



Putting on Shoes

Lots of children find it difficult to put shoes on but generally find it easy to take them off!

Hints and tips

- Practice with slip on shoes, slippers and wellies first.
- If your child has to change shoes in nursery or school, try to avoid laces or buckles until they are able to do these independently.
- It is often helpful for you to sit next to or behind your child when they are completing this task as it will give you a more realistic view of what elements they are finding difficult.



Put the shoes in front of your child the right way round and try the sticker trick (cut a sticker in half and stick one half in each shoe) to help them work out which shoe goes on which foot.



- Encourage your child to sit when placing their shoes on their feet, as they will be less likely to lose their balance.
- Get your child to look at their feet to check the shoes are on the right feet.
- Once they have mastered slip on shoes move on to simple fastenings such as Velcro or zips.

Allow extra time for your child to practice these new skills