



Practice Unbuttoning

Let your child help the doll try on clothes and attend the birthday party.

Helps Your Child Grow



Fine Motor

Unbuttoning clothes for several animal figures gives your child repeated practice pinching, turning, and coordinating their fingers.



Cognitive Self-Regulation (Executive Functioning)

Helping different animal dolls try on clothes gives your child a reason to focus on one task for gradually longer periods.

Steps

- Gather animal dolls and a small button-up garment, either doll clothing or something your child once wore.
- Say, “It’s Bear’s birthday. Let’s help Bear get dressed for the party,” and invite your child to be the helper.
- When unbuttoning, show how to pinch the button, turn it slightly, and pull it through the hole.
- If the button is stuck, push it partway through, then leave the final pull for your child.
- Once Bear is dressed, bring over Rabbit: “Rabbit is going to the party too.” This creates another round of practice.
- During later pretend play, suggest changing a doll’s clothes whenever your child is interested.

Tips

- Begin with soft fabric and large buttonholes so your child can pull each button through more easily.
- Practice fastening the buttons too. Repeating both actions strengthens finger control and supports an everyday self-care skill.

Observations

- Unbuttons the animal’s clothes and takes them off
- Carefully dresses the figures for the pretend birthday party