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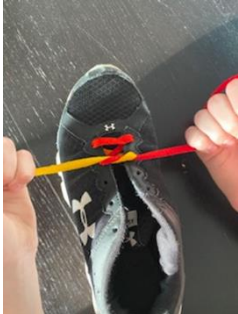
## Laces – Standard Method

Doing laces is one of the last dressing skills that children master because it is one of the most complex life skills activities to complete.

### Hints and tips

- Practice looping with other items of clothing first e.g. tracksuit bottom cords or dressing gowns
- Have your child practice without wearing the shoe initially with each of you with one shoe on your lap or table
- Once able to complete laces try putting your child's foot on a raised step to give them a better view of the shoe
- Using laces that are different colours can help differentiate the steps
- Some children learn better from visual prompting for the different steps  
<https://www.fiegggen.com/shoelace/knots.htm>
- Flat laces are easier to manipulate than round ones

### Make the knot

<p><b>Step 1</b></p> <p>Cross the laces:</p> <ul style="list-style-type: none"> <li>• right to left (yellow)</li> <li>• left to right (red)</li> </ul>		<p><b>Step 2</b></p> <p>Wrap the right lace (red) around and under the left lace (yellow)</p>	
<p><b>Step 3</b></p> <p>Hold a lace in each hand</p> <ul style="list-style-type: none"> <li>• yellow in the left hand</li> <li>• red in the right hand</li> </ul>		<p><b>Step 4</b></p> <p>Pull the knot tight</p>	

## Standard Method

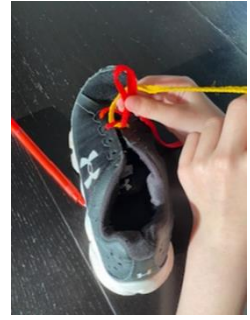
### Step 1

Make a loop with the right lace (red)



### Step 2

Cross the left lace (yellow) under the right loop (red)



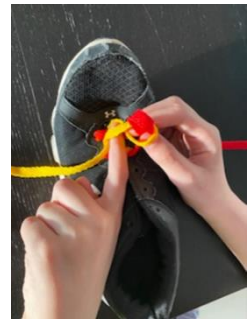
### Step 3

Wrap that lace (yellow) around to the front of the loop (red)



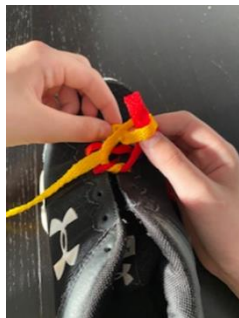
### Step 4

Push that lace (yellow) through the hole between the laces



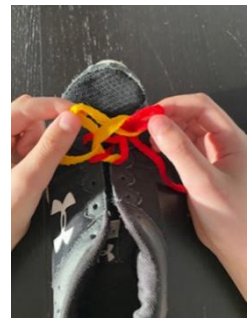
### Step 5

Pull the new loop (yellow) through the hole



### Step 6

Hold on to both loops



### Step 7

Pull tight



### Step 8

Well done, you have done it now practice, practice, practice



**Allow extra time for your child to practice these new skills**