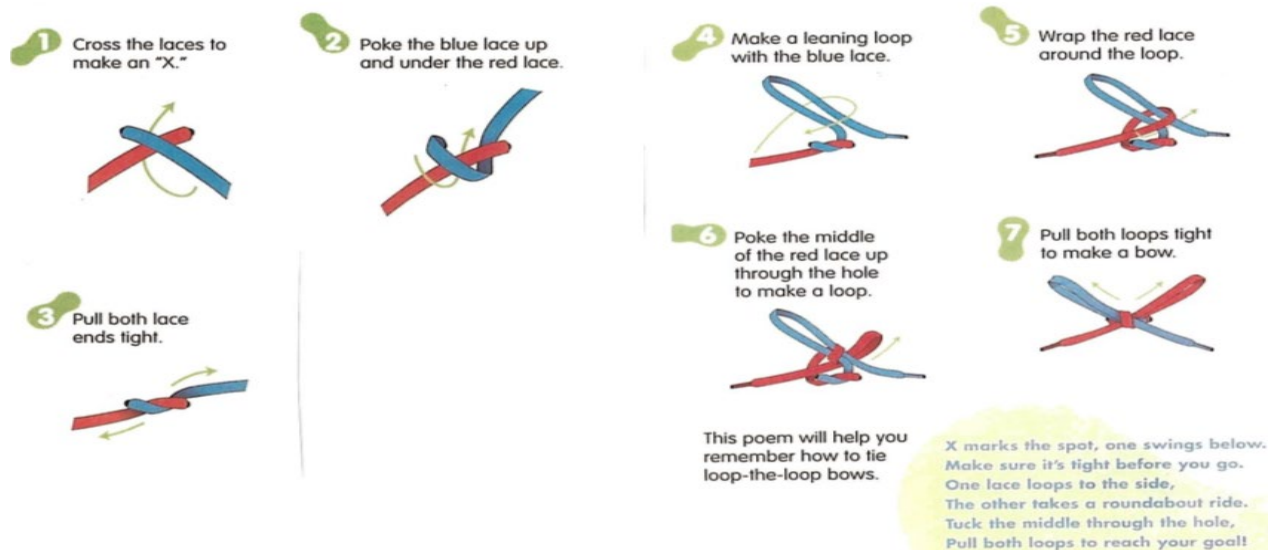


SHOELACE TYING

GENERAL SUGGESTIONS

- Practice for short duration, ideally on daily basis, providing modelling as well as verbal and physical cues.
- Start with practicing with shoe off of foot (and placed on tabletop or in their lap) which is easier, progressing to wearing shoe during practice.
- Instead of practicing on a shoe, the child can also practice on a shoe “card” which can be easier to manipulate; using 2 different coloured laces to differentiate right and left laces, can also help provide an extra visual cue.
- While the child is learning to tie their shoes, there are some items that can help keep shoes tied such as: lace locks, “lock laces” or “free the lace” lock, as well as elastic shoelaces (“spyrolaces”, “tylastic shoelaces”).
- There are many videos available online (including YouTube videos) that demonstrate shoe lacing techniques i.e. standard “around the tree” shoelace knot, “bunny ears”, or the “Ian knot” (see examples below). Choose the technique that Child prefers and finds easier to do.

STANDARD METHOD



BUNNY EAR METHOD

Bunny Ears

- 1 Cross the laces to make an "X."
- 2 Poke the blue lace up and under the red lace.
- 3 Pull both lace ends tight.
- 4 Make two "bunny ear" loops.

- 5 Cross the loops.
- 6 Pull the red loop down over the blue loop.
- 7 Poke the red loop through the hole.
- 8 Pull both loops tight to make a bow.

This poem will help you remember how to tie bunny ears.

Crisscross, then under we fly.
 Pull it tight, then loop 'em high.
 X the loops and bend one low.
 Pull it through to see the bow!

BUNNY EAR WITH LACES STABILIZED METHOD

- <https://www.youtube.com/watch?v=baW3zHvidbw>
- <https://vimeo.com/raineysdays>

PUSH AND TIE METHOD

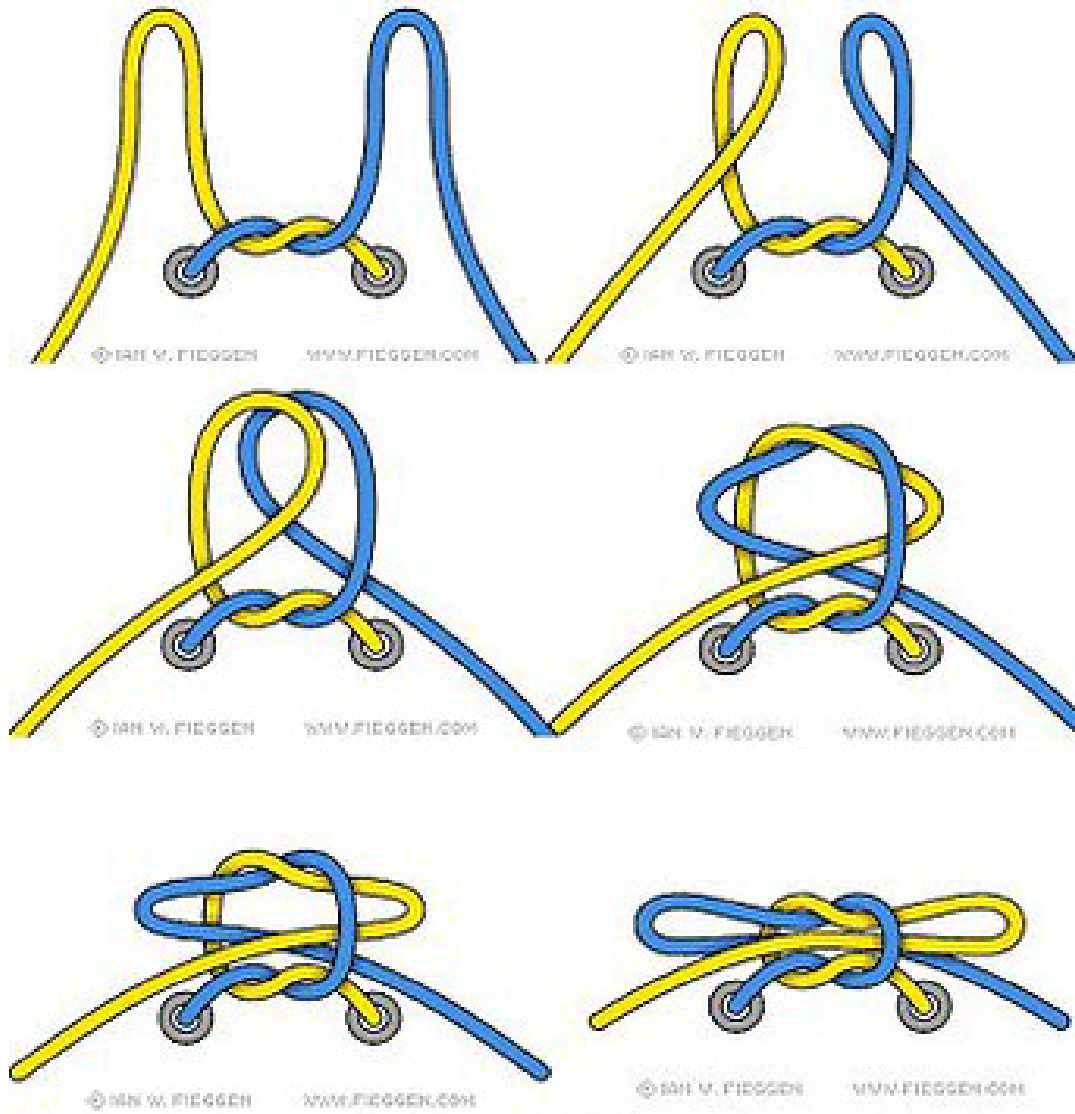
- <https://www.youtube.com/watch?v=nXzOww2Ft48&t=26s>
- <https://www.youtube.com/watch?v=5b0PiWo5rC4>

Shoe Tying

Push and Tie (PAT) method

- 1** Make a cross with the laces
- 2** Take the top lace under the cross and through the hole
- 3** Pull them tight
- 4** Make another knot just like steps 1&2
- 5** Push the end of the lace back through the knot where it came out
- 6** Push the other lace back through the knot. Leave a bow.
- 7** Pull the laces through the knot to make the loops
- 8** Pull the two loops tight

IAN'S KNOT

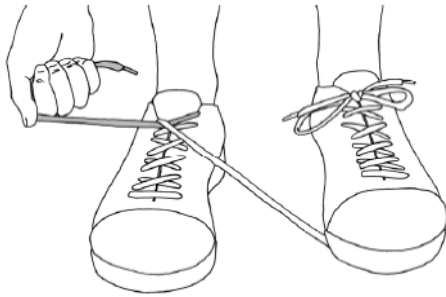


Ian's quick knot

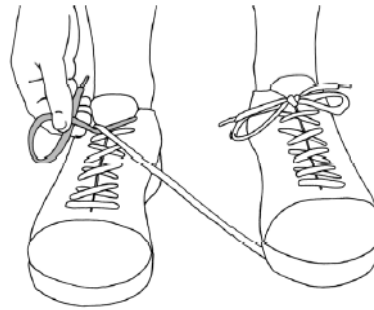
- <https://www.youtube.com/watch?v= O-xaJrao1w>
- <https://www.youtube.com/watch?v=pKRZDHbLQlg>
- One hand Ian's Knot: <https://www.youtube.com/watch?v=si-iQpBBusM>

ONE-HANDED METHOD

1. Hold one shoelace down with your foot, and pull the other lace tight. Make sure the laces cross over when you do this.



2. Make a loop while still holding the lace under the other shoe.



3. Bring the loop behind and under the straight lace.



4. While holding the loop in place between your thumb and index finger, let the straight lace out from under the other shoe.



5. Use your other fingers to wrap the free lace completely around the loop.



6. Use your thumb to push the middle of the lace through this newly formed loop.



7. Holding one loop in place with your free foot, pull the other loop tight. That's it!

