

Students with fine motor and strength difficulties may have difficulty developing self-care skills. The ability to tie shoe laces typically develops at the age of six years.

### Tips to Promote Success:

- Use long wide shoelaces; consider colour-coding them (ie. one half of the shoe lace coloured red and one half coloured blue).
- It may be easier to have the student practice the technique on a shoe in his/her lap rather than bending to his/her foot.



**Backward chaining:** instructor prompts the student through the entire learning process, leaving the last part or parts for the student to complete.

Example of backward chaining:

- Student pulls both loops tight, once positioned with assistance.
- Student pushes lace through inner circle with index finger toward thumb, making a second loop.
- Student wraps lace around first loop.
- Student makes a loop with one lace.
- Student pulls two laces, making one-half knot.
- Student brings top lace over other lace and into the inner circle to create one-half knot.

**Forward chaining:** the instructor prompts the student through the entire learning process, step-by-step (in the reverse order of the steps above).



# TYING SHOE LACES

