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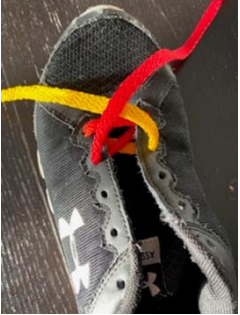


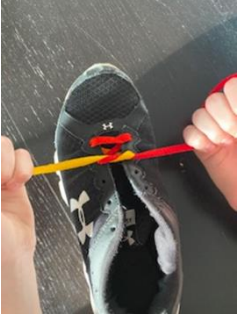
Laces – Alternative Method

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.


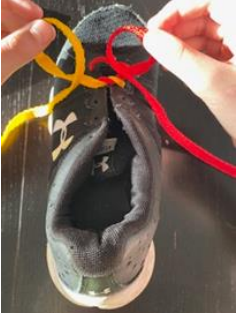

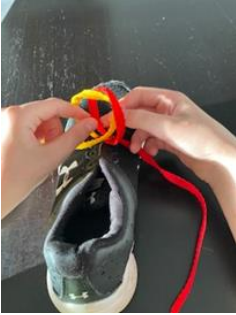



Hints and tip

- 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.fieggen.com/shoelace/knots.htm>
- Flat laces are easier to manipulate than round ones

Make the knot

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

The Alternative Method

<p><u>Step 1</u></p> <p>Lift both laces to make a M</p> <p>right (red) and left (yellow)</p>		<p><u>Step 2</u></p> <p>Twist each lace anti-clockwise holding laces at the top</p>	
<p><u>Step 3</u></p> <p>Bring the loops to the middle and hold in one hand</p> <p>left (yellow) in front of right (red)</p>		<p><u>Step 4</u></p> <p>With your left hand, go through the middle of the left (yellow) loop from the front and hold the loose end of right (red) lace</p>	
<p><u>Step 5</u></p> <p>With your right hand, go through the middle of the right (red) loop from behind and hold the loose end of left (yellow) lace</p>		<p><u>Step 6</u></p> <p>Pull the loops</p>	
<p><u>Step 7</u></p> <p>Pull tight</p> <p>Well done, you have done it now practice, practice, practice</p>			

Allow extra time for your child to practice these new skills