



CENTRE FOR AUTISM  
MIDDLETOWN

# My Step by Step Guide to Tying My Shoelaces

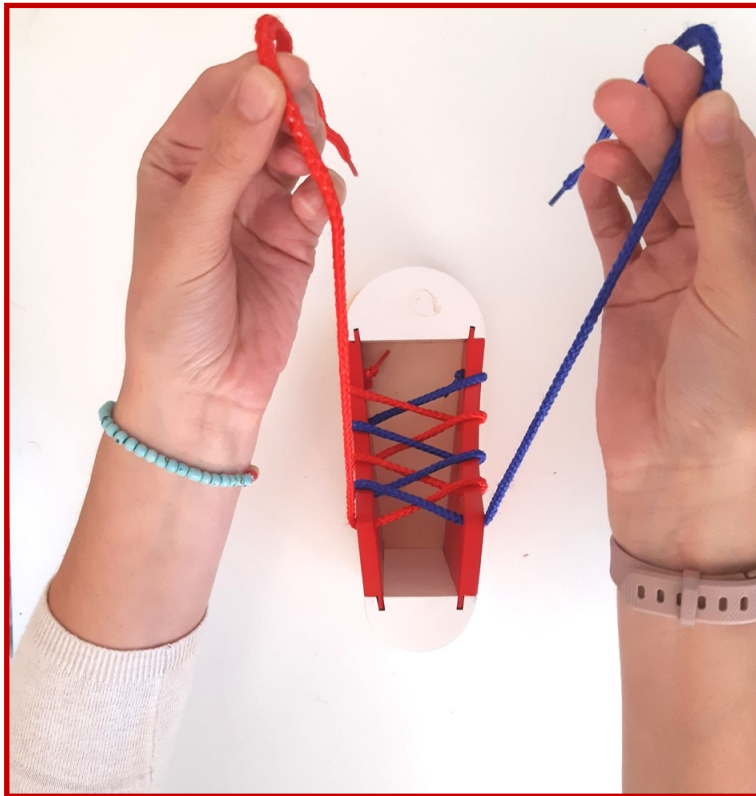


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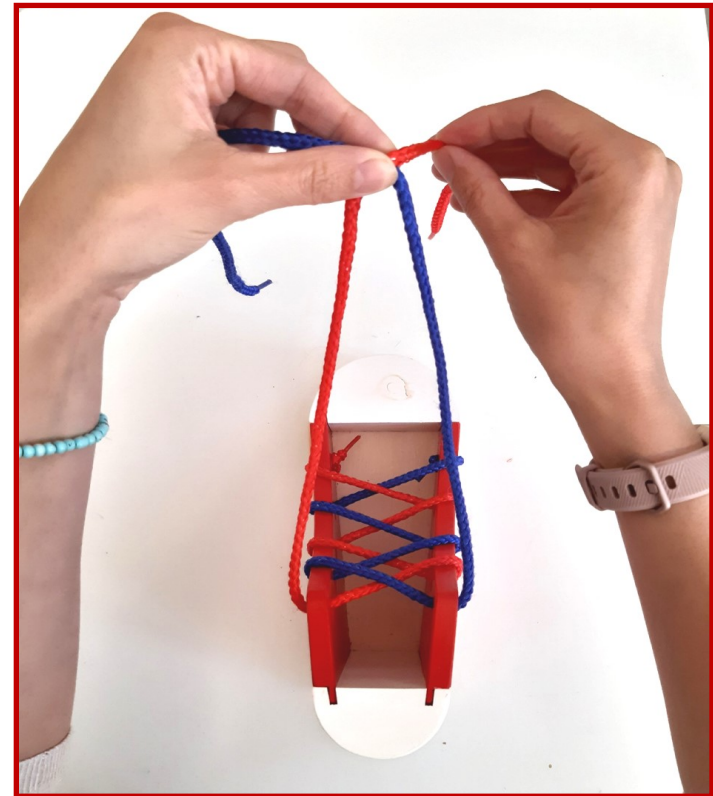
**Top tip:** Using two different coloured laces will make it easier to give verbal direction and also see where to place each lace. Practice with the shoe on the table rather than bending down. Once successful you can then try with the shoe on the foot. This double loop method is one way of tying laces. Because you repeat the same process twice, we think it's the easiest method!

## Step 1



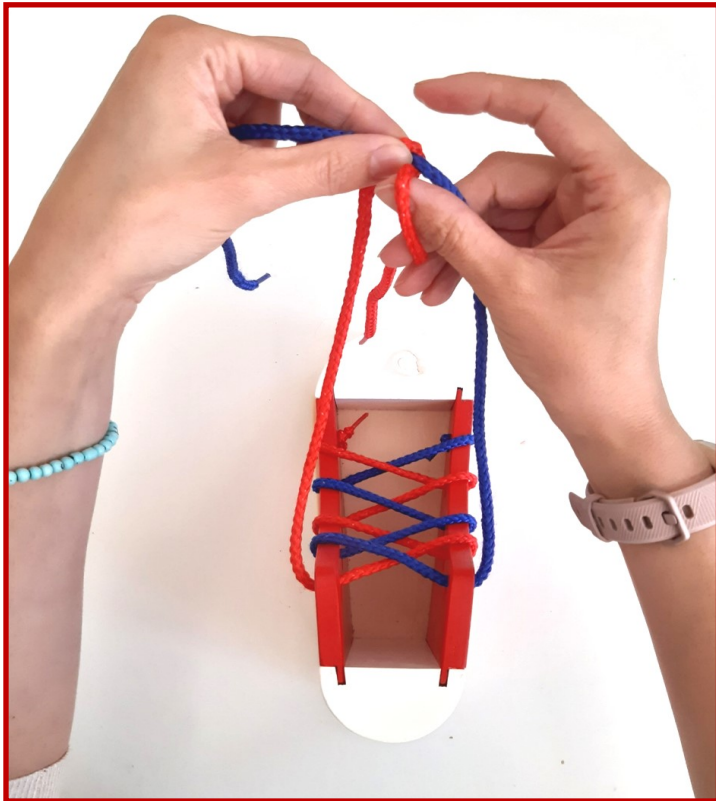
**Step 1:** Hold one lace in each hand

## Step 2



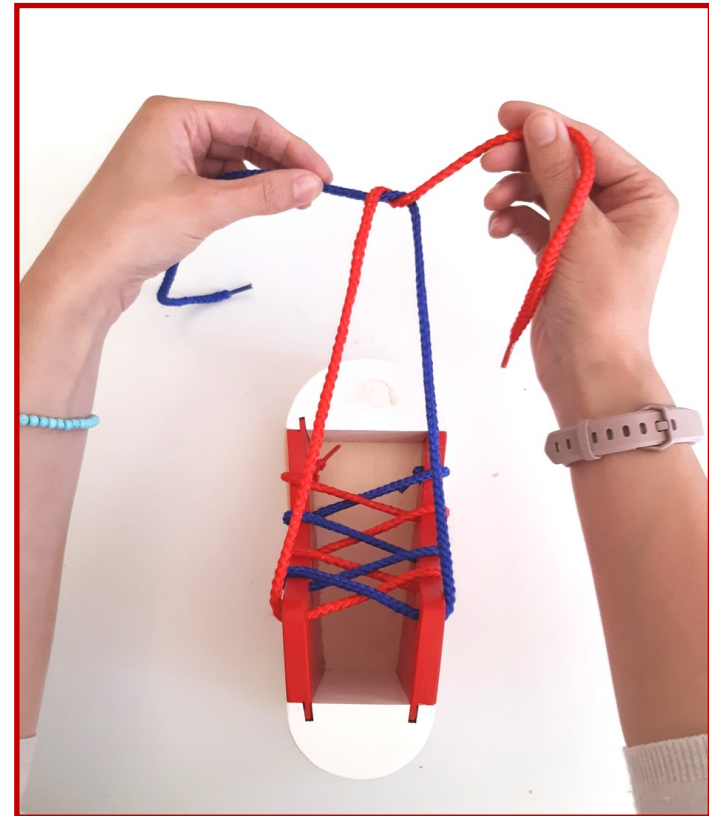
**Step 2 :** Place **RED** lace in front of **BLUE** lace

## Step 3



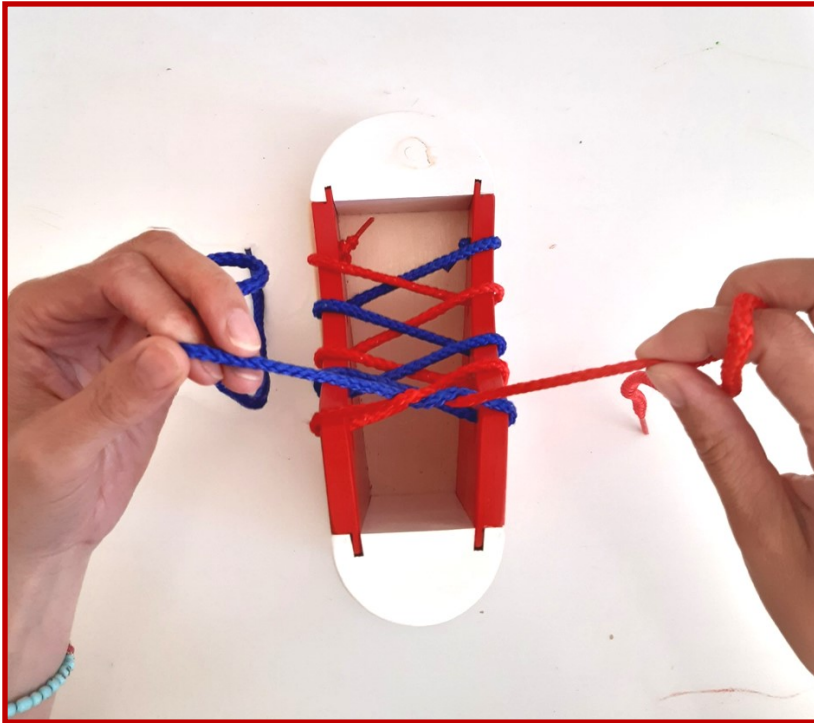
**Step 3:** Wrap the end of the **RED** lace behind the **BLUE** lace and feed it into the big space

## Step 4



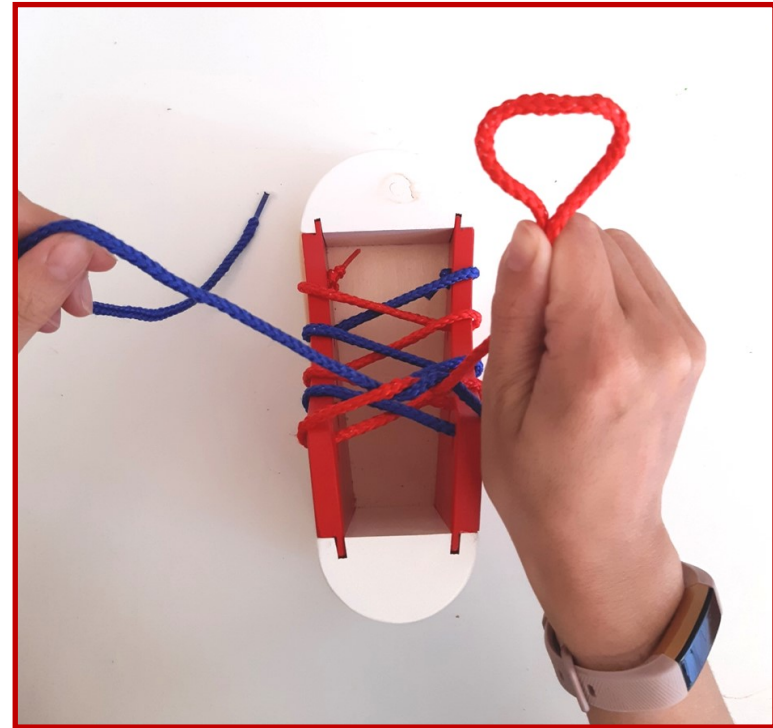
**Step 4:** Reposition hands to close to the end of the lace

## Step 5



**Step 5:** Pull each lace down together to secure

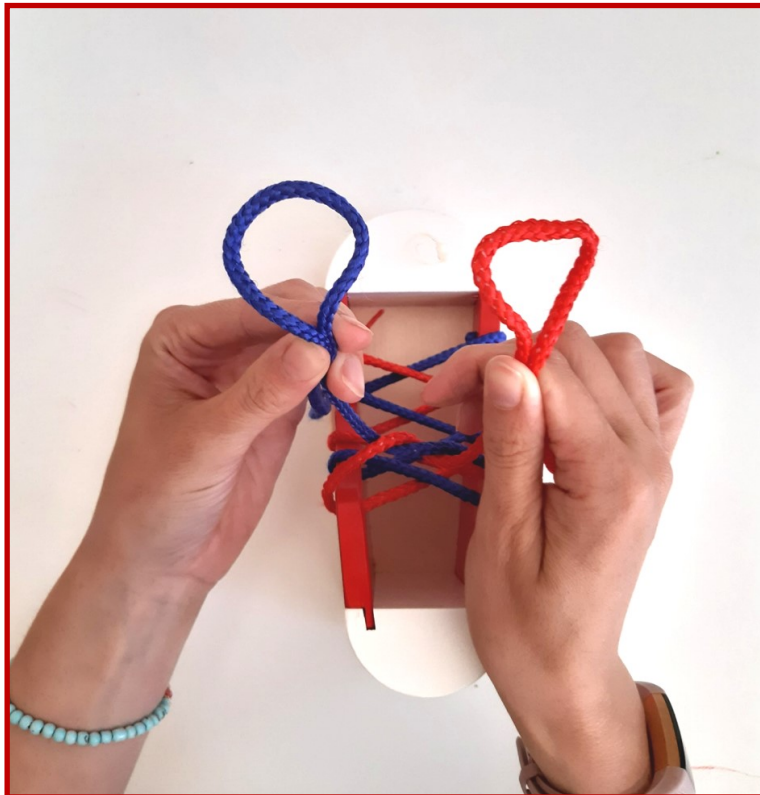
## Step 6



**Step 6:** Make a loop with the **RED** lace



## Step 7



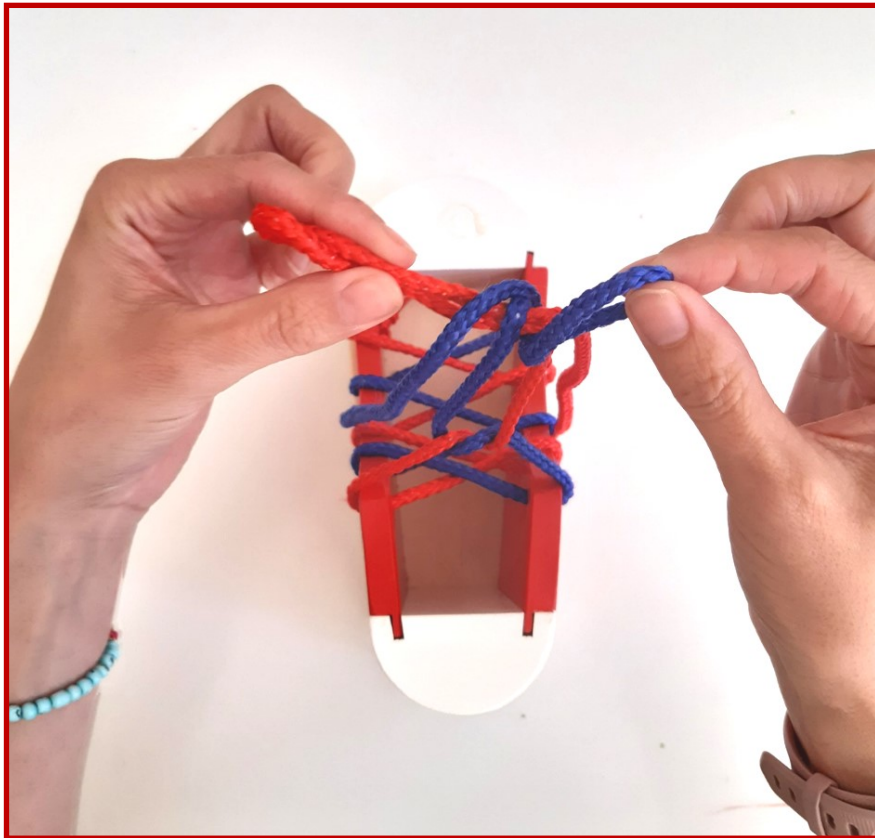
**Step 7:** Make a loop with the **BLUE** lace

## Step 8



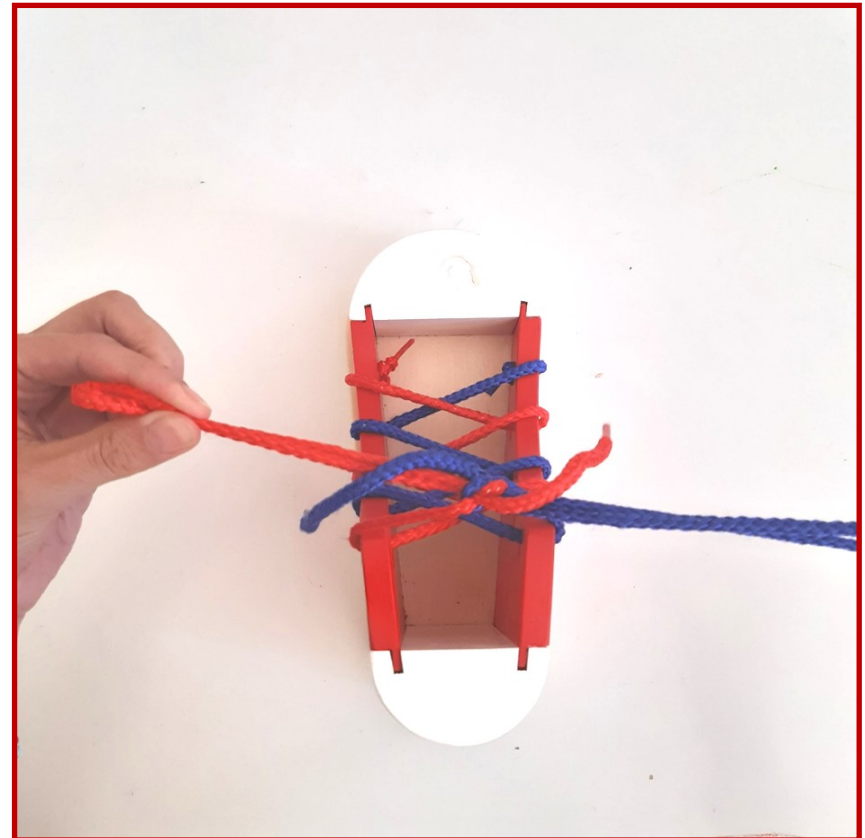
**Step 8:** Place the **BLUE** loop in front of the **RED** loop

## Step 9



**Step 9:** Wrap the **BLUE** loop behind the **RED** loop and feed it into the big space

## Step 10



**Step 10:** Hold each loop in each hand and pull both down to secure