



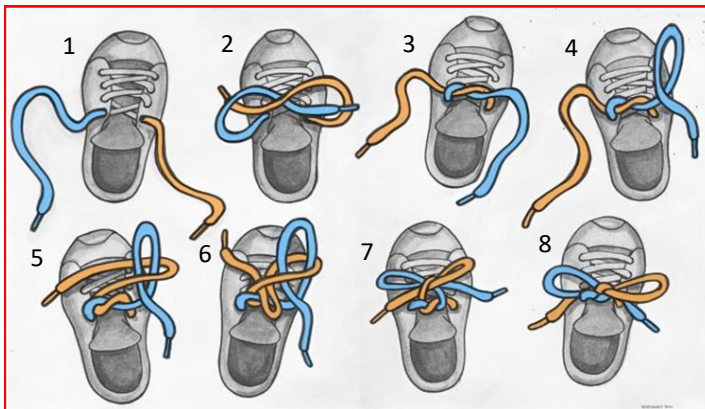
Children's Treatment Network

Building Brighter Futures Together

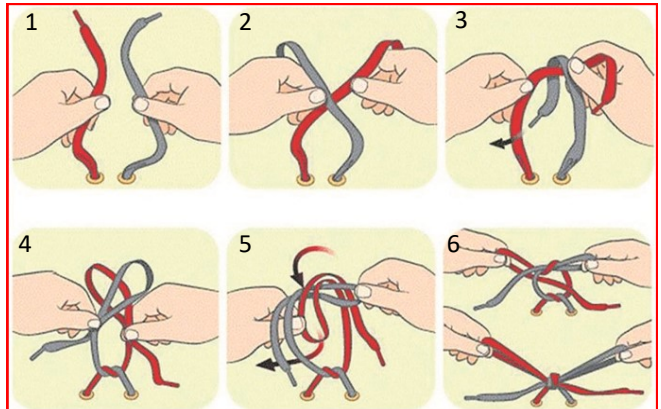
Learning to Tie Shoelace

There are many different shoelace tying techniques. Use **two** different coloured shoelaces at first to follow the steps. Here are two of the most popular techniques:

Backwards chaining method



Bunny ears method



Other adapted shoelace options:

- Elastic shoelaces (straight or curly)
- Magnetic shoelace closures
- Lace Locks
- Tie-free laces
- Velcro shoes
- Slip-on shoes

Online resources:

[How to teach your kids to tie shoes](#)

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