



Button Opening

Dyspraxia DCD Ireland ADL Clinic Resource

See 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.

Sequence of Steps:

Gather the equipment needed:

- ✓ A buttoned shirt/item of clothing
 - Preferably one with the button colour contrasting to the colour of the shirt
- ✓ Desk/table/counter
- ✓ Adaptive equipment if required

1. Make sure your hands are clean and dry.
2. Using your non-dominant hand, pinch the button using your thumb and forefinger/index finger.
3. While keeping those fingers on the button, slightly pull the fabric of the shirt to your dominant side.
4. Tilt the button so that the edge of the button touches the opening of the hole.
5. Using your non-dominant hand, guide the button into the hole.
6. Push the button using the thumb of your non-dominant hand through the hole.
7. Release your dominant hand from the shirt.
8. Using your dominant hand, pinch the button.
9. Pull both hands in opposite directions.

Practical Tips:

Initial steps may include:

- Establishing hand dominance (left or right hand).
- Warming the hands up by doing a less complex task or hand stretch routine.
- Placement of the shirt:
 - Start with the shirt placed on a table
 - Move onto placing the shirt on the back of a chair or a hanger
 - You can also use bigger buttons and bigger holes

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.

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