



Tying Shoelaces

Your monthly tips and tricks newsletter completed by your School Occupational Therapist (OT)!

Why tying shoelaces can be tough:

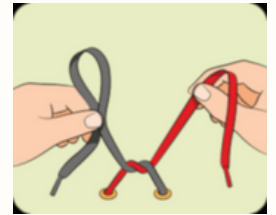
- Decreased hand strength 
- Underdeveloped motor-coordination skills
- Not enough practice
- Visual motor difficulties 

Visit the P4C website:

<https://www.partneringforchange.ca/>

Tips for Teaching Tying:

1. Use **two** different coloured laces when practicing.





2. Break it down! Start with teaching a knot, then progress from there once **mastered**.

3. Make it **fun**! Learning a new skill can be tricky, when something becomes too hard it can be discouraging.

4. Rhythm: Try using a **song** to help remember the steps.



How to promote hand strength and coordination:

1. Threading beads. 
2. Moving a coin from the palm of the hand to the finger tips. 
3. Playing with playdough and putty.

