
Tips for Tying Shoe Laces



Tying shoe laces can be a cause of great frustration and upset for some of our children. Shoe lace tying is a high functional skill that requires well established fine motor, hand eye coordination and visual processing skills.

Let's look at some tips and strategies you can try with your child that might help to make acquiring the skill a little easier and achievable.

- For younger children start by practicing with laces threaded into an egg box as shown above.
- If you are going to use the child's shoe then start by learning with the shoe off maybe on their lap?
- Try with two different coloured shoe laces to help with the visual perceptual elements of the task.
- Sit next to them and model with your own shoe and have them follow each step.
- Give them consistent verbal prompts for each step. Remember to use the same words each time.
- Choose a time of day to practice when the child is relaxed and able to focus.
- Practicing tying shoe laces is best done when you are not trying to get your child out of the door this only adds pressure to the task.
- Once they are confident with tying the laces on the egg box or with their shoe off move to them learning with the shoe on.
- If it helps your child have them watch videos on YouTube of different ways to tie your shoe laces.