



PUTTING ON SHOES



A Foundational Self-Care Skill for Independence

WHY IT MATTERS

Putting on shoes is an important self-care skill that supports independence and participation in daily routines. To successfully put on shoes, children require fine motor skills, bilateral coordination, motor planning, balance, visual perception, and sequencing skills. Children must coordinate both hands, orient the shoe correctly, place their foot inside, and secure the shoe using Velcro, buckles, or laces.

(Shepherd, 2010)

KEY SKILLS



Fine Motor



Bilateral Coordination



Motor Planning



Balance



Visual Perception



Sequencing

SHOE MATCHING ACTIVITY

Materials

Child's pair of shoes and matching stickers or colored markers.

Step 1

Place half of a sticker inside the left shoe and the other half inside the right shoe.

Step 2

Show how the sticker forms a complete picture when the shoes are placed correctly.

Step 3

Have the child practice identifying the correct shoe and putting it on independently.

Step 4

Gradually reduce verbal prompts as the child learns the sequence.

Step 5

Progress to fastening Velcro straps or tying laces as skills improve.

Benefits

Promotes visual perception, motor planning, sequencing, and independence.



STRATEGIES FOR SUCCESS



Use shoes with Velcro closures before introducing laces.



Place colored stickers inside shoes to help identify left and right.



Practice putting shoes on while seated for increased stability.



Use verbal cues to break the task into simple steps.



Practice heel awareness by teaching the child to pull the heel tab.



Provide hand-over-hand assistance when learning the sequence.



Use backward chaining, allowing the child to complete the final step independently.



Encourage dressing practice during play with dolls or stuffed animals.

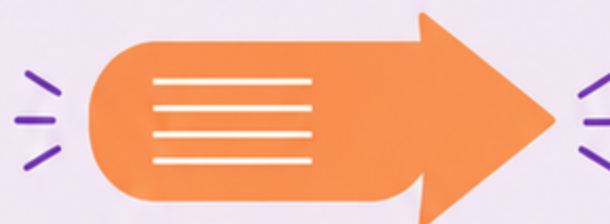


Create visual picture cards showing each step of shoe dressing.



Allow extra time and repetition for mastery of the skill.

INDEPENDENCE STARTS STEP BY STEP



Children build confidence when everyday self-care tasks are practiced consistently. Mastering shoe dressing supports participation at home, school, and in the community.

Please visit our Youtube channel @stepstosuccessot4870 for video

References: American Occupational Therapy Association • Somerset NHS Foundation Trust