



Shoe Tying

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- What kind of laces should a shoe have? Long and flat laces work best.
- Use a shoe with 2 different colored laces. This helps the student see which lace you are talking about because you can use the colors. You can spray paint the ends for different colors or use a smaller old shoe that the child no longer wears to practice on and use permanent marker on one end to make it a different color than the other lace.
- Have the student tie different materials such as: colored ribbons on things such as packages, their own leg, desks, pipe cleaners, wikki stix, licorice strings, etc. You can lace some of these into paper plates. You can also dip laces into liquid starch and let dry. This will make stiffer laces that are easier to manipulate.
- A videotape of one tying a shoe from their point of view may be beneficial to ensure that parents and therapy are doing it the same way. Also, for a visual learner this may be helpful.
- Practice as many times as the child's age per day.
- Have the child practice holding a shoe in their lap or at tabletop level instead of way down on their foot. Be sure to place the toe of shoe out in the direction it would be if it were on the child's foot.
- Many times a child's shoe becomes untied because the loop gets pulled too much and the end of the lace slides out. You can tie a small knot at the end of each lace to help hold the loops from slipping out.
- To help motivate children to tie their own shoes a chart can be made with a promising reward after each milestone is met.

METHODS:

- *One-loop:*
 1. Make an “X”.
 2. Go under the bridge.
 3. And pull.
 4. Make a leaf. (the first loop)
 5. Make the caterpillar crawl over the leaf and into his cocoon (wrap lace around thumb and into the hole.)
 6. Make it a butterfly (grab the loops and pull).

TIP: Avoid using directions like left and right because many kids are unsure of these terms. Start the steps with the child’s dominant hand.

(Same method different language cues):

1. **Criss-Cross** the laces.
 2. Go **under the bridge**.
 3. And **pull**.
 4. **Make the bunny ear** (or loop).
 5. Wrap the other lace around the bunny ear (or loop). Later I say, **Wrap it around**.
 6. Now **push the lace through** (the new loop) **here comes the other bunny ear (or loop)**
 7. **Grab the bunny ears (loops) and pull**.
- *Two-loop:*
 1. Make an “x”
 2. Pull tight.
 3. Make one loop with one string.
 4. Make second loop with the other string.
 5. Cross loops in front of shoe (like another “x”, but with the loops)
 6. Put upper loop under crossed laces through triangle created with the shoe, in a toe to tongue direction.
 7. Grab loops and pull.

Steps: (per website www.freedomknot.com)

1. Cross the strings so they form an “O”, now your ready for step 2 Let’s go!
2. Pull one string all the way in, now your ready for step 3 to begin!
3. Pull the strings to make a knot. Pull them very tight! Once you’ve done the first step you’re doing it just right!
4. Cross the strings one more time, but make the circle small. Now you’re ready for step 5. A few more steps are all!
5. Pull a loop into the “o” Hold it tight and away we go.
6. Make a loop with the other string and in the circle push it in! Now you’re ready for step 7. Let the very last step begin!
7. Pull the loops as tight as can be! Now that’s the freedom knot that will set you free!