



CENTRE FOR AUTISM
MIDDLETOWN

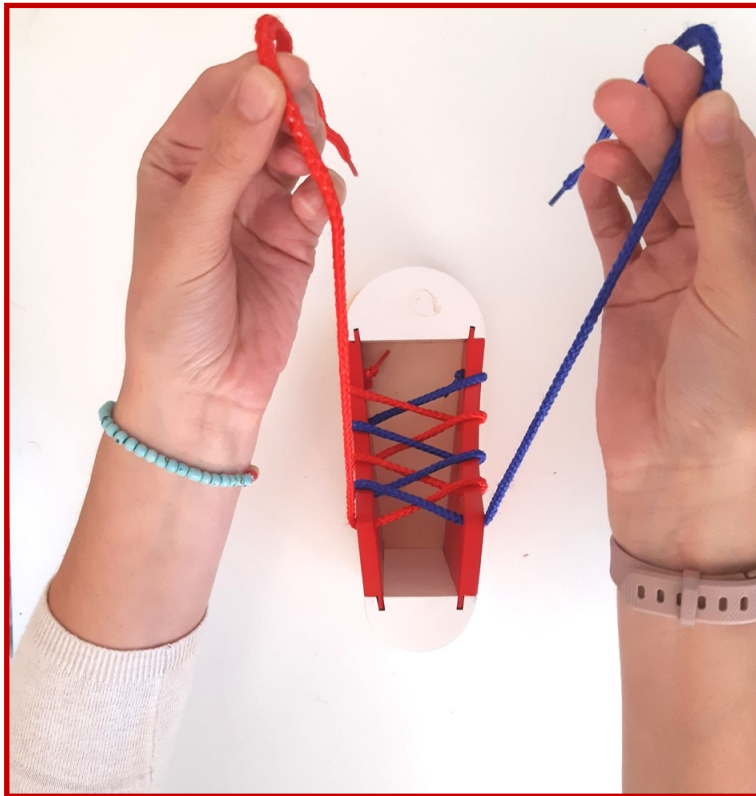
My Step by Step Guide to Tying My Shoelaces





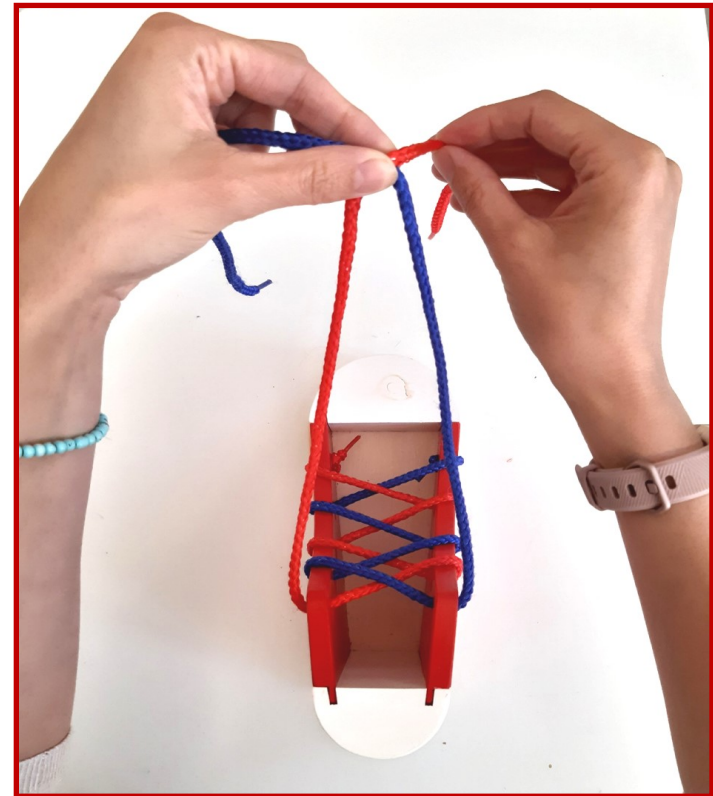
Top tip: Using two different coloured laces will make it easier to give verbal direction and also see where to place each lace. Practice with the shoe on the table rather than bending down. Once successful you can then try with the shoe on the foot. This double loop method is one way of tying laces.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

Step 1



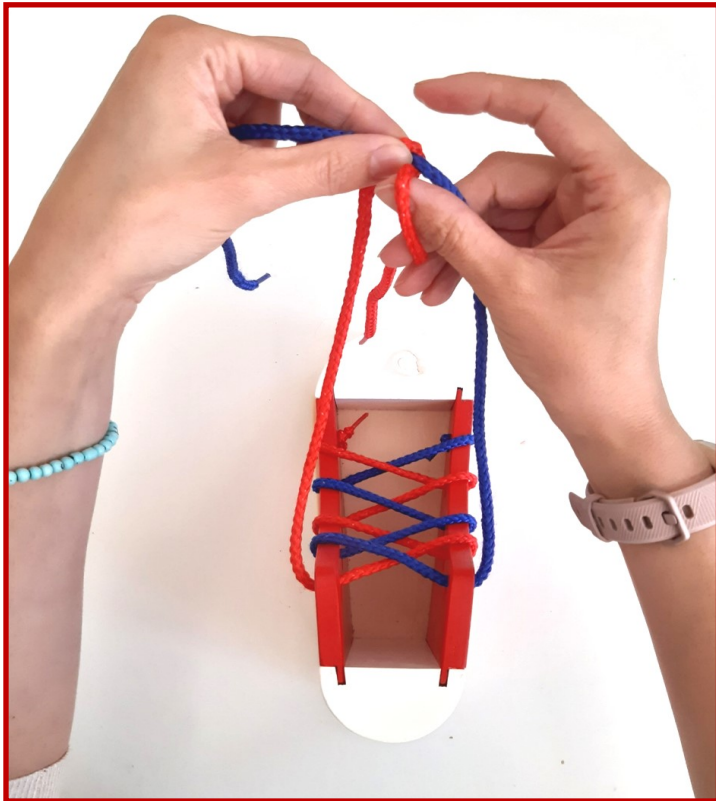
Step 1: Hold one lace in each hand

Step 2



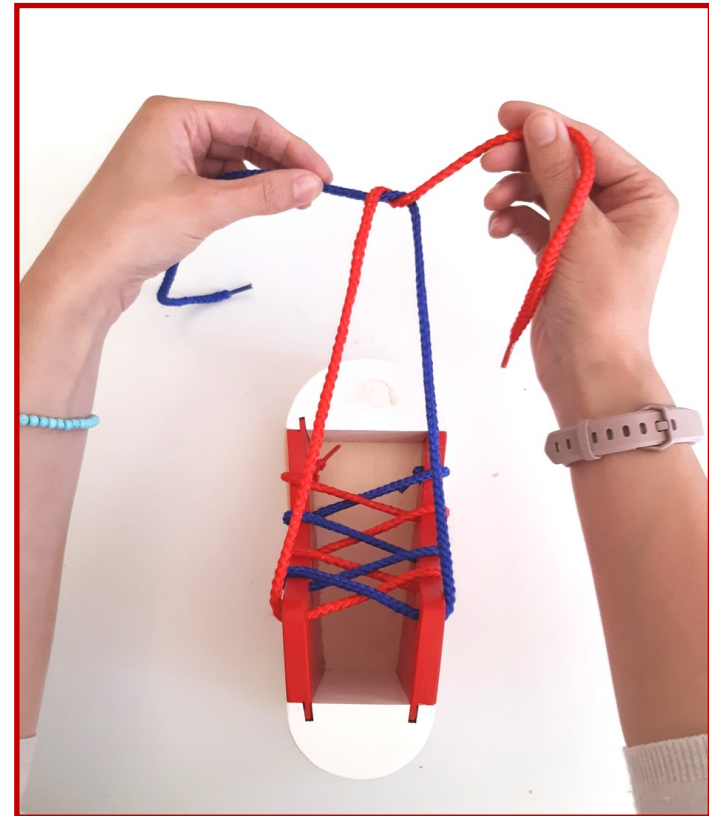
Step 2 : Place **RED** lace in front of **BLUE** lace

Step 3



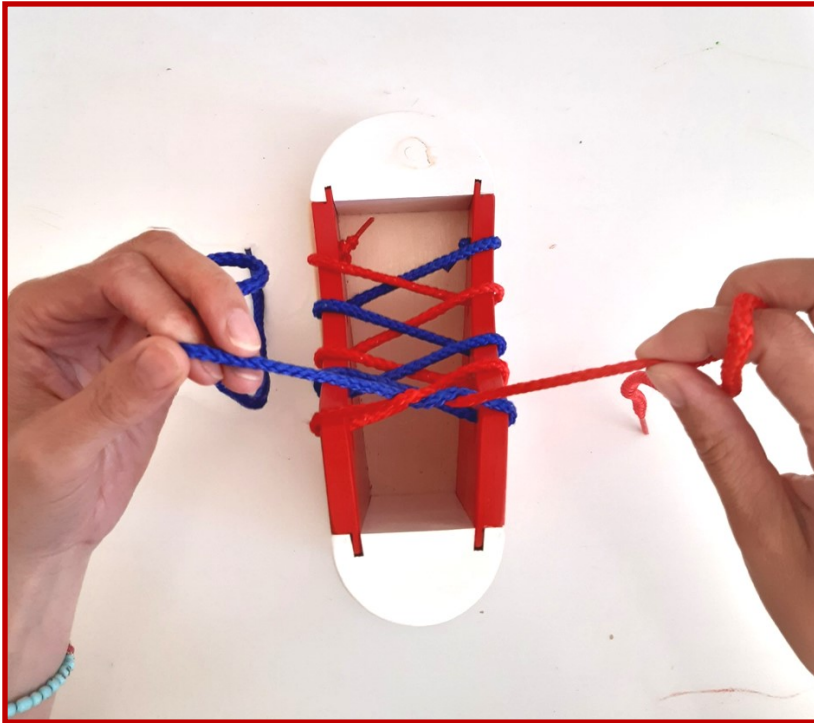
Step 3: Wrap the end of the **RED** lace behind the **BLUE** lace and feed it into the big space

Step 4



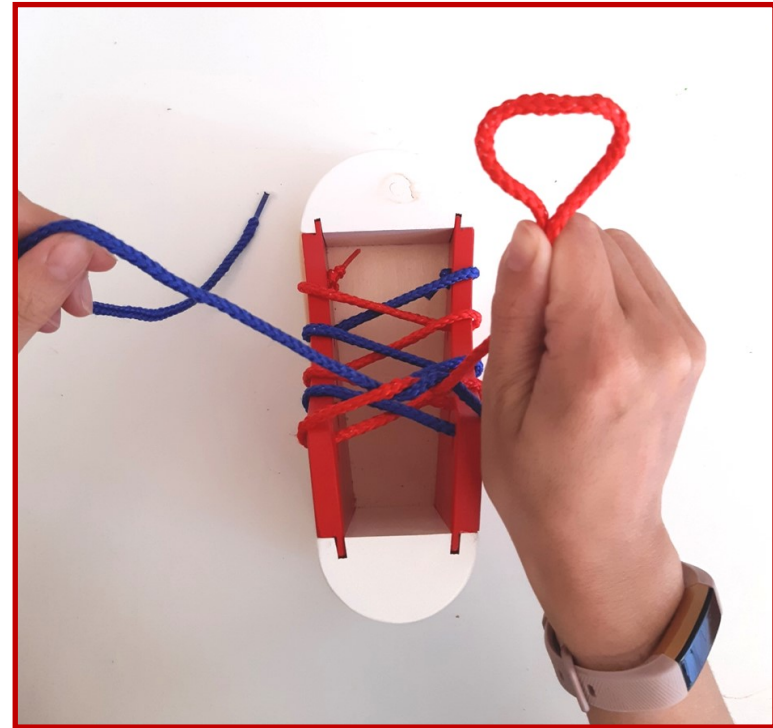
Step 4: Reposition hands to close to the end of the lace

Step 5



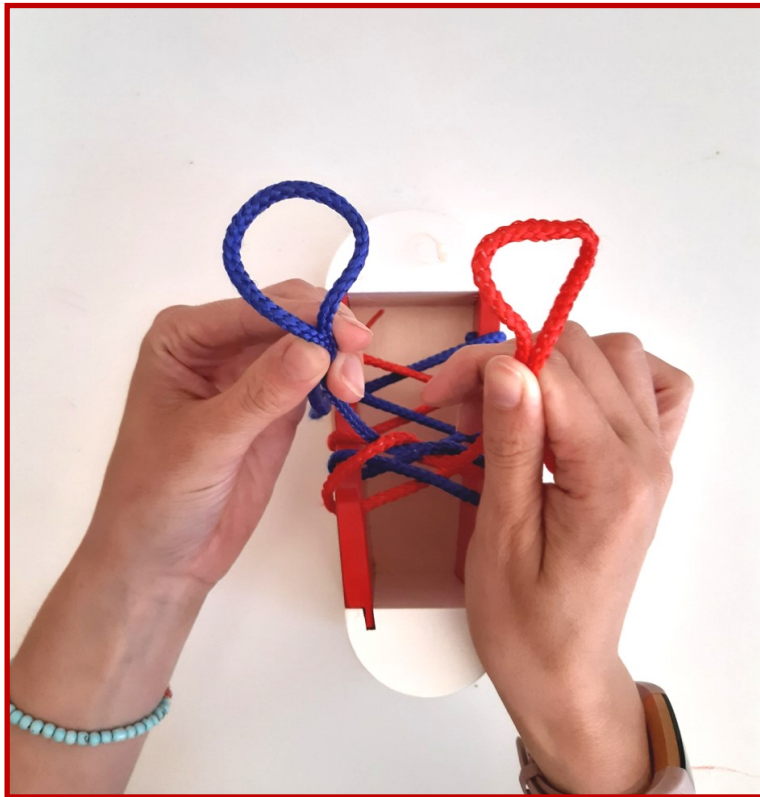
Step 5: Pull each lace down together to secure

Step 6



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

Step 7



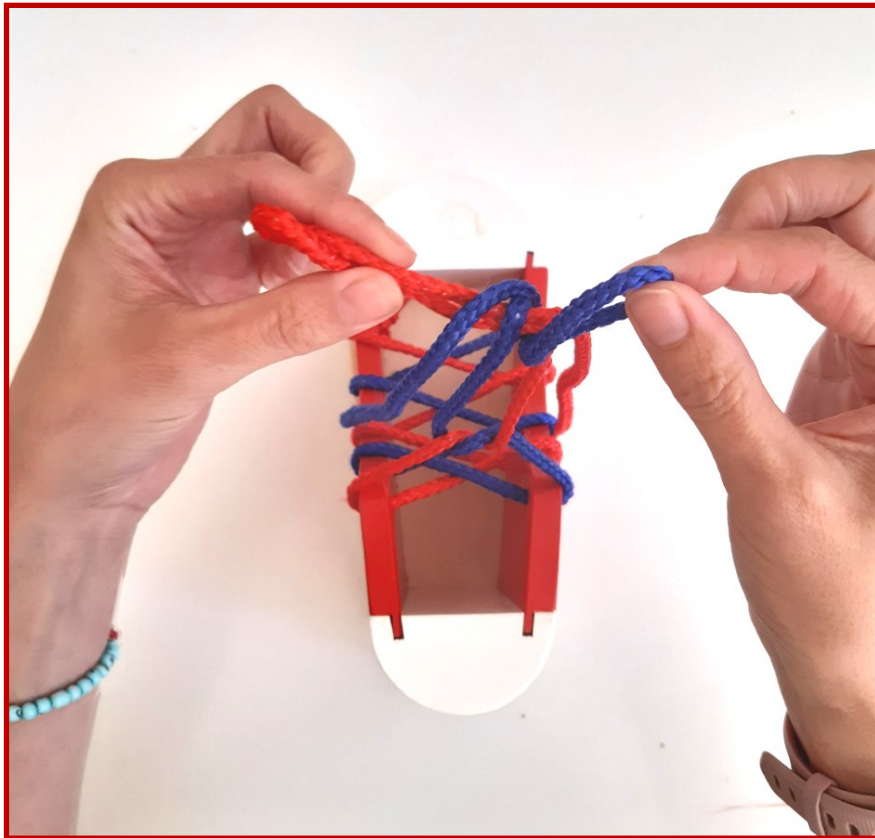
Step 7: Make a loop with the **BLUE** lace

Step 8



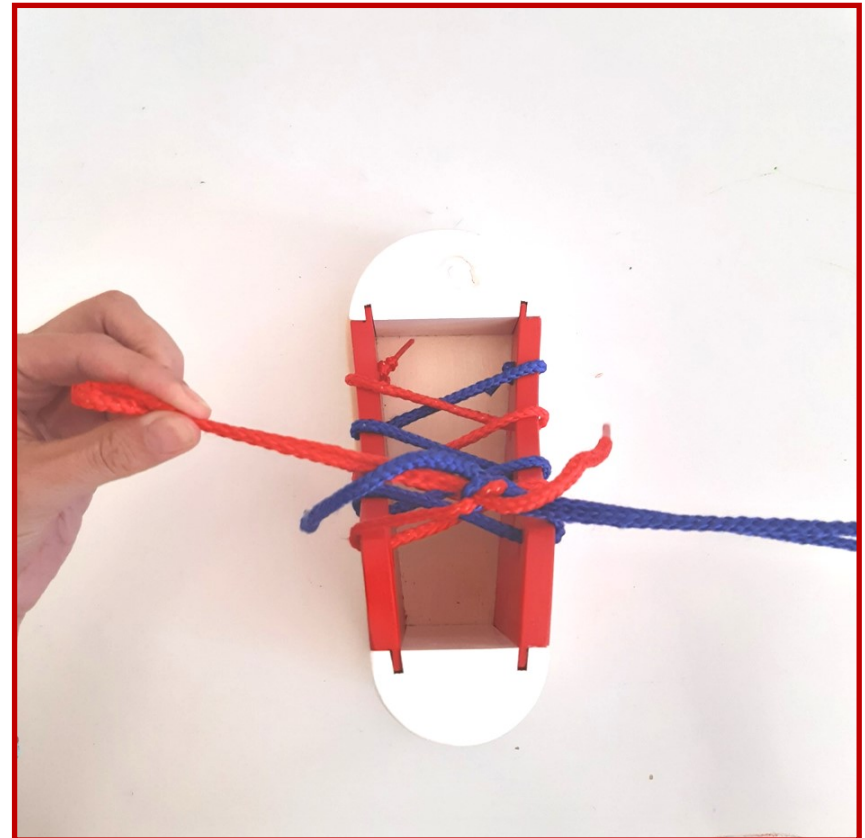
Step 8: Place the **BLUE** loop in front of the **RED** loop

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