

# St. Catherine's Association Limited

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## Positioning and shoe lace

- Place the shoe in front of your child on their lap or on the table. It is much harder to start tying when the shoe is on your child's foot, so starting in an easier position is the first step.
- Sit either beside or behind your child when demonstrating steps. Sitting in front of your child requires your child to mirror your movements.
- Try using two different coloured laces – You can cut two laces and tie them together to make two different colours. This will help your child distinguish between the sides of the laces and your child can easily see which colour is on top.
- Try using stiffer laces for practicing. Stiffer laces will be easier for your child to manipulate whilst learning the steps.
- Make sure the laces are long enough. When learning your child will need enough lace to make a good sized loop for the bow.

## Teaching strategies

- Pair language with actions, use consistent language and short phrases.
- Determine which shoe lace tying method suits your child. The method below (one loop method) is good for children who have difficulty pinching both sides at the same time (two loop method) as your child only has to make one bunny ear.
- Whether you use either the one loop or two loop method, both start with marking an 'x' and then the initial knot.
- Break the task down into steps. Move onto the next step only when the previous step has been mastered.
- Practice when not under pressure for time and in short bursts of 5 to 10 minutes.

## ShoeTying One loop 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 a loop in one  
lace



5  
Wrap the other  
lace around  
the loop



6  
push some lace  
through the hole  
that is made at  
the bottom to  
make a second  
loop



7  
Grab the loop  
as you push it  
through the hole



8  
Pull the two loops  
tight

therapy fun zone

## ShoeTying Two loop 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 a loop in both  
laces



5  
Cross the two  
loops



6  
push the top  
loop through the  
hole made by the  
crossed loops



7  
Grab the loop  
as you push it  
through the hole



8  
Pull the two loops  
tight

### *The one loop method*

- Make a cross.
- Take the top lace under the cross and through the hole.
- Pull them tight.
- Make a loop in one lace.
- Wrap the other lace around the loop.
- Push some lace through the hole that is made at the bottom to make a second loop.
- Grab the loop as you push it through the hole.
- Pull both loops tight.

### *The two loop method (bunny ear)*

- Make a cross.
- Take the top lace under the cross and through the hole.
- Pull them tight.
- Make a loop out of both laces.
- Cross the two loops.
- Move the top loop under and through the hole.
- Pull both loops tight.