



Top Tips to learn to tie laces

Typing laces is a complex activity.

Learning to tie your laces can be tricky. Even before we learn to tie our shoe laces we need to **develop the following skills:**

- > Good sitting balance
- > A pincer grip and general finger dexterity
- > Using both hands together
- > Hand—eye co-ordination



Before you start!

If children experience difficulty in any of these areas tying laces will be a challenge. It will be helpful to practice activities to help develop these skills before trying to tie a shoe lace.

It's helpful to remember that people often learn to tie their laces in a certain order:

1. Undoing the lace
2. Threading a lace through the eyelet in the shoe
3. Being able to easily lace a shoe
4. Tying a knot

Getting ready

- > Start to practice at a time when you are not in a hurry and there aren't too many distractions.
- > Make sure that you are comfortable. Sit down with your bottom back in the chair with your back supported.
- > If someone is helping you ask them to sit alongside you.
- > Make sure the lace is long enough.
- > Put a dot on the lace where you need to hold it.
- > Watch someone else first.

Whilst you are learning you could:

- > Place the shoe on your lap;
- > Use 2 coloured laces tied together;
- > Use stiffer laces or ribbon with wire in.

Think about what you need to do.

Write a list:

- * Sit in a stable position
- * Thread the lace making sure it's even and long enough
- * Tie a knot
- * Loop the lace and hold it steady....

There are a few different methods to tie your lace. Try a few and see which is easier for you.

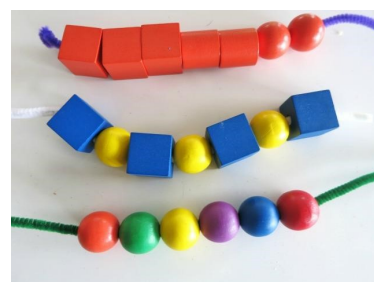


Activities to develop sitting balance:

- Throwing & catching games in a kneeling position
- Sitting or standing reaching in all directions for toys, balls or clapping games
- Squatting and return to standing, and repeat

Activities to help develop grip, dexterity and hand eye co-ordination:

- ♦ Threading—threading or lacing games, Making your own jewellery, kite making
- ♦ Creating string pictures
- ♦ Paper folding (origami)
- ♦ Completing Meccano and construction kits



The Bunny Ears Method

