

LET'S PRACTICE ZIPPERING

1. Start zipper practice with the coat or sweatshirt off. With hand over hand assistance, help your child feel and see how to hook the two sides of the zipper together.
2. Do other fine motor activities between practices like stringing beads, putting coins in a piggybank, or dropping buttons into a container with a slit.
3. Place toys in zip-lock bags to encourage your child to unzip bag in order to play with the toys.
4. Add a ribbon or string to the zipper pull of all coats and jackets while your child is still learning.

Coat zippering takes a lot of practice, so use the ideas suggested daily as well as helping them practice when they are getting their coat on. Most importantly, be patient!

PIPE CLEANER ZIPPER

Instead of using both sides of a zipper, try pulling a pipe cleaner up and down through the zipper. The pipe cleaner is bigger and easier to hold. It also is less floppy. Making it fun means your child will be more willing to practice.



RIBBON ZIPPERING ACTIVITY

Taken from <https://www.theottoolbox.com/teach-kids-how-to-use-zipper/>

This simple ribbon activity uses plastic bread ties. First, knot both sides of a ribbon or shoelace. Pinch the ribbon and slide the bread ties onto the ribbon. That's it; your zipper tool is done.

Next, we're going to practice. To help kids learn to zipper (a real zipper) they need to hold the bottom of the zipper while the other side is starting the zipper or pulling it up or down. They do this using their thumb and pointer finger.

Use the ribbon to practice this skill by holding the ribbon down straight and tight with one hand and pinching a bread tie between the thumb and pointer finger of the other hand.

You can pin the top of the ribbon to the child's shirt under their chin. Then, use the other hand to pull the zipper ties all the way up and all the way down.

