

## Suggested activities to improve tying of shoelaces



Use child's clothes and practice buttoning with these in front of them on the table.

Use child's clothes while they are wearing them and practice buttoning.

Make an oversized waistcoat with large buttons, and grade buttons accordingly as child becomes more proficient.

Provide child with different coloured shoe laces. For example, buy one black and one white lace, snip the end off and sew them together. You will then have one long lace in two colours. This will assist the child to see what is happening with each lace, visually, so that they do not get the two laces confused during the process.

Allow child to practice with the shoe in their lap before expecting them to tie the laces with their foot in the shoe.

Demonstrate the activity next to them, not opposite, as the actions are easier to copy from this position.

Break down the process into steps, ensuring that they master one step before moving on to the next.

Ensure the child is sitting correctly on a stable, firm chair (hips, knees and ankles should be ideally at 90°). Otherwise, the child should be seated in a supported manner on the floor.

Elevate the foot with the shoe on a low surface, to improve their vision of the laces and to reduce the distance that they have to bend down to reach their laces.

Use shortened laces to encourage the child to pull the laces tighter and to make it easier for them to handle.

Allow the child to start the activity while an adult completes it. More steps should be given to them to do independently until they are able to tie their own shoelaces.

### Tying Process

1. Make sure they tie the lace over the other lace **twice** before they begin to make bows, otherwise the knot will come loose and the bows will fall apart.
2. Make a loop with one piece of lace (call this the "tree").
3. Wind the other piece of lace (the "rabbit") around the loop (the "tree") and through the hole.
4. Take hold of the rabbit and the tree and make one quick hard tug movement away from each other.

### Activities

Post different size buttons through a slot made in the lid of a cardboard box (the box will catch the buttons).

Cut out a slot in a piece of card and post the buttons through the slot.

Sewing cards, threading beads on laces.

Make a buttonhole on a square of material. Sew a large button onto another piece of material with elastic thread. Practice threading the button through the buttonhole and out again using the two pieces of material. Use bright colours for material and make separate the colour that highlights it, i.e. red and yellow.

Complete the task above but try with a smaller button and buttonhole.