

Let me: tie shoelaces



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What is this leaflet about?

This leaflet provides general advice to parents and carers whose children find it difficult to tie their shoelaces.

Where should I begin?

Tying shoelaces is a lifelong skill. Before beginning to tie laces, a child needs to have developed their co-ordination and fine motor skills in order to remember the multistep process required to tie laces. If you feel your child is ready, there are a number of practise tips to try.

- Practise placing shoes on the right feet. Mark each shoe on the inside border to show your child that the marks go together when placed on the correct feet.
- Practising 'first knot', e.g. on a dressing gown cord around the waist.
- Allow plenty of time so that they do not feel rushed.
- Practise with a shoe at a table or with a lacing card.
- Ask them to sit down while practicing their laces.

How to tie shoelaces

There are many different ways to tie shoelaces (apparently over 70+ ways). Your child may find one way easier than another. This leaflet gives you the two most common methods:

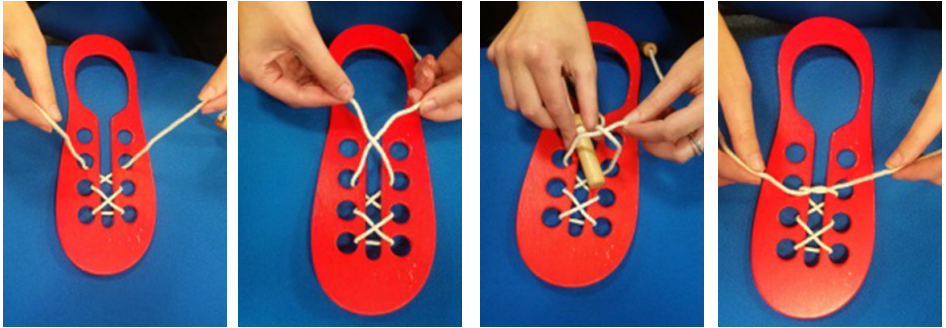
- 'bunny ears' method
- loop method

If your child is finding either of these ways difficult, have a look into some of the other methods available.

Ensure you only teach one step at a time and ask your child to practise that step until they master it. Then teach the second step and again, ask them to practise these two steps together until it is easy for them before introducing the the next step and so on.

Stage 1 - first knot (same for both methods)

- Hold a lace in each hand.
- Cross over the laces.
- With the top lace, take it over and then under the bottom lace, then pull tight.

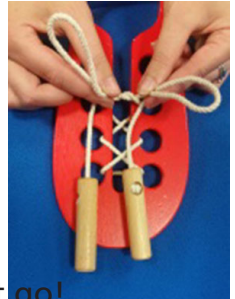


Tip: you can repeat taking top lace over and then under before pulling tight to secure the knot against the shoe, which can make the next stages easier!

Method 1: bunny ears

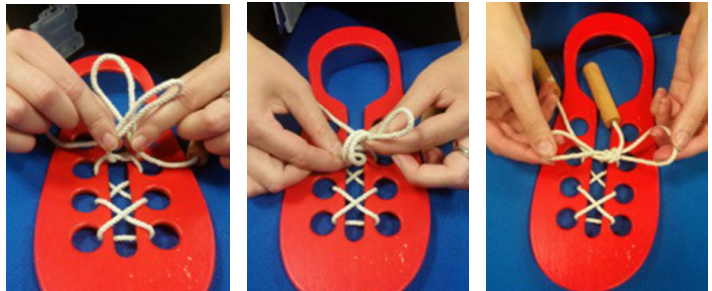
Stage 2 - making 'bunny ears'

- Make a loop with each lace, keeping a long tail on each.



Stage 3 - crossing the loops

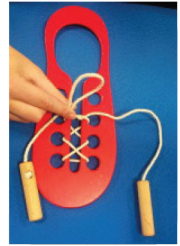
- Cross the two loops to make an 'x'. Don't let go!
- Take one loop over the other loop, then push through the hole under the cross and pull.
- Repeat to tie a double knot.



Method 2: loop method

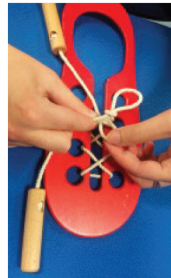
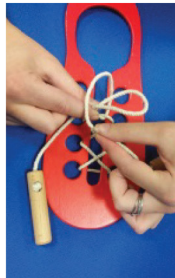
Stage 2 - creating one loop

- Make a loop with each lace, keeping a long tail on each.



Stage 3: making the bow

- Whilst holding your loop with one hand, hold the middle of the other lace and take it all the way around the loop and back to you.
- Now push the middle of this lace through the hole with your thumb - it will start to make a loop.
- Pull both loops at the same time.
- Repeat to make a double knot.



Helpful tips

- Flat laces are easier to tie than round ones. Ensure that the laces are long enough to comfortably tie a bow.
- Use two different coloured laces, as it is easier to explain the steps.
- You may need to place your hands over your child's hands to show them how the movement feels.
 - Try elastic or spring laces or laces with patterns on.

If you need help to understand this leaflet or would like it in a different language or format such as large print, Braille or audio, please ask a member of staff.