

## Self-Help Resources

### Shoe Tying

Learning to tie shoes can be a challenge because it involves so many skills. There are a variety of shoe tying strategies out there and every person is different. Try picking one technique and stick with it for a couple weeks before trying a different method. It's helpful to use the same words or script each time when practicing tying shoes. See these videos & resources below for more helpful suggestions.

#### A. Shoe tying method using the 2 knot approach:

- Explanation from an occupational therapist perspective:  
<https://www.youtube.com/watch?v=o4q2vKlvuXM>
- Student demonstrating how to tie shoes:  
<https://www.youtube.com/watch?v=Pc1r1nK8bMM&feature=youtu.be>
- Step by Step Instruction: [https://www.youtube.com/watch?v=Ygqs\\_UvjWyM](https://www.youtube.com/watch?v=Ygqs_UvjWyM)
- Sample Shoe Tying Script:
  - 1) Make an "X" with your shoe laces (over, under and you pull)
  - 2) Put one lace under the "X" and pull tight
  - 3) Make another "X" and pull to create a circle (hole) with your laces
  - 4) Put one end through the circle (hole) and to the side to make a loop (bunny ear)
  - 5) Put the other end through the circle and to the side to make two loops (bunny ears)
  - 6) Pull on the two loops (bunny ears)

#### B. Bunny Ear Approach:

[https://www.youtube.com/watch?v=LsFKxEIir\\_A&t=9s](https://www.youtube.com/watch?v=LsFKxEIir_A&t=9s)

1. Book resource using Bunny Ear Approach:  
[https://www.amazon.com/gp/product/0812065530/ref=as\\_li\\_ss\\_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=0812065530&linkCode=as2&tag=therapyfunzon-20](https://www.amazon.com/gp/product/0812065530/ref=as_li_ss_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=0812065530&linkCode=as2&tag=therapyfunzon-20)

**C. Tabs in Holes Approach:**

<https://www.youtube.com/watch?v=AWMOXHhObLk>

**D. Additional shoe tying tips and activities:** <http://paigehays.net/shoe-tying/>