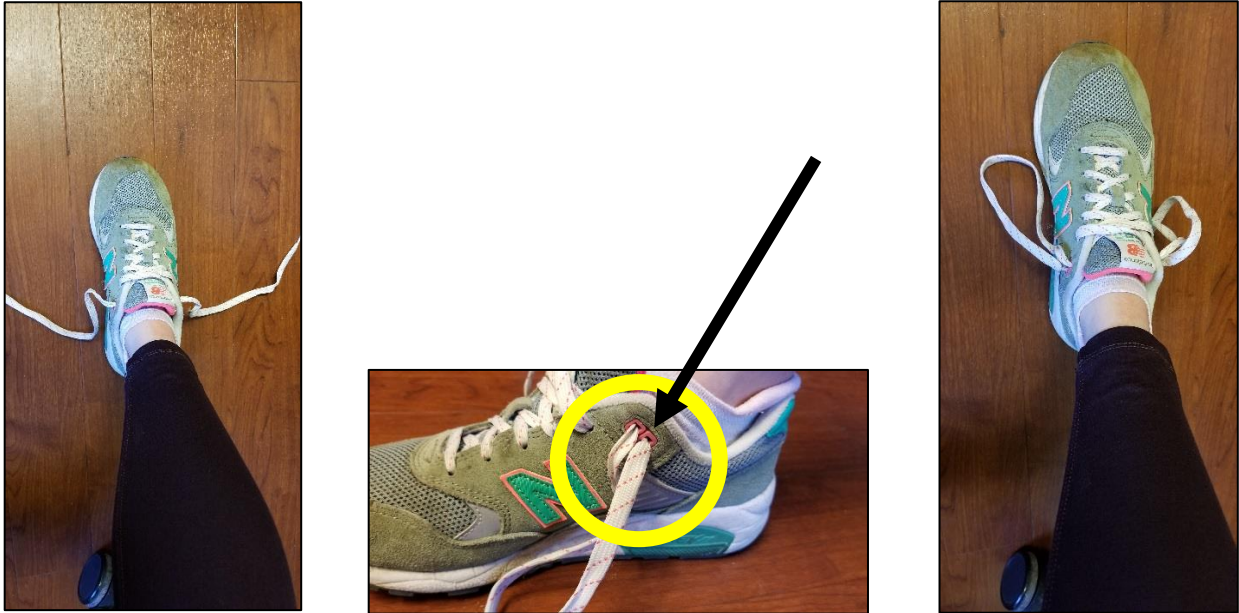


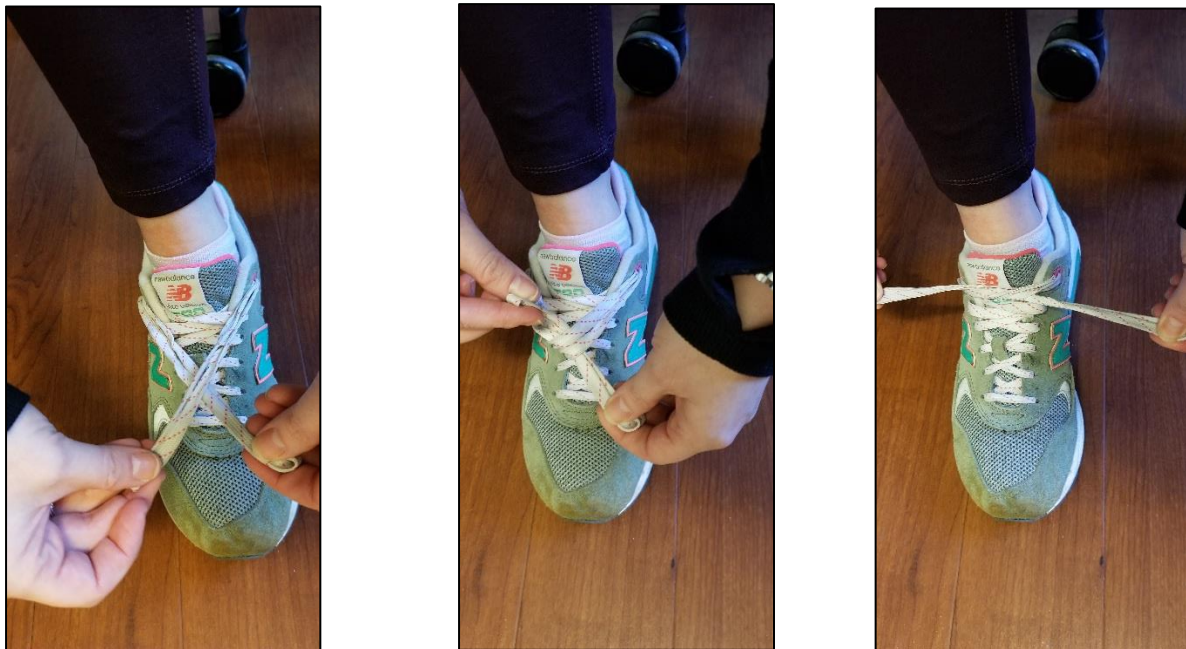
New Way to Learn How to Tie Shoes

Tying shoes can sometimes be challenging for individuals with Down syndrome. We found this new technique that makes tying shoes a little easier!

After putting your shoe on, push the end of your laces into one of the extra holes at the top of the shoe.



Take one lace in each hand and make an X. Then loop the lace under and pull.



Make another X, loop the lace under and pull.



Now remove the end of your shoe lace from the hole. Your shoe is tied!!! Nice work! Now do the same thing with your other shoe.

