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Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board



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Children's Occupational Therapy
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Buttons

Buttons can be a hard skill to master as it involves using both hands together but making slightly different movements.

Hints and tips

- See General Dressing Skills for general hints and tips.
- Start with larger buttons then progress to smaller ones.
- Practice unbuttoning first.
- Practice with the shirt on a table or the child's lap with the collar closest to them.
- Practice buttoning from bottom to top so the child can see what they are doing.
- Break down the activity into stages and provide clear and consistent guidance, try using words like pinch, post it through, pull.
- Use a plain shirt with coloured buttons or put a dot on the buttons to make them stand out more.
- Do the activity next to your child for them to imitate.
- Practice, practice and practice.
- Now try with their eyes closed.
- Then they are ready to practice wearing the shirt.

Stages

Undo Buttons



Button up



Allow extra time for your child to practice these new skills

How I Do My Buttons


