



kids therapy made simple

Tying your Shoes

**National
'Put On Your Own Shoes'
Day is December 6th.**

No one really knows the origin of this holiday, but we think perhaps a parent with young children created it as a way to encourage children to start learning how to put on and tie their own shoes.

In honor of this holiday we thought we would provide you with some clear illustrations and instructions on how to tie a shoe.

As a reference point, most children do not learn how to completely tie their own shoes until they are 5 years old.

The Starting Knot

1. Cross the dark blue over the right light blue.



2. Begin to wrap the dark blue end around the front of the light blue lace to end up at the back of the gap between the laces.



3. Feed the dark blue end through the gap to emerge at the front of the right hand side.



4. Pull both ends tight to complete the knot.



The Double Loop or Bunny Ears Knot

1. Tie left-over-right starting knot as shown, then make both ends into 'loops' or 'bunny ears' by simply doubling them back onto themselves.



2. Cross the two loops over each other so that the dark orange loop ends up in front and the light orange loop ends up behind.



3. Begin to wrap the light orange loop around the dark orange loop to end up in front.



4. Start to feed the light orange loop into the 'hole' that has just been made.



5. With the light orange loop now through the 'hole', grab hold of both loops and start to pull the knot tight.



6. Pull both loops out to the side away from the shoe. Pulling loops tight will secure the knot and keep the laces tied.



The Standard Knot

1. Tie left-over-right starting knot as shown, then make the dark green end into a 'loop' by simply doubling it back onto itself.



2. Take the light green end and pass it around to the right, going behind the dark green loop.



3. Continue the light green end around the dark green loop so the light green ends up in front.



4. Start to feed the light green lace into the 'hole' that has just been made, creating a 'loop' with the light green lace.



5. With the light green lace now through the 'hole', grab hold of both loops and start to pull the knot tight.



6. Pull both loops out to the side away from the shoe. Pulling loops tight will secure the knot and keep the laces tied.

