

Shoe tying tasks.

Here are a few techniques to try with your child. What works best for you?

<https://www.youtube.com/watch?v=QJVR8hHBQyM>

[https://www.youtube.com/watch?v=jdK0kAtq\\_Og](https://www.youtube.com/watch?v=jdK0kAtq_Og)

[www.youtube.com/watch?v=BeSkBOYUlag](http://www.youtube.com/watch?v=BeSkBOYUlag)

[www.youtube.com/watch?v=jKlB5UCrUrU](http://www.youtube.com/watch?v=jKlB5UCrUrU)

[www.youtube.com/watch?v=\\_O-xaJrao1w](http://www.youtube.com/watch?v=_O-xaJrao1w)

[www.fieggen.com/shoelace/](http://www.fieggen.com/shoelace/)

## **Quick Tips**

1. Use flat, cotton laces. Nylon laces are slippery and don't stay tied well; round laces are hard for little hands.
2. Position yourself next to the child, not opposite the child.
3. To reduce distractions, go to a quiet room, and turn off any televisions, pads, or computers.
4. Work in 20 minute intervals.
5. Teach one knot technique at a time. Pick the knot that you think your child will have the easiest time with.
6. Don't waste money on shoe-tying toys. Teach kids with their actual shoes.
7. If your child is left-handed, and you're a righty, try to find someone who is a lefty to teach him or her.
8. Practice, practice, practice.