



BUTTONS



POST



PUSH



PULL



WELL DONE!

For your child to be able to master small fiddly tasks such as buttons, it is helpful to practice fine motor skills and bilateral activities beforehand. Please see our fine motor development information on our website. Below are some button specific activities and strategies that can be helpful.

1. **Tear paper.** Encourage your child to start with thumbs on top of the paper with one hand pulling towards them and the other pushing away.
2. **Hide buttons** or beads in play-doh or theraputty for your child to find. Encourage the pincer grasp, pulling and tearing of the putty.
3. Practice **threading** beads and buttons onto pipe cleaners and progress onto lace. Ensuring your child is steadying the pipe cleaner/lace with one and manipulating the bead/button with the other.
4. **Post coins** or large buttons into a Tupperware or takeaway tub with a slot cut out of the lid (does not need to be neat). Progress on to smaller buttons and smaller slots made from cardboard.

Button Practice – Activities



1. Post loose buttons through different sized buttons holes.
2. Button Snake; Attach a button to a long piece of elastic, cut felt into different shapes/sizes and fashion a buttonhole. Encourage your child to continue putting the button through each hole to collect the felt along the elastic. Then try it backwards. If your child struggles forwards, try it backwards first.
3. Put a garment over the back of a chair and encourage your child to try and do up the buttons. Start with larger buttons and buttonholes and work your way to smaller ones.
4. Now attempt buttons on a garment on your child



Button Practice – Strategies

1. Start with Larger buttons and progress to smaller.
2. Use contrasting colours between buttons and the material. Toggles might be good to start with.
3. Limit the number of buttons our child does to prevent frustration and keep motivation.
4. When attempting buttons with a garment on your child, start at the bottom.
5. Forward chaining – this method is where your child begins the task and then you finish it. E.g. your child puts the button into the buttonhole, and you pull it through. Your child needs to be well motivated for this method.
6. Backward chaining – this is where you begin the task and your child finishes it. E.g. you put the button halfway through the hole and your child pulls it through the other side. This method can be great to motivate your child as they can get a sense of achievement for completing the task.

