

Self-Care Shoelaces



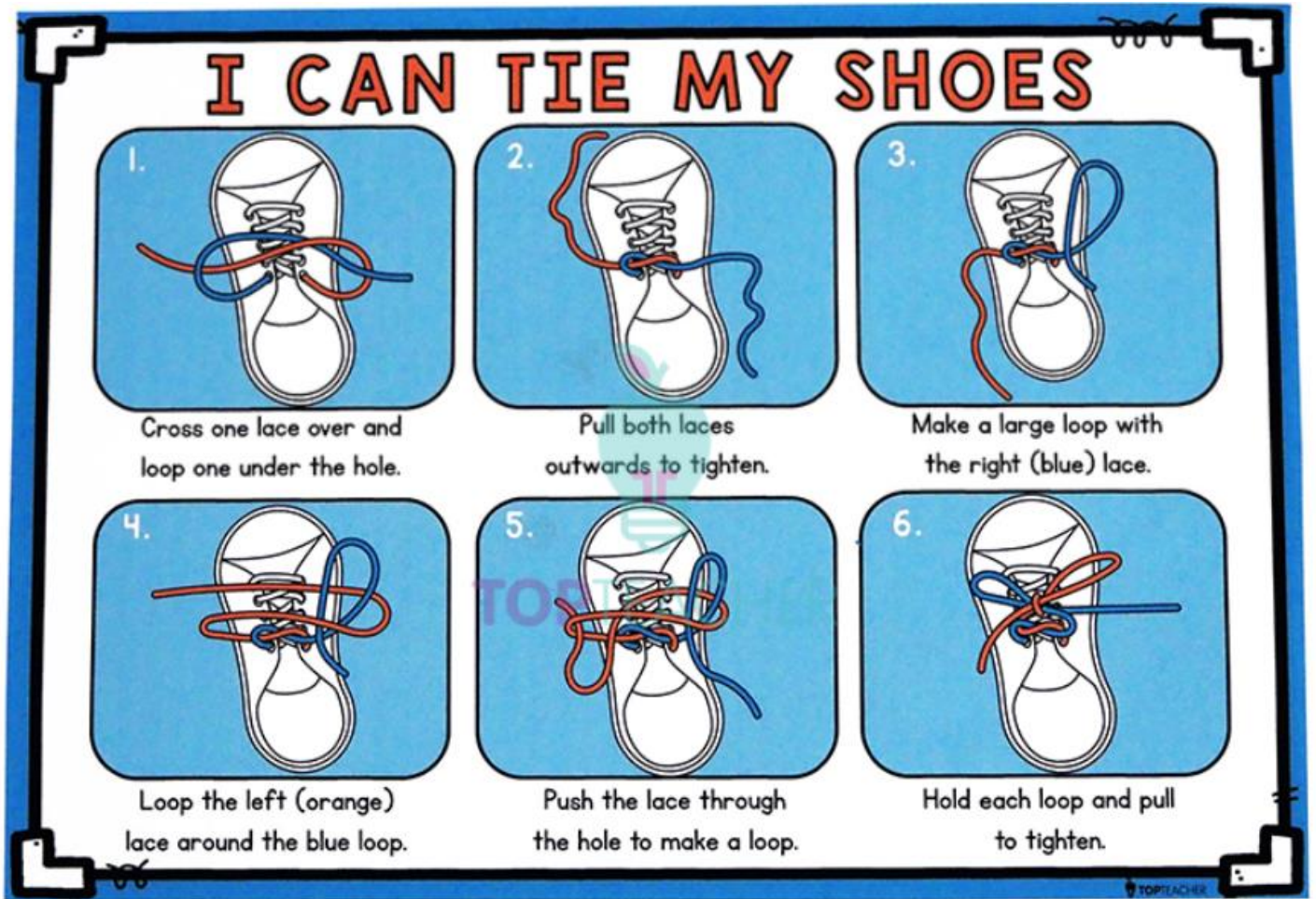
Learning to tie shoelaces can be tricky. You need to be able to use both of your hands together to do different jobs to achieve success. It is a good idea to learn how to tie shoes before you wear shoes with laces.

Here are some advice and strategies to help if your child struggles with shoelaces:

- There are many different videos online of how to tie shoelaces. Once you have selected one that makes most sense to you, stay consistent with this.
- Split the task into small steps and try to do a little bit every few days rather than for extended periods of time once a week.
- Practice untying shoe laces.
- Learn how to tie the knot first, a good idea to practice this is by using an adult's dressing gown rope, wrapping it around your child's waist and practicing the knot. Once they can do this, move onto an adult shoe on their knee and finally progress onto their shoes on their feet.
- Use a nursery rhyme or a story to encourage your child to remember the steps to tying their laces.
- During practice, to make it easier for your child to see which laces goes where, use two different colour laces in the same shoe. You will need to adjust the length to make them fit the shoe. Alternatively, you can add different colour tape to the laces.
- There are many different methods to tying your shoes. If the traditional method of tying shoes is too difficult to learn, try the bunny ear method which involves making a knot, making two loops (bunny ears) and knotting them together.
- Make sure your child is sitting in a stable position and can easily reach their feet such as on the bottom step of your stairs or on the floor. They can lean against a wall to help with their sitting balance.
- See page 2 for diagrams to help teach your child how to tie their laces.



Traditional Method (loop, swoop and pull)



Credit to Top Teacher for image (<https://topteacher.com.au/resource/how-to-tie-your-laces-poster/>)

Bunny Ears Method



Credit to Todays Parent for image (<https://www.todaysparent.com/kids/teach-kids-tie-shoelaces/>)

Alternatives to shoelaces

If shoelaces are still tricky for your child there are lots of alternatives. You can use Velcro shoes or choose slip on shoes to avoid laces altogether. Alternatively, there are elastic shoe laces available and shoe add ons so you don't have to tie them. Here are a few examples below:

Hickies Shoelaces



Xtenex Laces



Greepier Laces



Zubuit Lace Alternatives



No Tie Elastic Shoelaces



Atlas Laces



Shoelace Buckle Stopper



Curly Shoelaces



Credit to our colleagues : NHS Greater Glasgow & Clyde – KIDS
(www.nhsggc.org.uk/KIDS)

Further resources

Here is a helpful video to show you different methods to help if your child struggles with tying their shoelaces:



For more resources to help with developing skills or for further helpful tips and tricks, please visit our website or lookout for our Facebook posts.

www.nhsborders.scot.nhs.uk/cypot

www.facebook.com/CYPOTNHSBorders

