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Zips



Lots of children find zips challenging and it can take a little while for this skill to develop; plenty of practise is needed as well as lots of patience! To fasten zips, children need to have a good strong pincer grip (pinch) as well as the ability to use both of their hands together. Below are some top tips and activities to help your child develop the skills needed to master the art of zipping!

Developmental stages of learning to zip

18 to 24 months – able to unzip a zip with a large puller.

2 ½ to 3 ½ - able to unfasten a zip on clothing while wearing it.

3 to 4 years - Pulls large zip up once started by an adult and if an adult holds the bottom of the coat taut.

5 to 6 years – Can unzip and zip clothing whilst wearing.

Activities to help develop skills needed for zipping

1. **Threading beads** – this task is very similar to buttoning, post the thread through the hole and pull it through the other side. Try using laces to thread, too tricky? Use something more firm (e.g. pipe cleaners), too easy? Try threading blindfolded.

2. **Lacing cards**



3. **Ziploc bags** – put toys into ziploc bags so they have to be unzipped to get the toys out to play with.



4. **Dressing boards**



5. **Dressing up** – have fun!



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Hints and tips to practise zipping

1. Practise the skill when you are not in a rush to get dressed in a distraction free environment.
2. Start by teaching unzipping first as it is easier.
3. Zips with larger tabs, puller cords or ribbons are easier to hold and use at first.



4. Practise opening and closing zips on bags, pencil cases and toys.
5. Start the zip for your child and encourage them to practise pulling the zip up.
6. Use clear, simple and consistent language each time you practise. To do up a zip start by pulling the zip slider down to the box and hold them tightly together. Next thread the pin down into the zip slider and into the box (give it a wiggle to make sure the pin is firmly in place). Pinch the zip puller with one hand and hold onto the bottom of the coat taut with the other hand. Now pull up the zip.

