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Laces – Alternative 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

- This method is for those children that are struggling to form the initial knot as this bypasses that step.
- 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.



Alternative Bunny Ears

Step 1









Put the end of the yellow lace into the top hole



Step 2

Do the same for the red lace on the opposite side



<p><u>Step 3</u></p> <p>Pinch a lace in each hand – yellow in the right and red in the left</p>		<p><u>Step 4</u></p> <p>Cross the right loop (yellow) over the right loop (red)</p>	
<p><u>Step 5</u></p> <p>Push the end of the yellow loop through the gap between the laces</p>		<p><u>Step 6</u></p> <p>Pull the loop (yellow) through the hole</p>	
<p><u>Step 7</u></p> <p>Hold each of the loops in each hand (yellow left, red right) and pull</p>		<p><u>Step 8</u></p> <p>Remove the ends from the top holes</p>	
<p><u>Step 9</u></p> <p>Pull the loops tight</p>			

Allow extra time for your child to practice these new skills