

## Self-Help Resources

### Putting on your outerwear

There are many steps involved with putting on your outerwear, especially during the wintertime, to get ready to play outside during recess. Sometimes this can get frustrating for people having a hard time. Breaking down the steps can help make the process seem less overwhelming, promote better participation and independence. Here are some ideas on how to help your kids be more independent with this area.

- Method for putting on a coat

<https://teachpreschool.org/2013/02/06/how-to-put-on-a-coat/>

- Three different methods for putting on a coat

<https://preschoolinspirations.com/3-simple-ways-children-put-coats/>

- Visual for putting on outerwear for recess including snow pants

<https://drive.google.com/drive/folders/1HoPragmDQz0xQAcfSwht3ln4fYq0z-QI>

### Fasteners (zippers, buttons)

Managing fasteners such as buttons and zippers can be tricky sometimes because it involves coordinating both hands and being able to see what you are doing. Check out some of these tips for different strategies available to help your child work on this skill.

#### Zippers

<https://www.wikihow.com/Teach-Your-Kid-to-Use-a-Zipper>

<https://www.theottoolbox.com/2016/05/teach-kids-how-to-use-zipper.html>

#### Buttons

<https://www.theottoolbox.com/2015/10/teaching-kids-how-to-button-self-help-skills.html>

<https://www.understood.org/en/learning-attention-issues/child-learning-disabilities/movement-coordination-issues/2-minute-tutorial-how-to-teach-kids-with-motor-skills-issues-to-button-clothes>