

Shoelace Tying

Dyspraxia DCD Ireland ADL Clinic Resource



See intro document for support in teaching and learning steps as well as further safety precautions and info.

It is encouraged to practice the skill yourself beforehand and to try teaching the skill to someone else to troubleshoot any issues that your child may encounter along the way.

Sequence of Steps:

Gather the equipment needed:

- ✓ A Shoe with good quality lace
- ✓ Desk/table/counter

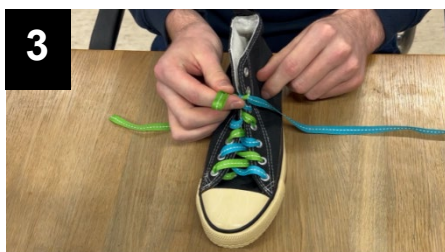
1. **Cross** the 2 laces, pointing each lace to the opposite side of the shoe.



2. Taking the lace on top we then **tuck** it underneath the other lace, pulling it through and firmly **pull** laces in both directions – this should result in a criss-cross as shown here.



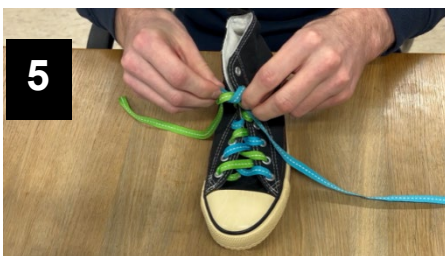
3. Using your dominant hand make a **loop** by pinching the lace between the thumb and index finger, making sure the loop is thumb sized, this will be the tree, and making sure the tree is close to the ground, there should be no gap between the loop and the shoe.



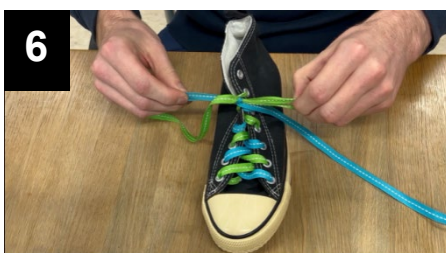
4. Holding the loop at the ground, wrap the opposite lace around the back of the tree, this will be the rabbit, keeping the rabbit on the ground.



5. **Swap** the tree into your other hand and grab the rabbit with your dominant hand.



6. Once both loops are held, **pull** the rabbit sharply through the hole with your dominant hand and with your other hand pull the tree in the opposite direction – this is the most difficult step and may take some time and patience.



Practical Tips:

1. Contrasting lace **colours** may help your child see the laces more clearly.
2. Ensure the **aglet** (plastic tip) of lace is firm and intact, making it easier to grasp.
3. Ensure laces are **long** enough and **thick** enough for your child to grasp and complete each step in the process.
4. Consider changing shoelaces if current laces are not suitable.

Adaptability:

- Elastic laces – permanently tied, foot slides in and out.
- Curly/coil shoelaces.
- Buckles or velcro straps.
- Bungee cord shoelaces
- Slip-on shoes

Disclaimer:

It is the responsibility of the caregiver to ensure that the child is supervised by an adult/caregiver while completing all exercises or recommendations during activities outside of the OT calls and that if there is any doubt in relation to the strategy or you or your child's ability to perform this safely, it should not be completed.

It is the responsibility of the caregiver (or the individual if over 18) to ensure that the location of any activities or interventions being undertaken is deemed safe.

If you or your child experiences any discomfort or strain the activity should be stopped immediately.

