

# How to Tie Shoelaces Checklist

By Laura Cooper Peterson

- Instructions
  - Wait until your child is ready.
  - Most children develop the dexterity needed to tie shoelaces between the ages of 4 and 6.
  - Girls are often ready to learn slightly earlier than boys.
  - Make sure your child knows right from left before you try to teach him how to tie his shoes.
  - Choose one method of lace tying, and teach it consistently.
  - Make sure that everyone who may be trying to help your child learn this skill is offering the same method Otherwise, he may get confused.
  - Make up a game or poem to help your child remember the necessary steps.
  - Make sure that you and your child are side by side rather than opposite each other when you demonstrate That way he'll be able to copy your movements rather than mirror them.
  - Give your child lots of praise when he gets it right.
- Now lets get started
  - Consider getting laces in two different colors
  - It may be easier to teach him by saying "the blue one" rather than "the right" or "the left".
  - Have him cross the laces to create an "X."
  - Slide one under the other and pull.
  - Form loops but call them bunny ears with each lace.
  - Last, cross the ears and tuck one under the other but tell him the bunny is crawling through a hole then tighten.
  - Remember pratice makes perfect so you can practice these steps as many times as your child wishes!