

School Based Occupational Therapy

RESPONSE TO INTERVENTION FOR PERFORMANCE CHALLENGES



Performance Area:

Self Help/Use of Fasteners/ Clothing Management

GENERAL INFORMATION: A student may present with difficulty in the use of fasteners such as snaps, zippers, buttons and laces due to deficits in fine motor control and bilateral coordination (use of both hands together).

RECOMMENDED STRATEGIES DURING DRESSING:

- Try different methods for donning a jacket:
 - Some children will need to insert his/her weaker arm into the sleeve first, followed by the stronger arm.
 - Some children may perform better if they use the “over the head” method while inserting both arms simultaneously.
- When teaching shoe tying, use laces of two different colors.
- Backward chaining for teaching many self help tasks is helpful. Expect the student to master the last step. The teacher performs all steps up to that point. Teach the student each step moving forward until he/she is independent.
- Use the verbal cue “Pinch, Poke, Pull” to teach buttoning. This refers to pinching (grasping onto) the button, poking it into the button hole, and finally using the opposite hand to pull the button all the way through the hole.
- Allow extra time to complete self help tasks and to access the lavatory.

ADDITIONAL STRATEGIES FOR IMPROVING THE PERFORMANCE AREA:

- Provide opportunities to practice the skills necessary by supplying games and classroom activities (books, puzzles, toys, etc.) that have fasteners such as zippers, snaps, buttons, and laces.
- Practice manipulation of yarn, ribbon and laces by teaching braiding for use in crafts.
- Compensate for limits in dexterity by providing a ring or other tab on the zipper of jackets or pants.
- Compensate for the inability to tie shoes by providing Velcro or slip on shoes.
- Compensate for the inability to use zippers and snaps by provided elastic waist pants to increase independence in the lavatory.