

# VI TIMES

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MN Regions 5 & 7 Vision – O&M Staff

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# Dressing and Fasteners

When learning to button and unbutton, start with clothing items with large buttons and large button holes. This will encourage success and independence.

## Buttoning

Remember male and female clothing items often button on opposite sides for the button and button hole.

1. Put shirt or jacket on.
2. Locate the top or bottom button and button hole.
3. Find the button hole with one thumb and grasp the button with the other thumb and index finger, placing the index finger on top of the button.
4. Push the button into the hole; then use the finger on top to help pull the hole over the button or use the other hand to pull the button through.
5. Always button in sequence from top to bottom or vice versa.
6. To unbutton, place index finger and thumb under material at button hole.
7. Use the other hand to grasp the button and push it through the button hole.
8. Pull the button out gently.

## Snapping

1. Place the index finger of one hand on the top of the indented half of the snap with the thumb underneath.
2. Place the index finger of the other hand on the knob of the snap with the thumb underneath.
3. Bring the two index fingers, still in contact with the snap halves, together.
4. Lift index fingers slightly off and insert snap knob into indentation part of the snap.
5. Press firmly together until they "snap".
6. For unsnapping, reverse the process and pull gently apart.

## Zipping

A ring or other zipper pull may be helpful for some children.

### Front fly zipper

1. Use one hand, using thumb and index finger, grasp zipper slide/tab/pull.
2. Use free hand to grasp zipper bottom (or material) and gently pull downward.
3. Pull upward on zipper slide/tab/pull with free hand to the top.
4. Press tab down over zipper to lock.

### Separating zipper

1. Be sure the zipper tab/pull is at the bottom of the track.
2. Locate the smooth end of the zipper track/tongue with one hand, placing the thumb on top and index finger underneath.
3. Insert the smooth end of the zipper track/tongue into the hole on top of the zipper slide/tab/pull.
4. Push the track/tongue down into the slide/tab/pull and stop when it is even at the bottom so that it is secure.

5. Pull down on the garment bottom with one hand while the free hand pulls up the slide/tab/pull.
6. Press the slide/tab/pull down over the zipper to lock it at the top.

### **Back zipper**

1. With dominant hand in back, use index finger and thumb to grasp zipper slide/tab/pull.
2. Use non-dominant hand to hold seam at bottom of zipper and stretch downward.
3. Reach with dominant hand around rib cage to locate slide/tab/pull.
4. Use dominant hand to pull slide/tab/pull up, toward neck, as far as can reach.
5. Take dominant hand over shoulder to grasp slide/tab/pull and finish pulling the zipper to the top.
6. To lock zipper, press slide/tab/pull down.

### **Unzipping back zipper**

1. Hold the garment on the left side of the zipper with the thumb and index finger of one hand.
2. Lift the slide/tab/pull with the free hand and grasp it with thumb and index finger.
3. Slowly push the zipper down as far as possible.
4. Then put one hand around the back and continue pushing the zipper down.

## **Past Newsletter Topics**

Contact your Teacher for the Blind / Visually Impaired or Certified Orientation & Mobility Specialist if you have further questions on the newsletter topic.