

# Zips

Zips are usually the first fastening children learn to do. They will likely have one on their jacket and will need help to put the zip together initially. From the age of 3 children can usually be able to pull up the zip once the pin has been put in the box.

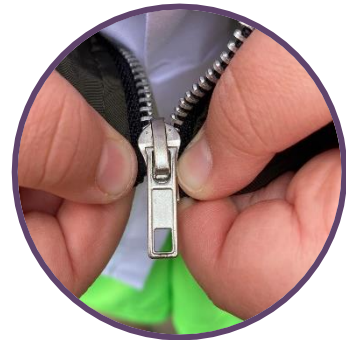
## Step by step instructions



1) Slide the ZIPPER down to the BOX



2) Keep the ZIPPER and the BOX held together



3) Push the PIN down into the ZIPPER and into the BOX



4) Pull both sides of the garment down to straighten zip line



5) Holding the garment at the bottom with one hand, use other hand to zip up

## Strategies

- Start practicing with zips by opening and closing a variety of bags.
- It's a good idea to start practicing a jacket zip with it out in front on a table. Once he/she has mastered the steps, move on to them practicing wearing the jacket.



### **Backwards chaining**

- Once your child has their jacket on, engage the zip for them and pull it up a little. Hold down the bottom of the zip and ask your child to pull it up the rest of the way.
- When they can do this, move on by engaging the zip and getting your child to pull it up completely whilst you continue to hold the bottom of the zip.
- Then guide your child's hand to engage the zip themselves and get them to pull it up. Place your hand on top of their hand to hold the bottom of the zip steady and let them use their other hand to pull the zip up.
- Once they have mastered this step ask your child to engage the zip without your assistance and pull it up independently (see diagrams)

### **Top tips**

- Before purchasing a jacket or coat, test the zip first as the ease of the fastening can vary.
- Try attaching a piece of cord, ribbon or a keyring to the zip . This will make it easier for child to grasp and pull.
- Try getting your child to put the jacket on over his/her head, with the zip fastened part way at the bottom or stepping into the jacket and pulling it above the shoulders.
- For skirts try fastening the zip at the front where it can be seen, then turn the skirt around.
- The zips on trousers can be replaced with Velcro or elastic bands.

