

# Learning to Tie Shoelaces - Helpful Hints

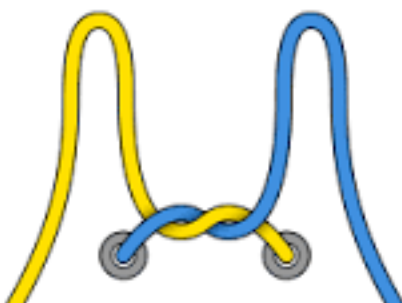


Information for Parents, Teachers and Carers

## Which children may need support with this?

The majority of children will learn to tie their shoelaces and progress with this skill, but for some children this can be more difficult. Here are some examples of children who may need support:

- Children with delayed motor skills
- Children with co-ordination or motor-planning difficulties
- Children with low muscle tone or altered muscle tone
- Children with hypermobility
- Children with reduced attention and concentration



For more information, please contact Occupational Therapy on:

**For York and Selby Area:** 01904 726599

**For Scarborough, Whitby and Ryedale Area:** 01723 342357

## Pre-lacing Skills

- Paper weaving – learning the concept of ‘over and under’
- Obstacle courses – practicing going under, over, around and through
- Lacing cards and threading activities
- Posting coins
- Taking small objects out of ice-cube trays
- Nuts and bolts and construction style toys



## Helpful Hints

- Practice with the shoe or lacing template in front of the child and not while it is on the foot; this can be on a child’s lap or on a table
- Tie two different coloured laces together (to create one long lace) so that when the child is learning; the contrast between the two sides is highlighted and it is easier to spot which part to grasp
- Chunkier, flat, cotton laces are easier (less slippery) to practice with than smaller, rounded laces
- If balance is a challenge, ask the child to sit on a chair or sit against a wall
- Give your child plenty of time so that they do not feel rushed
- During early practice, when tying the first knot, loop the lace under the base lace a second time. This helps the knot to stay firm without loosening whilst your child gets their hands ready to make the loops.

## **Tell us what you think**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

**For York and Selby Area:** 01904 724366

**For Scarborough, Whitby and Ryedale Area:** 01723 342472

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Our Trust is committed to teaching, training and research to support the development of staff and improve health and healthcare in our community. Staff or students in training may attend consultations for this purpose. You can opt-out if you do not want trainees to attend. Staff may also ask you to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

Patients, relatives and carers sometimes need to turn to someone for help, advice or support. Our PALS team is here for you. PALS can be contacted on 01904 726262, or via email at [pals@york.nhs.uk](mailto:pals@york.nhs.uk). An answer phone is available out of hours.

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Providing care together in York, Scarborough, Bridlington, Whitby, Malton, Selby and Easingwold.

## **Caring with Pride**

Our ultimate objective is to be trusted to deliver safe, effective and sustainable healthcare within our communities.

## **Our Values**

- Caring about we do
- Respecting and valuing each other
- Listening in order to improve
- Always doing what we can to be helpful

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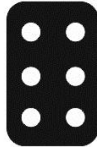
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