

## Occupational Therapy Children and Young People

### Tying a Tie Instructions



#### Step 1

Lift up the collar of your shirt and wrap the tie around the back of your neck. The wide end of the tie should hang down about twice as low as the thin end; it can hang closer to your right or left hand, depending on what's more comfortable for you.

#### Step 2



Wrap the wide end around the thin end twice, a few inches below your neck. The wide end should go over the thin end first.

#### Step 3



After wrapping the wide end around the second time, push it through the back of the V-shape made by the partially formed knot.

#### Step 4

Tuck the wide end of the tie through the front loop of the knot.

### **Step 5**

Gently pull down on both the thin and wide ends below the knot until the knot is tight.

### **Step 6**



Hold the thin end of the tie while you slide the knot slowly up to your neck.

### **Step 7**

Now look down at your handiwork. If the thin end hangs below the wide end, untie the tie and begin again, this time with the wide end hanging lower than it did the first time.

### **Step 8**

Or, if the wide end hangs too low, untie the tie and begin again with the wide end hanging higher than it did the first time.

### **Step 9**



Once you are satisfied with the way you've tied the tie, flip your collar back down and be on your way.

## **Alternatives**

Ties can be tied then cut at the centre-back and a section of elastic inserted so that they can be pulled on over the head, or the cut edges can be refastened with Velcro. If a plain tie is needed, many clothing/suit retailers supply clip-on ties.