polish to seal the ends (it will feel a bit like the end of sealed rope).



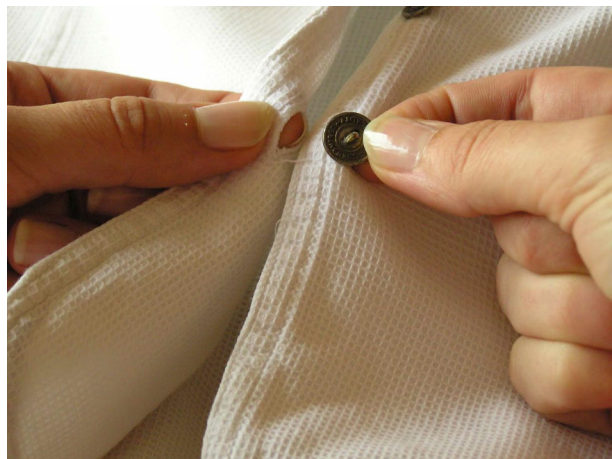
- ☺ Use shirts that are slightly bigger but take care with the temptation to use Dad's shirts as they are often too big, with long sleeves, and it can make it difficult to see.

**METHOD:**

1. Line up the correct buttonhole and corresponding button.



2. It is sometimes useful for the child to put their index finger through the button hole so that their finger is sticking through on the underside of the material. This hand is then ready to grasp the button and pull it through. Keep that hand there!



3. With the other hand grasp the button with the thumb and index finger. The thumb should be on the top flat surface of the button and the index finger underneath - making sure that the edge of the button going into the hole is free.



4. Push the button through the hole. As the button gets halfway through, the index finger and thumb of the buttonhole hand can grasp the button and pull it through.



5. The other hand will be pushing it through with the index finger with the thumb pulling the material over the button.

