

# Kids & Clothing Fasteners

Try these simple ideas to help kids become more independent with clothing fasteners like zippers, buttons, snaps, and buckles!

**These “pre-fastener” activities can help kids work on manipulation skills and get both hands working together efficiently.**

- Stringing beads
- Lacing cards
- Feed the tennis ball (tennis ball with a slit cut in it, child squeezes the ball to put small objects inside)
- Pushing pick up sticks or toothpicks into styrofoam or play dough.

**Next, try these ideas for building up to completing clothing fasteners independently.**

- Putting loose buttons or coins into a container with a slit cut in the top (an empty cream cheese or yogurt container is perfect for this)
- A button snake (felt shapes with holes cut in the center to string onto ribbon with a button sewn to the end)
- Passing loose buttons through button holes on real clothing (clothing not on the body)
- Practicing hooking zippers and fastening buttons on clothing that is not on the body to make it easier to see and manipulate.

**When kids are ready to practice with the real thing...**

- .-Start with the largest buttons and zippers you can find.
- Provide lots of repeated hand over hand practice for zippers helps kids feel and visualize how to hook the two sides together.
- Add a ribbon or string loop to zippers on kids coats and sweatshirts to make a larger zipper pull.