

ZIPS

Top Tips for beginners:

- Make sure that you are practicing with a zip that is easy to do – practise yourself and find one that you find easier.
- First make sure that your child can pull up zips that are already engaged for example trouser zips.
- Using hand - over - hand assistance can help your child to feel the movement that is needed.
- Make sure that your child can see what they are doing
 - Practice with the garment laid flat on a stable surface first – it may be easier than looking down to fasten it.
 - Usually bigger zippers are easier to see and grip initially.
 - Zips without flaps of material around them are easier as they do not get in the way.
 - Practising with an old zip can be useful. You could also colour the one side of an old zip with nail polish for clarity.

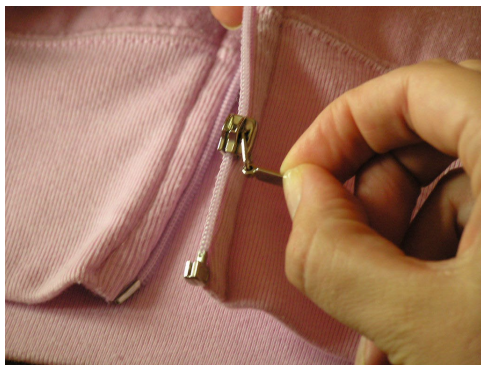
METHOD:

note: This method is shown with the garment off. Once your child is able to do this easily you may want to zip up a garment when worn – the method will be the same - just seen from the other side.

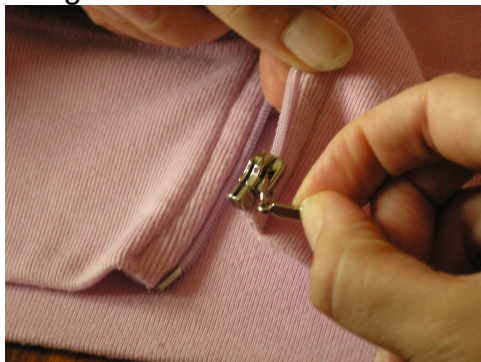
1. Lay out the garment so that it is flat and you can see which sides need to be put together.



2. Make sure that the zipper is at the bottom



....right at the bottom...



3. The end of the zipper should be flush with the metal/plastic end bit (on the same side). Move the pull tab out of the way and hold it back with the thumb of the hand on the same side. Do not let this side go.



4. With the other hand, take the flat metal/plastic side (that slips into the zipper) and hold it about 1 cm away from the edge between the tip of the thumb and index finger.



5. Now slip the flat side into the groove of the zipper. It is really important that the other hand is still holding tightly onto the zipper.



6. The flat edge should be slid down to the very bottom edge of the garment. Sometimes you can hear a soft click when it has reached the bottom properly.



TIP: Stop your child here initially – children tend to get excited that they have reached this step, rush and undo all their hard work.

7 .Make sure that one hand is holding both sides of the fabric AND the bottom metal/plastic end - VERY tightly.



8. With the other hand pull up on the pull tab, keeping the gripping hand still.

