

At Home Dressing Activities

Purposes: Visual Motor Coordination
Fine Motor Control
Manual Dexterity
Care of the Person

Notes:

1. Find items with the zippers, laces, bows, and buckles
2. Put them in front of the child.
3. Links:
 - a. Zipper
https://www.youtube.com/watch?time_continue=73&v=ZS6pDcMTN5k&feature=emb_logo
 - b. Lacing
https://www.youtube.com/watch?time_continue=19&v=Uo0q8amA_iY&feature=emb_logo
 - c. Buckles
https://www.youtube.com/watch?v=45ValxRaAm4&feature=emb_logo

Buckles

1. Undoing
 - a. Hold the loop with pincer grip subdominant hand.
 - b. Pull the strap with dominant hand and let it go.
 - c. Lift the strap with dominant hand, and with subdominant hand lift the prong with index finger under it.
 - d. Lift the buckle and let go the strap.
2. Doing up the buckle
 - a. Hold the strap with thumb and index finger of dominant hand; insert it under the buckle and push it.
 - b. Lift the strap and with index finger of sub-dominant hand push the prong into the hole.
 - c. Insert the strap under the loop and push it until it's flat.

Shoe Laces

1. Lacing
 - a. Put lace in the middle with ends facing to the bottom; insert the left aglet under left eyelet; and the right aglet under the right eyelet.
 - b. Make sure they are even by putting both ends together and two fingers in the middle; and then pull up the ends.
 - c. Cross arms (big movement) and put the laces to the opposite sides. Insert the aglet of the bottom lace into the eyelet from underneath and repeat for the other lace.

Zipper

1. Un-meshing the teeth
 - a. Grasp with 4 fingers under the left piece of the fabric. Hold the pull tab and un-mesh the teeth, bring it down until the fabric separates.
2. Meshing
 - a. Put both pieces of fabric together.
 - b. Lift the long tooth and the end stop with thumb and forefinger.
 - c. Show the child the slot of the end stop.
 - d. Insert the long tooth into the end stop; and make sure that they are together.
 - e. Hold the fabric with one hand and with the other hand mesh it up.

Bows

1. Untie
 - a. Grasp both ends of ribbons at the same time, with index fingers and thumbs of each hand.
 - b. Pull to open the bow, and place the ribbons straight lined to each side.
 - c. Loosen the knot by putting the index finger of dominant hand in between both laces; pull and place the ribbons straight lined to each side.
2. Tie
 - a. Hold the end of the right ribbon with thumb and index finger.
 - b. Place the white ribbon over the red one.
 - c. With index finger of dominant hand push the one of the ribbons under the other one, pinch with dominant hand, and bring it over with the subdominant hand.
 - d. Place the ribbons straight lined to each side.
 - d. Place index finger of dominant hand in the center of the ribbons, and thumb up perpendicular to index finger (thumb pointing to the left).
 - e. Take ribbon on the left with subdominant hand; cross it over the thumb making a loop; pinch with thumb and index fingers at the bottom.
 - f. With dominant hand take the right ribbon wrap it around the loop clockwise, push under with forefinger.
 - g. Change hands, pinch each loop and pull (Pull the two loops at the same time, a little fast to tight the knot.)