

Opening a Plastic Bottle

Dyspraxia DCD Ireland ADL Clinic Resource



See the intro 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.

Gather the equipment needed:

- ✓ A bottle
- ✓ Desk/table/counter
- ✓ Adaptive equipment if required

Sequence of Steps:

1. Make sure that the bottle is dry and clean to ensure the best grip.
2. Place the bottle on a steady, non-slip surface at waist level .
3. Establish direction for turning. Righty Tightly (Clockwise) Lefty Loosey (anticlockwise).



4. Using the non-dominant hand grip the bottle on its side to stabilise the bottle's body:
 - a. Make sure the bottle top is facing upwards
 - b. Do not grip the bottle too tightly to avoid spilling
5. Hold the bottle as close to the body as possible.
6. Place the dominant hand on top of the bottle with your thumb and index finger placed along the bottle:
 - a. If the lid feels too sharp, you can use a barrier such as a towel or piece of Dycem
7. Twist the lid in a clockwise or right direction, it may take 2-3 twists to get the lid completely off.
8. Place the lid down on the surface.
9. If this does not work, we have some other options that might help.

Practical Tips:

Initial steps may include:

- Establishing hand dominance (left or right hand).
- Establishing directions to turn the lid. i.e. Righty Tightly (Clockwise) Lefty Loosey (anticlockwise).
- When beginning to practice, it may be beneficial to begin with unsealed bottles and focus on technique and once mastered work forward to sealed bottles.
- Place the lid on and off the bottle (tighten and loosen) for practice.
- Towel technique: place a towel over the lid of the bottle for extra grip.
- Running hot water over the top of the bottle (not too hot) may loosen the bottle – be careful not to burn your hands (get parental support if required).

Adaptability:

To adapt this task, assistive or adaptive equipment can be used.



If using a Dycem mat:

1. Place the bottle onto the Dycem mat on a flat and stable surface.
2. Hold the bottle with your non-dominant hand.
3. Wrap the Dycem strip around the lid using your dominant hand.
4. Using your dominant hand, twist the lid of the bottle counterclockwise.

Dycem/tempura Bottle opener



Bottle opener



Bottle holder



Rubber band technique (for grip)



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.

