

TEACHING "BUTTONING & ZIPPING"

A SIMPLE ABA-STYLE GUIDE FOR KIDS WITH AUTISM

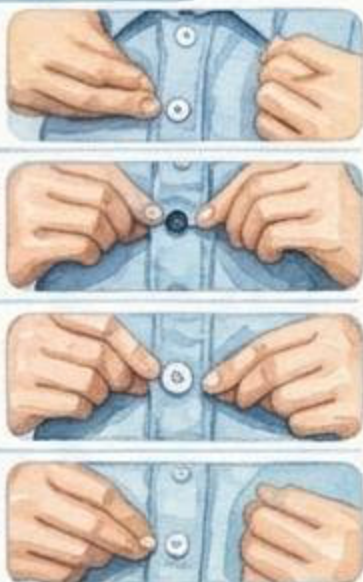
START SMALL

- ✓ Teach one skill at a time
- ✓ Big buttons first
- ✓ Loose jacket zipper first
- ✓ Practice when calm, not rushed

BREAK THE SKILL INTO SMALL STEPS

BUTTONING

- 1 Hold the fabric
- 2 Push button halfway into hole
- 3 Pull button through
- 4 Repeat for next button



ZIPPING

- 1 Hold the bottom steady
- 2 Put zipper pin into the box
- 3 Pull zipper up slowly



USE ABA-STYLE TEACHING

1. MODEL

Show the child slowly first.



2. PROMPT

Help only as much as needed.



3. REINFORCE IMMEDIATELY

Praise every success.

- 😊 "Nice buttoning!"
- ★ "You zipped it!"
- 👏 High five
- ❤️ Hug
- 😊 Sticker
- 🚗 Short favorite activity



MAKE PRACTICE SHORT & FUN

- Practice 3–5 minutes daily
- Use dress-up clothes, dolls, or jackets
- Stop before frustration starts



HELPFUL ABA TIPS

- Teach sitting down first
- Use bigger buttons before smaller ones
- Practice on clothing placed on a table before wearing it
- Fade help slowly so independence grows



IF THE CHILD GETS STUCK

Do not rush or take over immediately.

Go back one step and help gently.

Try again... push... pull!



REMINDER FOR PARENTS

Parents are not expected to replace trained therapists. The goal is to practice ABA-style teaching during everyday routines at home.

