

Occupational Therapy Children and Young People

Shoelaces – Bunny Ears



Method requires: 1 meter Red ribbon
1 meter Blue ribbon
Patience and time

- Tie two ends together
- Place around the child's waist
- Be in a seated position

Steps

1. Red over blue
2. Red under blue and through the gap at your tummy
3. Pull both ends until the knot is tight at your tummy
4. Make a red loop - (hold close to the knot)
5. Make a blue loop – (hold close to the knot)
6. Red loop over blue loop
7. Red loop under blue loop and through the gap in front of the first knot
8. Hold both loops and pull until bow is tight

Once your child has mastered this, move to:

- Dressing gown cord whereby the colour is the same
- Shoe laces tied together and practice around the waist making it finer
- The Shoes! – Position: seated with the foot on a box or stool