

Here are the step by step tips to show a child how to learn these dressing skills

To close buttons:

1. Pinch side of button with one hand
2. Pinch side of material (right beside the buttonhole) with other hand.
3. Open the button hole wide and post the button through.
4. Use your fingers or thumb to push the button through, while the other hand pulls the material over it.

To open buttons:

1. Pinch side of button with one hand.
2. Pinch side of material right beside the buttonhole with other hand.
3. Open the button hole wide and post the button through.
4. Use your fingers or thumb to push the button through, while the other hand pulls the material over it.

Doing zips

1. Hold two sides of top at the bottom.
2. Push zip into socket, make sure it is pushed right down to the bottom.
3. Hold bottom of zip tightly.
4. Pull zip up. If it is hard to pull then recheck if it is in the zip properly, is it pushed right down to the bottom?

Getting tops on

1. Check if it is inside out – if it is, reach an arm through the arm hole, grasp the cuff and pull it through.
2. Put one arm into the top and pull it up as far as the shoulder.
3. Put second arm into the top and pull it up as far as the shoulder.
4. Hold the head-hole of the arm with both hands and pull it over your head.
5. Pull top right down to your trousers.
6. Run your hands around your neckline to check the shirt is fixed at the collar.

To tuck in

1. Use one hand to hold and pull out the top of your trousers.
2. Use your other hand to slide the bottom of the tshirt down into your trousers, as smoothly as you can.
3. Move your hand around to the other side of your trousers and do the same thing.
4. Keep doing this at all points on your trousers until your tshirt is tucked in all around (usually six tucks!). You can check in a mirror or using your hands to feel it.

Getting tops off

1. Put one hand up your top and move it up to under your opposite arm.
2. Holding this part of the top try to pull the opposite arm up out of its sleeve, bending your elbow down towards your tummy.
3. When your elbow is free, grasp the cuff of that arm and pull your arm totally free.
4. Repeat for second arm.
5. With both arms free use your hands to push the top up over your head.