



Belt Looping & Buckling

Dyspraxia DCD Ireland ADL Clinic Resource

See introduction document for support in teaching and learning steps as well as further safety precautions and info.

It is encouraged to practice the skill yourself beforehand and to try teaching the skill to someone else to troubleshoot any issues that your child may encounter along the way.

Practical Tips

1. Contrasting the colour of the belt and the trousers may help your child see the belt and loops more clearly.
2. Ensure the belt is a suitable size for the loops in the trousers.
3. A leather belt will be easiest to learn with.
4. Ensure the belt is in suitable condition:
 - a. With no tears
 - b. Easy to hold
 - c. Unlikely to break

Alternative adaptations:

- Loop the belt around the trousers before putting on the trousers.
- Practice with the trousers on the table initially, move to the belt hanging over a high-backed chair and then on the individual.
- Experiment with different types of belt buckles to see which is best fit (e.g. snap on, Velcro, etc.)

Sequence of Steps: Looping

1. Gather the equipment needed:
 - a. Trousers with loops for belt
 - b. Belt
 - i. Good condition (see practical tips)
 - ii. With buckle
 - iii. Right size for loops
2. Take the tail of the belt and place it in your dominant hand.



3. Use the non-dominant hand to find the first loop.



4. Feed the tail through the loop.
5. Use your non-dominant hand to find the next loop.
6. Use your dominant hand to feed the belt through this loop, repeat until you reach the back of your trousers.
7. When you reach the back of the trousers, take the tail in your non-dominant hand.

8. Use your dominant hand to find the next loop.
9. Feed the tail through the loop using your non-dominant hand.
10. Once you have fed the belt through the back loops, take the tail of the belt in your dominant hand.
11. Using your non-dominant hand find the next loop and pass the tail through the loop using your dominant hand.
12. Repeat until belt has passed through all loops.

Sequence of Steps: Buckling

1. Once you have completed the looping stage, you can begin the buckling stage.
2. Adjust the belt so that the buckle is sitting over the button of the trousers.



3. Use your non-dominant hand to hold the belt buckle.
4. Use your dominant hand to feed the tail of the belt through the buckle.
5. Use your dominant hand to pull the belt through the buckle and then bend the belt back over the buckle, towards your dominant side.
6. Using your non-dominant hand take the pin and line up the pin with the closest hole in the belt:
 - a. You can relax your grip of the belt to get to the nearest hole
7. Place the pin in the hole.
8. Pass the left-over piece of the tail through the loop on the belt.

Disclaimer:

It is the responsibility of the caregiver to ensure that the child is supervised by an adult/caregiver while completing all exercises or recommendations during activities outside of the OT calls and that if there is any doubt in relation to the strategy or you or your child's ability to perform this safely, it should not be completed.

It is the responsibility of the caregiver (or the individual if over 18) to ensure that the location of any activities or interventions being undertaken is deemed safe.

If you or your child experiences any discomfort or strain the activity should be stopped immediately.

