Buttons



Start with big buttons on shirts and pyjamas. Then try small buttons on shirts, and buttons on pants and jeans.



TIP #2 When buttoning shirts, start at the bottom and work up.

Show your child what to do and talk through the steps. Use a few simple words and try to say the same thing each time. It may help to practise on your own first to work out the steps and what to say.

TIP #3

TIP # 4 Do most of the steps and then ask your child to do the last step e.g. pull through the rest of the button. When they can do this, ask them to do the last 2 steps, then the last 3 steps, and so on.

Who can help? Where? When?

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My Tips

www.dotwa.org.au

Supporting WA Occupational Therapists working with children

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