Tying Shoelaces

INTRODUCTION
There are many ways to tie shoelaces therefore when teaching this skill determine which is the best method for your child. Remember that most children do not learn to tie their shoelaces before 7 years of age.

TIPS FOR SHOELACE TYING
- Practice with shoes off feet and on child’s lap or table
- If laces are difficult use shoes with Velcro straps or elastic laces to begin with
- Replace thin, slippery laces with ones which are thicker and easier to grip
- Use laces which are half one colour and half another to make it easier to follow verbal instructions
- Use a marker pen to highlight the point where the shoelace should be held to make the loops
- Knot the very ends of the shoelace to prevent them accidentally being pulled through

A helpful website is www.fieggen.com

ALTERNATIVE METHODS
There are a range of different ways to tie shoelaces and this leaflet will concentrate on the 2 most basic methods which both result in an identical knot when completed correctly.

The best way to teach your child is to practice the different techniques yourself and see which one suits your child the most - Remember “Tying Shoelaces” is a skill which takes considerable practice to learn.

The Standard Shoelace Knot (“Around the tree”)
- This method has the most individual steps and therefore the most opportunity for error

The Two-Loop Knot (“Bunny Ears”)
- Easier because the second stage is so similar to the first
- However this can be done incorrectly which leads to a “Granny knot” which comes undone