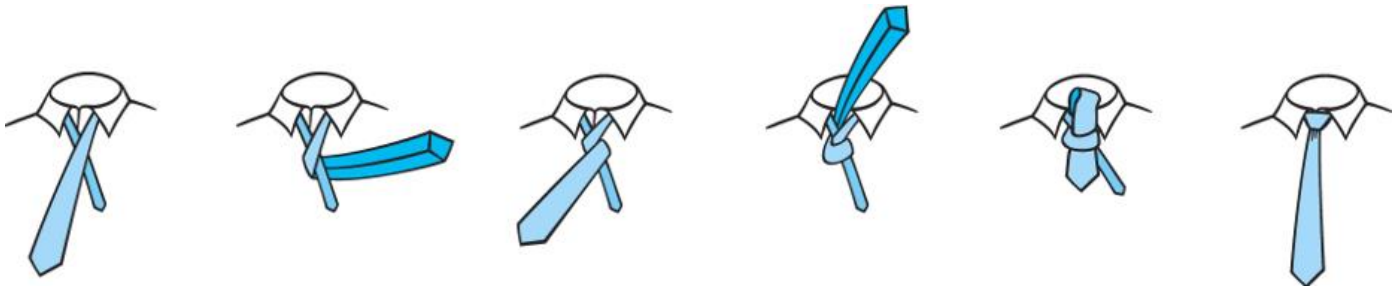


## How to fasten a Tie



- When helping your child try standing behind them whilst they are sat on a chair. This way you don't have to work backwards and they can see the correct way to tie.
- The child could practice fastening their tie around their thigh whilst seated to begin with. This way they have a better view of what they are doing rather than having to work under their chin.
- Encourage the child to look at the pictures above to help them understand the stages of the task. It may also help to have a tie to fasten yourself whilst stood next to the child so they can follow you.
- Clear verbal cues will also help the child to recall the stages of the task e.g. fat end over and under, over and under-then up and through the hole and pass it through the knot. Encourage them to repeat them as they are completing each stage to help them remember.
- The Backward Chaining technique may also be useful in helping the child to master each stage of the task and avoid too much frustration. The idea is that the adult will begin the task but the child will finish the task off, gradually achieving more steps along the way. E.g. adult completes all the stages of fastening the tie but allows the child to pull the tie through the knot at the end and pull tight. Once this is mastered the child can then attempt to pass the fat end through the knot before pulling down and pulling tight....
- It will be helpful for your child to be able to see in a mirror.
- Remember try not to make this task seem like a chore. Encourage and praise your child through every small stage and hopefully they will get there with your help!