First Initial Knot When Tying Your Shoelaces

The first 3 steps can be carried out above the shoe or flat on top of the shoe.

Cross both laces over the top of the shoe to form an X shape. Take the top lace and wrap it back and through the bottom half of the X shape.

Pull the lace fully through and place the top lace back down so that you have a lace either side of the shoe.

Hold both laces and tightly pull laces up and out to the sides to create a strong first knot.

Double wrapping 1st knot
To create a tighter first knot that will not easily become loose why not wrap the top lace through **twice** instead of just once.

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