

# Tips for tying Shoelaces

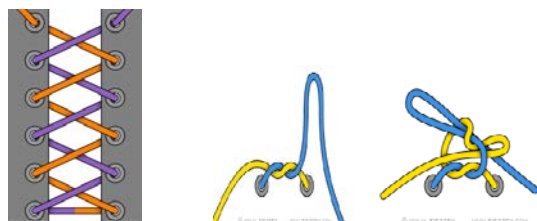
Learning to tie shoelaces is a skill that takes time and practice. The types of laces you use can also influence how easy or difficult that task can be. Soft, wide laces are ideal.

Replace slippery synthetic shoelaces with ones made of cotton or other natural fibers, as these provide better grip.

There are many different ways and resources you can use to teach your child how to tie his/her shoelaces.

## Strategies:

- Provide step by step instruction with demonstration
- Use visuals such as pictures, colored laces, or videos



- Some helpful websites/videos :

- <http://www.fieggen.com/shoelace/tipsforchildren.htm>
- [http://raisingchildren.net.au/articles/pip\\_shoelaces.html](http://raisingchildren.net.au/articles/pip_shoelaces.html)
- <http://www.youtube.com/watch?v=JKFu-2gjj0&feature=related>
- [http://www.youtube.com/watch?v=AayURzLep5Q&list=PLC3A8FB4D62C5FCF7&index=5&feature=plpp\\_video](http://www.youtube.com/watch?v=AayURzLep5Q&list=PLC3A8FB4D62C5FCF7&index=5&feature=plpp_video)
- <https://www.youtube.com/watch?v=Gm5ltolJ4sg>

If your child is having trouble learning how to tie their laces, you can try using different types of laces to facilitate and simplify the task in the meantime.

## Different types of laces:

- Coiler elastic laces
- Lock laces elastic shoelace
- No tie shoelaces

