



Teaching shoe tying tips and tricks:

There are many ways to tie shoes, single loop, double loop, or double knot.
The double knot is the easiest, single loop is the most challenging

This website had step by step visuals of each one!

- <https://www.fieggen.com/shoelace/knots.htm>

Videos:

- Single loop:
 - <https://www.youtube.com/watch?v=tFeQJYvA4Zg>
- Double Loop
 - https://www.youtube.com/watch?v=LsFKxEllr_A
- Double Knot (Easiest)
 - <https://www.youtube.com/watch?v=TqPCGGHoxsE>



Tips and tricks:

- Practice with pipe cleaners
 - Gives child ability to let go without losing their step
- Use a jump rope around legs
 - Practicing the skill on a large scale reduces the need to use small finger movements
- Use 2 color shoe laces
 - Helps child identify the laces better with the steps
 - Buy on Amazon: search Adapt-Ease Multi Color Tying Aid Learning Shoelaces
- Practice with shoe in lap or table (facing outward) versus on foot
 - Helps child see the steps
- Sit on floor or with feet supported in chair
 - Provides support to their posture

Other things to keep in mind

- Talk out steps out loud while practicing them
- Chunk steps of the activity and teach a few parts at a time.
 - Once child is good at the first set of steps, move on to next set
 - EXAMPLE: Single Loop steps:
 - First four steps: pull laces straight, cross to make an X, push top lace under and through hole, pull tight
 - Next steps: Make loop with long tail, wrap other lace around
 - Final steps: push lace through hole, find loop and pull tight
- Watch video or video self/child doing steps and re-play it back!
- Make it FUN!!!

