

Contact Information

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This document is also available:

- In large print size 18 / 24 point font
- In braille or audio tape
- As a computer file or DVD
- Easy read with pictures

If you require help understanding the contents of this leaflet, please telephone 0116 295 4743.

এই ডকুমেন্ট এর কোন বিষয় বুঝতে আপনার যদি সাহায্যের প্রয়োজন হয়, তাহলে অনুগ্রহ করে 0116 295 4743 নাম্বারে টেলিফোন করুন।

જો તમને આ દસ્તાવેજમાં આપેલ માહિતી સમજવા માટે મદદ જોઈતી હોય તો મહેરબાની કરીને **0116 2954743** પર ફોન કરો.

अगर आपको इस दस्तावेज में शामिल जानकारी समझने में सहायता चाहिए तो कृपया 0116 295 4743 पर फोन कीजिए।

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਸ ਦਸਤਾਵੇਜ਼ ਦਾ ਵਿਸ਼ਾ ਵਸਤੂ ਸਮਝਣ ਲਈ ਮਦਦ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ **0116 295 4743**

Hadii aad u baahantahay in lagaa caawiyo fahmida qoraalka ku qoran documintigaan fadlan nagala soo xiriir telefoonkaan 01162954743.

Jeśli potrzebujesz pomocy w zrozumieniu treści tego dokumentu prosimy o telefon pod numer 0116 2954743.

اگر اس تحریر کے سمجھنے میں آپ کو مدد کی ضرورت ہو تو مہربانی کر کے **0116 2954743** پر ٹیلی فون کریں۔

www.leicschildhealth.nhs.uk

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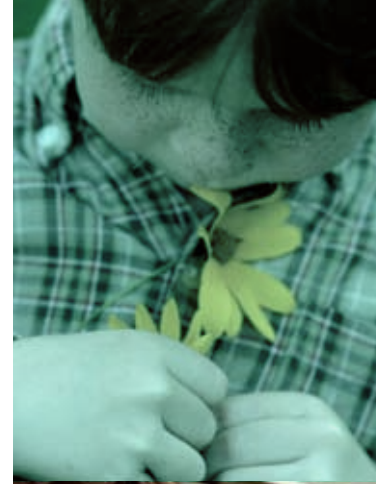
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**Let Me:
Tie Shoelaces**



**Children's Occupational
Therapy Service Information
for Parents and Carers**



www.leicschildhealth.nhs.uk

This leaflet provides general advice to parents and carers whose children find it difficult to tie their shoelaces.

Where should we begin?

How important is it for children to tie shoelaces? Some children do not need to tie laces as many shoes use Velcro or other fastenings. But, some children may think it is very important that they tie their own shoes, like their peers.

Ways to help

Practice with a shoe at a table or with a lacing card.

- Once children can tie shoelaces, move on to tying their own shoe on their own foot, either sitting on chair with their foot on the edge of their chair or half kneeling on the floor or standing on one leg, with the other foot resting on a chair.
- For extra help try using two different colour laces knotted together. This will make it clearer what each lace is doing.

Stage 1 – First Knot

- Hold a lace in each hand
- Cross over the laces
- With the top lace take it over then under the bottom lace
- Then pull tight
- Repeat to tie a double knot



Stage 2 – Making a Loop

- Make a loop with each lace held between the thumb and finger
- For younger children these can be called rabbit's ears. Older children can make-up their own name



Stage 3 – Crossing the loops

- Do not let go of the loops
- Cross the loops over
- Find the cross
- Take the top loop over then under the cross
- Then pull tight
- Repeat to tie a double knot



Children who find stage 3 difficult, because they are not able to make the loops for stage two, could try letting somebody else make the loop before finishing the rest on their own. Once they can do stage 3 well, they can go back to practicing the loops.

How can I make practice fun?

- Practice using rope as this may be easier to make the loops
- Try elastic shoelaces or spring laces
- Use fun laces with patterns on

