HOW TO TIE SHOELACES

Suggestions:
Use different laces, i.e. one half of lace black and the other half green. Practice doing up dolls ribbons, tie belts round waist.

SUGGESTED ACTIVITIES TO IMPROVE TYING OF SHOELACES

- Provide the child with different coloured shoe laces.
- Allow him to practice with the shoe in his lap before expecting him to tie the laces with his foot in the shoe.
- Demonstrate the activity from a position next to him, not opposite as the actions are easier to copy form this position.
- Ensure the child is sitting correctly on a stable, firm chair. (Hips, knees and ankles should be ideally at 90º). Or the child should be seated in a supported manner on the floor.
- Elevate the foot with the shoe on to a low surface, to improve his vision of the laces that are being tied and to reduce the distance that he has to bend down to reach his laces.
- Use shortened laces to encourage the child to pull the laces tighter and to make it easier for him to handle.
- Break down the process into steps, ensuring that he masters one step before moving on to the next.
- Allow the child to start the activity while an adult completes it. More steps should be given to him to do independently until he is able to tie his own shoelaces.

Tying Process:
1. Make sure they tie the lace over the other lace TWICE before they begin to make bows, otherwise the knot will come loose and the bows will fall apart.
2. Make a loop with one piece of lace (call this the ‘tree’).
3. Wind the other piece of lace (the ‘rabbit’) around the ‘tree’ (loop) and through the hole.
4. Take hold of the rabbit and the tree and make one quick hard tug movement away from each other.