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Ffordd Croesnewydd, Wrecsam LL13 7TD

**Children's Occupational Therapy**  
Wrexham Child Health Centre,  
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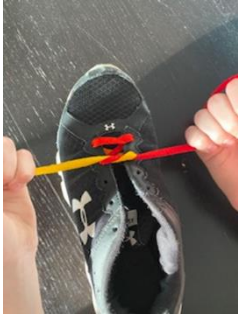
## Laces – Bunny Ears Method

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 initially with the shoe on their lap or table with you sitting next to them with the other shoe to demonstrate.
- 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.

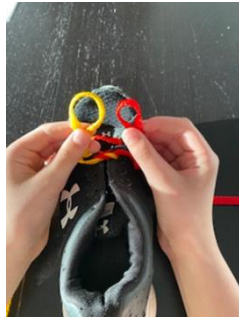
### Make the knot

<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>	

## Bunny Ears Method

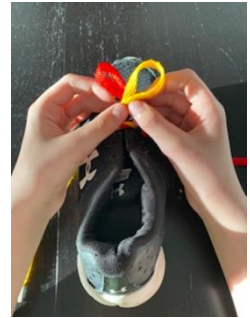
### Step 1

Make 2 loops and pinch:  
Right lace (red) right hand  
Left lace (yellow) left hand



### Step 2

Cross the left loop (yellow) over the right loop (red)



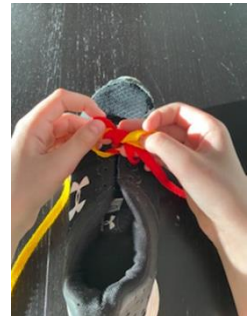
### Step 3

Push the left loop (red) around the right loop (red) towards the front and through the hole between them



### Step 4

Pull the loop (red) through the hole



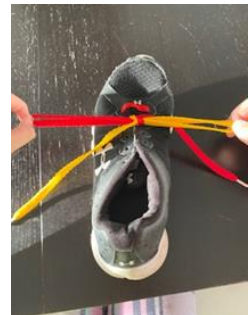
### Step 5

Hold each of the loops in each hand (red left, yellow right)



### Step 6

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



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