



Shoelaces – Backward Chaining

The adult performs most of the task and the child performs the last step of the sequence to receive positive reinforcement for completing the task. Practice continues with the adult doing fewer steps and the child completing additional steps.

Backward chaining is particularly helpful for children with a low frustration tolerance or poor self-esteem because it gives immediate success.

Wider, flatter laces are easier to use as the knot will not come undone as easily. It is also useful to have different coloured laces.

First try with the shoe on your lap or on a table in front of you rather than on your foot.



Here you will find some useful pictures - <http://www.fieggen.com/shoelace/twoloopknot.htm>

1. Pull both loops tight once positioned with assistance
2. Pull both loops tight
3. Push lace through inner circle with index finger toward thumb, making a second loop
4. Wrap lace around first loop
5. Make a loop with one lace
6. Pull two laces, making one half knot
7. Bring top lace over other lace and into inner circle to create one half knot.