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Bwrdd Iechyd Prifysgol
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University Health Board



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Zips

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

Hints and tips

- See General Dressing Skills.
- Practice unzipping first as this is an easier skill to master.
- Practice opening and closing a variety of bags and suitcases.
- Make sure the zip attaches easily, and glides up and down the runners without catching.
- Choose bright zip attachments and zips with large tabs initially then progress to smaller ones.
- Start with a jacket that is a bit too big, loose-fitting clothing is easier to manage than tight fitting clothing.
- Try with shorter thin jackets rather than long winter coats.
- Try doing at the table or on their lap.



Practice



Practice undoing the buttons first and make sure the zips glides smoothly



Put the sliders together and make sure they are lined up



Secure the end of the item with one hand and pull the zip up with the other



Keep going until completed
Well done!

Allow extra time for your child to practice these new skills