

SHOE TYING STEPS (Simple tricks)

1. Use two different flat colored laces to begin. Black and white is preferred but any color can be used. Lace the sneakers to the top and face the sneaker in front of the child, shoe pointing away from the child's face.
2. Each lace is crossed over the sneaker to make an X.
3. The color lace on top goes under the X and each hand pulls simultaneously.
4. A loop close to the X is formed with one hand and held at the base. The child continues to hold the base of the loop and with the other hand wraps the other lace around the loop.
5. A bridge is formed under the loop and the wrapped lace. The wrapped lace is pushed under the bridge and the free hand pulls out the other loop.
6. Each hand is now holding a loop and the child pulls the loops to tighten and complete the tying process.

Remember:

The child must not switch hands in this process. The lace on the left or right side is controlled by the hand on the same side.

The non dominant hand begins; unless the child is left handed, at which point, either hand can begin the process.

The most dexterity is required during the final stage when the second lace requires being pushed under the bridge to form the second loop. That is why it is easier to begin with the non dominant hand for right handed children. Left handed children usually are ambidextrous and begin with whichever hand is preferred. Once the process begins, reinforce the same hand.

The different colored laces make the perceptual process easier for the children.