



# HOW TO TIE SHOELACES

## Suggested Activities to Improve Tying of Shoelaces

- Provide the child with different coloured shoelaces e.g. one half of lace black and the other half yellow
  - Allow the child to practice with the shoe in their lap or lace around their thigh before expecting them to tie the laces with their foot in the shoe
  - Demonstrate the activity from a position next to them as the actions are easier to copy from this position than opposite
  - Ensure the child is sitting correctly on a stable, firm chair (Hips, knees and ankles should be ideally at 90°) 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 the vision of the laces that are being tied and to reduce the distance that the child must bend down to reach his laces
  - Use shortened and flat 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 the child 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.
- Forward/Backward Chaining
- Practice doing up dolls ribbons



- Tie belts around the child's waist
- Practise using a skipping rope as it will be thicker
- Break the task down into your child's own words.
- Refer to the video or visual guide for further support

