

# TYING SHOES

- ✘ Make practice time short and cut it into segments.
- ✘ It's easier learning when the shoes are sitting on a table in front of your child or on his/her lap. Don't try to learn with shoes on their feet.
- ✘ Try using flat shoe laces as they are easier for their fingers rather than the round shoe laces.
- ✘ When teaching them, sit behind them rather than sitting in front of them and bring your hands around so they can see what you are doing and help join in.
- ✘ Use two different colors laces and tie together so you can point out which lace you want the child to handle. This removes the need to know left and right sides. You can also use a permanent marker to color one side. For example, one side of the shoe has a white lace and the other side of the shoe has a green lace.
- ✘ If your child is left handed, it is more difficult to learn shoe tying. You can use the same language but just reverse which side you make the first bow, etc.



# SHOE TYING

- ✘ <http://www.fieggen.com/shoelace/ianknot.htm>
- ✘ <http://www.therapystreetforkids.com/r-shoelaces.html>
- ✘ <https://sites.google.com/site/bcscotlandpt/video-presentations>

