



INTRODUCTION

Learning to complete fastenings needs a range of skills including visual attention, hand dexterity and ability to coordinate the hands together.

ACTIVITIES

To encourage the development of hand skills:

- Threading
- Use of scissors
- Stabilisation activities such as rubbings, stencils
- Squeezing bubble wrap
- Drawing with both hands together.
- Using knife and fork or fork and spoon.
- Play with pegs
- Playdough or therapeutic putty – pinching, squeezing, rolling. Encourage both hands to be involved.
- Using playing cards and turning them over.
- Picking up object and moving them into the palm – see how many pegs they can pick up before dropping one.
- Using clothes pegs which need to be squeezed together to open. Play games including picking up objects with the pegs.
- Opening and closing of zips.
- Encourage dressing up play with larger size clothes.

STRATEGIES

complete e.g. the adult completes all buttons apart from the last one then half posts the button through encouraging the child to pull it through the rest of the way.

- Gradually reduce the help until the child is doing all of one button then the adult does all the buttons except the last two and so on.

Buttons

- Practice using larger buttons at first and gradually reduce the size as the child's skill increases.
- Practice completing buttons on doll and teddy clothing.
- Buttons are easier to grasp if they are flat (instead of concave), large, textured, or sewn slightly above the surface of the garment. Be sure buttonholes are large enough for buttoning ease.
- Create a pouch sealed with buttons and hide a toy or activities by which the child is motivated.

Technique

- The child will pinch button and pull the buttonhole edge of shirt over the button that is just started in the hole. The child will pinch button and start it through hole to button

Backward Chaining

This technique can be useful when learning a range of fastenings. An adult completes all but the last part of the task leaving this part for the child to

- The child will learn front buttons first, and then smaller front and side buttons, and finally back buttons.
- The child will pull the buttonhole edge of shirt over the button that is halfway through.

Frequency of activities

Incorporation of activities in the daily setting routine is recommended. Children who are having difficulties will need specific encouragement to access the appropriate activities to develop skills through guided group / 1-1 activities .

Complete activities from this sheet regularly for at least 3 months

Improving our service

We continue to review our service to make sure that it meets the needs of those who are using it. We would appreciate any suggestions on how we may improve and also comments on what was good about the service.

If you have any compliments, suggestions or complaints, please write to or contact any member of staff in the first instance, or to the Occupational Therapy Service Lead if necessary.

Contact details: see part 1 of pack



LEARNING TO FOCUS: ATTENTION

Early Years Activity Sheet

**PAEDIATRIC OCCUPATIONAL
THERAPY SERVICE**