

# Shoelace Tying

Practical advice  
and suggestions  
to encourage the  
development of  
shoelace tying.



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## Tips for tying shoelaces

- Practice tying skills on different materials such as rope, dressing gown cord or two different coloured lengths of ribbon. It can be helpful to tie around your child's waist and fasten at the front.
- It is beneficial to use long wide flat shoelaces. Consider colour-coding them.
- Make sure that your child is sitting comfortably with support, as needed, on a chair, on the floor, or against a wall. Your child may sit better in a corner where both walls give added support.
- Sit next to your child during instruction, or sit behind, prompting through the activity in front.
- Encourage your child to secure the shoe in their lap which may be easier when learning this skill than bending down to their foot.
- Practice daily for 5 minutes, building the steps up one by one.

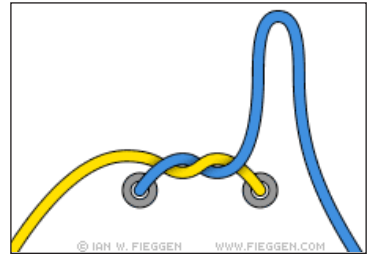


## Standard shoelace knot

Make a loop with one end, wrap the other end around and pull a loop through the in the middle.

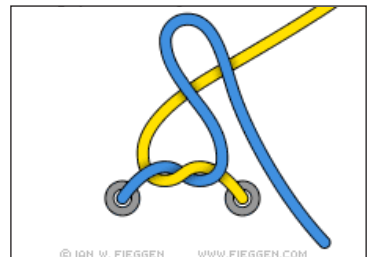
### Step 1:

Tie a left-over-right starting knot as shown, then make the right (blue) end into a “loop” by simply doubling it back onto itself.



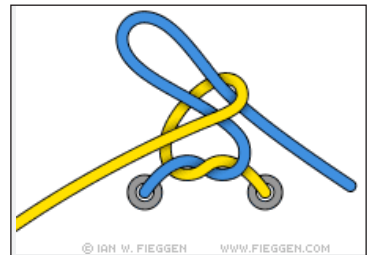
### Step 2:

Take the left (yellow) end and pass it around to the right, going behind the right loop.



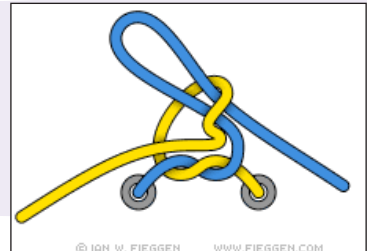
### Step 3:

Continue the left (yellow) end around the right loop to end up in front.



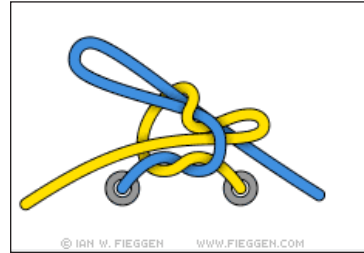
### Step 4:

Start to feed the left (yellow) lace into the “hole” that has just been made.



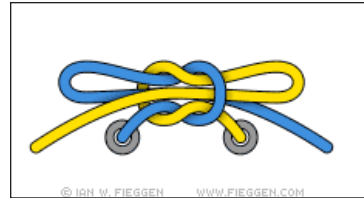
### Step 5:

Take the left (yellow) lace through the “hole”, grab hold of both loops and start to pull the knot tight.



### Step 6:

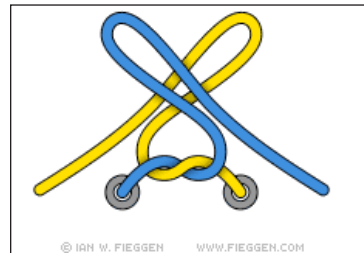
Continue pulling on the loops until the knot is firmly tied.



## Two loop method (Bunny ears)

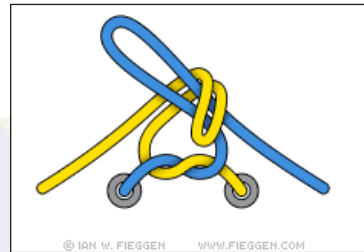
### Step 1:

Tie a left-over-right starting knot as shown, then make both ends into “loops” by simply doubling them back onto themselves. People often refer to these as “Bunny Ears”.



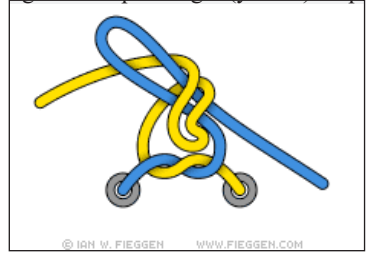
### Step 2:

Cross the two loops over each other so that the right (blue) loop ends up in front and the left (yellow) loop ends up behind. The yellow loop is now the right loop.



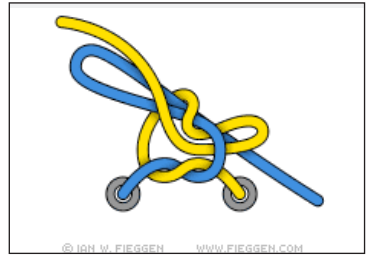
### Step 3:

Begin to wrap the right (yellow) loop around the left (blue) loop to end up in front.



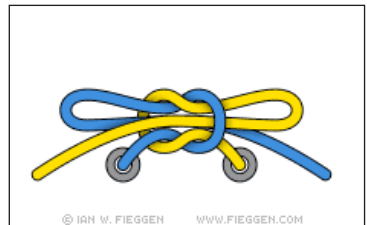
### Step 4:

Start to feed the right (yellow) loop into the “hole” that has just been made. This is really the same as if you were tying a regular shoelace knot, except that you are working with a loop instead of a loose end.



### Step 5:

Take the right (yellow) loop through the “hole”, grab hold of both loops and start to pull the knot tight.



### Step 6:

Notice that the loose end of the right (yellow) loop drops back down to the front left, making the finished knot exactly the same as if you'd used the regular one-loop method.

## Additional Options

If your child is still finding it challenging to tie their shoelaces other options may be available on the internet including:

- Elastic shoelaces
- Zubits (Magnetic shoe closure)
- No tie shoelaces
- Hickies
- Further suggestions are available on the internet or Youtube (search shoelace tying):
  - <https://www.fieggen.com/shoelace/tying.htm>
  - <https://www.youtube.com/watch?v=VA4AACzlhe8>

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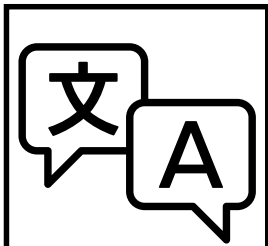
01292 614988

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The Rainbow House Mailbox:

[aa-uhb.clinical-rainbowhouse@aapct.scot.nhs.uk](mailto:aa-uhb.clinical-rainbowhouse@aapct.scot.nhs.uk)

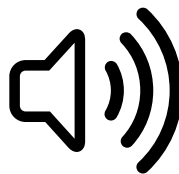
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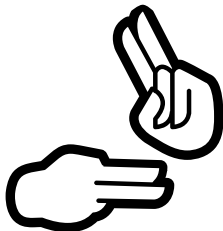
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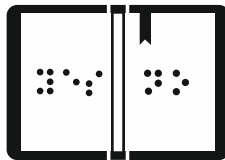
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