



Pouring From a 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.

Sequence of Steps:

1. Gather the equipment needed:
 - ✓ A Bottle
 - ✓ A cup
 - ✓ Desk/Table/Counter
2. Make sure that the Bottle is dry and clean to ensure the best grip
3. Place the Bottle on a steady, non-slip surface at waist level.
4. Position yourself directly in front of the drink and cup.
5. Establishing hand dominance (left or right hand)

6. Establishing directions to turn the lid of the bottle. i.e. Righty Tightly (Clockwise) Lefty Loosey (anticlockwise)
7. Open the lid of the bottle
 - a. For information on Bottle opening see resources on this
8. Once the lid is off, use your dominant hand to grab the body of the bottle. If the bottle is heavy, you can use your ~~non~~ dominant hand to hold the neck of the bottle.
9. Lift the bottle from the table and slowly tilt the top of the bottle towards the top of the glass until the drink starts to pour.
10.

Watch the level of liquid in the glass. Keep pouring until you reach your desired level of liquid. Leave space at the top of the glass for air, making sure not to overfill the glass.
11.

Carefully return the bottle to an upright position so that the top of the bottle is facing upwards.
12.

Place the bottle back on the table.
13.

Using your thumb and index finger, pick up the lid of the bottle from the table.
14.

Place the lid back on the bottle and twist the lid in a clockwise or right direction.

Practical Tips:

- Initial steps may include:
 - When beginning to practice, it may be beneficial to begin with an unsealed bottle and focus on the technique of pouring the liquid into a glass.
 - Establishing hand dominance (left or right hand)
 - Establishing directions to turn the lid. I.e. Righty Tightly (Clockwise) Lefty Loosey (anticlockwise)

- Practice pouring a drink over a tray or basin to catch any spills.
- Water play can be a useful starting point. Using the bath or the sink to pour water into different sized containers.
- Use a plastic or paper cup to prevent breaking glass cups if spillage occurs.
- When beginning to practice, it may be beneficial to start with a transparent cup to make it easier to see the level of liquid being poured in.
- Start with a small amount of liquid to make the bottle lighter and easier to control.

To help with opening bottle lids:

- You can use the Towel technique where you place a towel over the lid of the bottle for extra grip
- You can also run hot water over the top of the bottle (not too hot) which may loosen the lid– be careful not to burn your hands and get parental support if required.

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 sessions outside of sessions 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.

We are proud to be supported by the

RTÉ
TOY
SHOW
APPEAL

Community
Foundation
Ireland

Charity No: CHY 13967

