

# Shoe Laces

For lots of children, tying shoe laces can be a very frustrating experience. There are lots of alternative fastenings available to support your child until they are ready to try. What works for one child may not work for another and there are many shoe tying methods to try.

## Strategies to try:

- Use two different coloured laces, tied together at the bottom, and laced into a shoe to help tell different sides apart.
- For independence, it might be better to avoid laces on school shoes in the early stages. Keep laces for play shoes if they are challenging for your child.
- Allow time for your child to practice so they are not under pressure.
- You will need to commit time to practicing with your child on a daily basis for this to be successful.
- There are lots of helpful videos of the different methods online.
- You may need to try several methods before you find one that works for you and your child.



↓ Craft and threading activities using string, wool and laces are helpful to familiarise handling laces before starting to learn how to tie laces.

↓ Start with the shoe sitting on their knee with the heel nearest their tummy, like it would be on their foot.

↓ Practice the 1st knot over and over in a variety of ways such as tying a parcel before moving to the loops.

↓ Once they can do the 1st knot, support them to do this on their shoe whilst you finish the rest, talking through the steps in simple language.

↓ As they become more able then add in the next step until they can complete it independently.