



Barnsley Children's Therapy Services

Backward Chaining Programme for Shoelaces

Name:

NHS Number:

When tying the shoelaces for the initial stages, ensure the child is watching the process.

- Make the initial loop on the same side as the child's dominant hand.
- Move on to the next stage only when the child is able to complete the previous stage without prompting.
- Complete the entire task, except for pulling both loops to finish tying the bow. Encourage the child to use both hands to pull the loops sideways (not upwards) and complete the task.
- Tie the initial knot and make a loop on the child's dominant hand side, bring the other lace around the loop. Encourage the child to hold the loop with their dominant hand and push other lace through itself, then pull both loops together as before.
- Tie the initial knot and make the loop on the child's dominant hand side. Encourage the child to hold the loop with their dominant hand, then grasp the other lace with their non-dominant hand, wrap it around the back of the loop, push it through and complete as previously.
- Tie the initial knot. Encourage the child to make the first loop, hold with dominant hand and then allow the child to complete the task as previously.
- Cross the laces to make the initial knot and push one end through. Encourage the child to pull both laces to tighten the knot and proceed to tie the bow.
- Cross the laces. Encourage the child to push one end through and pull to form the knot the complete the task.
- Child to tie shoelace with minimal prompting.
- Child to tie shoelace independently.
- It may help to use 2 different coloured shoelaces when practicing.
- It is important to give appropriate feedback and praise throughout the task.

**Contact Children's Therapy if further advice or information is required:
01226 644396**