

Shoes and Socks

TIP #1

Ask your child to sit on the floor, a step or a small chair with their feet on the floor.

TIP #2

Use short and loose socks. Try pull-on shoes or those with Velcro fastenings.

TIP #3

Show your child what to do and talk through the steps. Use a few simple words and try to say the same thing each time. It may help to practise on your own first to work out the steps and what to say.

TIP #4

Try elastic or silicone no-tie shoelaces or other shoelace alternatives.



Who can help? Where? When?

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My Tips

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Disclaimer

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