



Tying Shoe Laces

Learning to tie shoe laces is a key step towards independence in dressing - particularly for the school aged child.

There are 2 main methods for tying shoe laces each begins with a basic cross over knot

1. Single loop – make a loop – take the second lace around this loop and through the hole – pull both loops tight
2. Double loop (Bunny ears) – make a loop with each lace – cross these loops and tie as you would a single knot.

Both methods are fine: Many Children find the Bunny Ears method to be easier.

Allow your child the option of which method they would prefer.

Some ways to help your children learn to tie their laces:

1. Get the right laces

- Thicker (flat) laces are easier to manipulate than the thin type. (Don't go too thick)
- Cotton laces are less slippery than synthetic ones and will therefore stay in place.

2. Sit in the right position

- If you are both right handed/both left handed sit beside your child and encourage them to move their hands in the same way as you
- If your child has a different dominance to you sit opposite your child and encourage them to mirror your movements
- Sitting on the floor is easiest and offers the best stability.
- Sit up against a wall or a couch for added stability.
- Place one leg out straight and bend the leg on which you will be lacing the shoe so that your foot is flat on the floor.

3. Coloured laces

- Using two different coloured laces can help your child to keep track of which lace they are working with – particularly when the laces are crossed over each other or passed through loops.

4. Mark your laces

- You can mark the laces with texta / highlighter to help your child identify where they should place their fingers to make loops. This will help them in getting the tension right so their shoes are done up tightly.

5. Backward Chaining

- This involves teaching the last step first.
- You do most of the job – and then let your child complete the task.
- You need to talk it through as you do it.
- This way the child gets lot of opportunity to watch what you are doing and gets



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the experience of completing the task successfully - which helps them to feel good about the experience.

Backward Chaining example

Step 1:

Parent: Ties initial knot and laces shoes

Child: Pulls completed bow tight

Step 2:

Parent Ties initial knot, makes loops

Child: knots the loops and pulls the bow tight

Step 3:

Parent: makes the initial knot and one of the loops

Child: makes the second loop, knots the loops and pulls the bow tight Etc:

This would occur over several days or week with each step may be reinforced over several days depending on the needs of your child.

6. Make a rhyme or story to go along with the actions

- Single Loop Method:
 - a) Make a bunny ear, chase the bunny around the tree and through the burrow
Pull his ears tight

 - b) Build a tee pee
Build a tee pee
Come inside
Close it tight so we can hide
Over the mountain
And around we go
Here's my arrow
And here's my bow

Alternatives to Shoe Laces are: Velcro; Elastics or Sports Toggles. For more details on shoe lace tying methods and options check out www.shoe-lacing.com