

#### What are zipper skills?

- Zippering is a dressing skill that usually starts to develop between 4 and 5 years of age with regular practice.

#### Why are zipper skills important?

- They promote independence and self-confidence with dressing tasks
- They help develop a pincer grasp, finger strength and control, eye-hand coordination, two-handed tasks, problem solving and sequencing skills

#### Practice the following activities to develop zipper skills:

- Use both hands together for activities to practice a fingertip pinch and sliding or shifting small items (lacing beads, pop-beads, closing small twist caps, etc.).



- Imitate zipping in many ways (place a jacket on a table top, bread tie zipper activity, etc.).



- Place a larger pull on the zipper to make grasping and pulling easier (keyring, paperclip, charm, etc).



- Practice backward chaining: Parents complete all but the last step of zipping, allowing the child to finish pulling the zipper up. Once successful, have the child complete the last two steps, by holding the bottom of the jacket and pulling the zipper up. Gradually add more steps until the child is able to complete the whole process from the beginning.

