

Happy Veterans Day

"This nation will remain the land of the free only so long as it is the home of the brave." -Elmer Davis

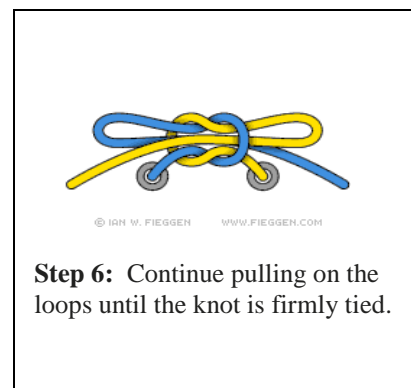
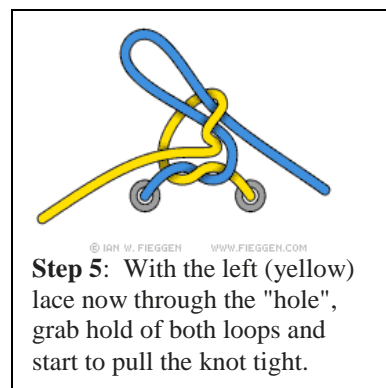
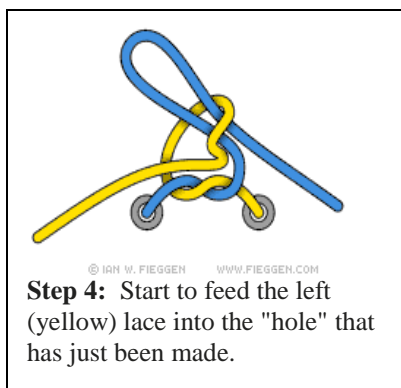
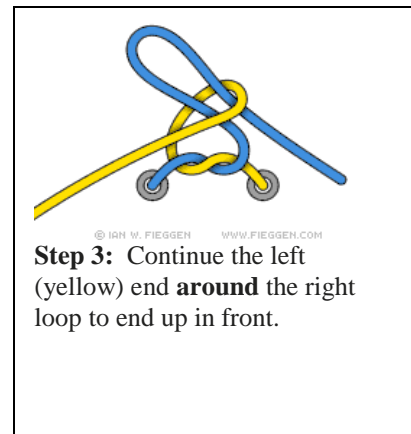
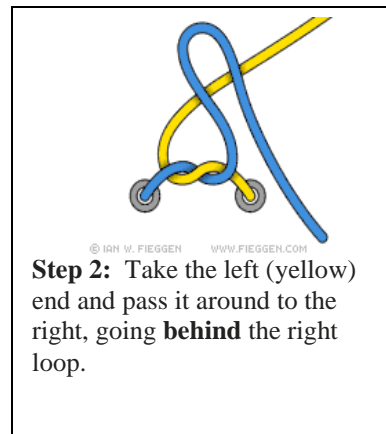
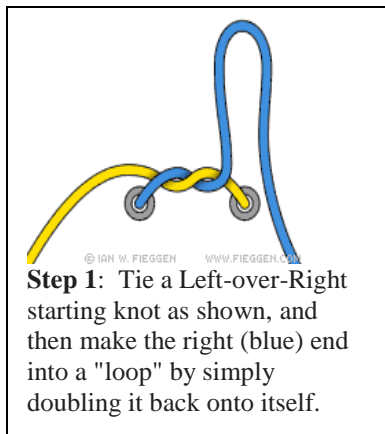
Thera *kids*

ADDRESSING THE NEEDS OF EDUCATORS AND PLANTING THE SEEDS OF CLASSROOM WELLNESS

SHOE TYING

Typical children have the coordination and dexterity to tie their own shoes around the age of 5 or 6. Although as a parent, it may be easier to do this task for your child; this is a life skill that is important. When you begin teaching a child how to tie their own shoes, here are a few tips that you may want to do first.

- Demonstrate shoe tying when your child is either sitting on your lap or you are sitting behind him/her. This will allow the child to watch from the correct angle, rather than you being in front of the child, causing them to mirror the movements.
- You may want to practice on an old shoe at a table or on the floor. It may be easier if the child can get up close and see what he/she is doing.
- Use different color shoestrings for the left and right side of the shoe. It may be easier for the child to see and follow your commands. There are many shoe tying rhymes and songs available to assist with teaching this skill (Google: shoe tying).
- The first couple of times, the loops will appear really big or loose. That is ok, as long as they get the idea. It will get better with practice.
- PRAISE your child and PRACTICE, PRACTICE, PRACTICE. It is important for your child to feel successful.



Shoe tying diagram taken from the website:
<http://www.fiegen.com/shoelace/standardknot.htm>

