

Advice sheet

## Tying shoe laces

Shoelaces are best learned one step at a time.

### Suggested strategies

In preparation it may be helpful to play some games that help children to learn some of the skills used. Here are some ideas to try:

- Ripping paper and card - to increase hand strength needed when tightening the lace
- Paper weaving, sewing games – can help you understand how the lace goes behind and is posted through
- Tying bows with ribbon, as this is less likely to slip
- Dressing toys such as dolls and teddies give good practice opportunities
- Threading beads onto a string
- Obstacle courses – practising concepts of under, over, around and through. Try copying these in a sequence

### General principles

- Lace a shoe using two different coloured laces, it's easier for them to what goes where.
- Sit them in a comfortable, balanced position, with their back against something for support
- Always practice using thicker "fluffier" laces as opposed to thin elastic type laces that you may find in some shoes. The thinner laces tend to come undone much more quickly.
- It is easier to practice laces if the shoe is on their lap initially rather than on the foot. Once your child has got some idea about the task, it is easier for your child to see what they are doing if they are seated with their foot (and shoe) on a small stool or chair in front of them.
- Shoe templates can be purchased from Early Learning shops and are useful for practice purposes.



## **Steps to follow**

### **Making a knot:**

- Take hold of the laces, one in each hand, then cross the laces over
- Where the lace has crossed, hold this in one hand
- Pass the upper lace under the lower lace, through the hole, in a toe to heel direction
- Grasp the end of each lace and pull tight to the sides

### **Making the bow:**

- Make a loop with one of the laces. NB Make sure some of the lace is kept out of the loop
- Make a second loop with the other lace
- Cross the 2 loops over keeping hold of the loops at all times
- Hold the loops in one hand keeping this hand still for the rest of the procedure
- With the other hand, post the loop through as you did when tying the lace
- Pull the end of the loops to make the lace tight

Alternatives: Toggles, Velcro, Greeper laces ([www.greeper.com](http://www.greeper.com))