

Dressing and fasteners

Age: 27–36 months

Resources: Your child's everyday clothes (this can become part of their daily routine). Also, consider playing with clothing with large fastenings or zips and brightly coloured toys which have fastenings.

Tips:

- It may be easier for your child to begin with the bottom half of their clothes first and undressing.
- Dress your child in the same sequence.
- Practise on clothes, or objects with large buttons, zips or fastenings.

Activity:

Buttons:

- Practise putting things **through slots**, such as pennies into a piggy bank or shape sorters.
- Build the concept of **pushing and pulling** by using lacing cards, stringing beads, or practise on big buttons.
- When buttoning on their body it's easier to **start at the top** to align the clothing.
- Start with **large buttons** in loose holes. Use an easy fabric like a loose cardigan.

- Ensure there's a **good colour contrast** which supports your child's need, for example, bright red buttons on white fabric. You can sew on different buttons or make holes bigger. Start bigger and looser and gradually progress.

Zips:

- Practice **zipping and unzipping** attached zips, first on purses or backpacks.
- Use an **unsewn zip** or cut out a panel.
- Use **contrasting colour** sides.
- Try **backwards chaining**, start with pulling a zip with an up or down action.
- Try a **dot of colour** on each part of the zip to make it easier to match and join. Your child may find it easier to zip a coat by sitting down and lifting the zip up to fasten; that way it's closer.
- A **keyring** on a zip can make it easier for your child to pull it up.

Notes:

Please supervise your child at all times while completing any of the activities outlined on this sheet. Stop any activity if your child becomes upset, unwell or you are unsure if you are completing it correctly.

The activities on this card align with stage 5 of the [Developmental Journal Babies Visual Impairment \(DJVI\)](#)

If you would like any further advice or support, please contact the advice line on **0800 7811444** or via email children@guidedogs.org.uk

