

# Tying Shoe Laces



## DESCRIPTION

Shoelaces are best learned using a forward chaining method i.e. your child learns the first step first. It is helpful to master the first step before moving onto the next. This technique is useful as you are in effect teaching a series of knots and so your hands don't have to perform as many different moves.

## HELPFUL HINTS

- Sit in a comfortable, balanced position, with your child's back against something.
- Always practice using thicker "fluffier" laces rather than thin elastic type laces. The thinner laces tend to come undone much more quickly.
- It is easier to practice laces if the shoe is on your child's lap initially rather than on the foot.
- Make sure the shoe is weighted or that you are holding on to it when practicing otherwise it will not stay in place.
- 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 recommended for practice purposes.

## ACTIVITY IDEAS

### Preparation:

Before moving onto shoelaces, it may be helpful to play some games that help your child to learn some of the skills needed. Here are some ideas to try:

- Ripping paper/card/flying egg – to increase hand strength needed when tightening the lace.
- Paper weaving and sewing games – can help your child to understand how the lace goes behind and is posted through.
- Tying bows with ribbon, as this is less likely to slip.
- Dressing dolls give good practice opportunities.
- Threading beads onto a string.



## Tying your shoe laces:

### 'Bunny Rabbit Ears' or 2 Loop Tie

#### Making a knot:

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

#### Making the bow:

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

