**Learning to Tie Your Shoes**

Here are some ideas on how to teach tying shoes…

* Use two different colored shoelaces so that each lace is visually different from the other one.
* Sit behind the child to give them external support. If they are more supported and have more stability, this increases their fine motor ability.
* Sit behind the child and demonstrate in front of them. This gives them the correct perspective.
* Use cotton, flat laces instead of round nylon laces, which tend to slip out of the knot more easily.
* When practicing, be sure to use the same words, phrases and motor plan each time to ensure consistency.
* Tie the first step of shoe tying twice. This will hold the knot and the child is better able to manipulate the loops.
* If the child is having difficulty with the one-loop method, try the two-loop / “bunny ears” method. This is the same motor plan involved in the first step of shoe tying.

Two-Loop Method

* Make an “X” with the 2 laces and switch hands.
* One lace (or “blue lace”) goes over and under and through the hole.
* Grab it on the other side and pull it tight.
* Make 2 loops
* Make an X with the 2 loops.
* Pull one loop (or “yellow loop”) over, and under and through the hole.
* Grab it on the other side and pull both laces tight.

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