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Shoe Laces

Children often find the task of learning to tie their shoe laces tricky, it is a fiddly task that requires a lot of patience, practise as well as good manual dexterity. We have put together our 10 top tips to help your child achieve this skill.



1. Encourage your child to practise when you are not in a rush to go out. 10 minutes practise each day will go a long way!
2. Ensure your child is sat down and well balanced. Start by placing a shoe on a table/on your child's lap in front of your child.
3. Show your child what to do, but either sit next to them or directly behind them so that the shoe is facing the same way.
4. Keep instructions short and clear, and use the same language each time.
5. Use two different colour laces to practise, it is much easier to see what each lace is doing this way.
6. Teach your child to do the laces in stages. Practise each stage by itself and move onto the next stage when they have mastered it.
7. Choose the technique that is best for your child and stick with it; your child may find a one-loop or two-loop (bunny ears) method easier.
8. To add further security to the initial knot, pass the lace under a second time and pull both laces tight.
9. Make practise more interesting by tying bows on something other than shoes. Wrap a parcel and tie a bow with string or practise with apron strings - wrap them around and tie a bow at the front.
10. Use visual prompts to help remind your child of the steps; you could create your own by taking photos of an adult tying laces or there are lots available online (try this one by scanning the QR code below).

