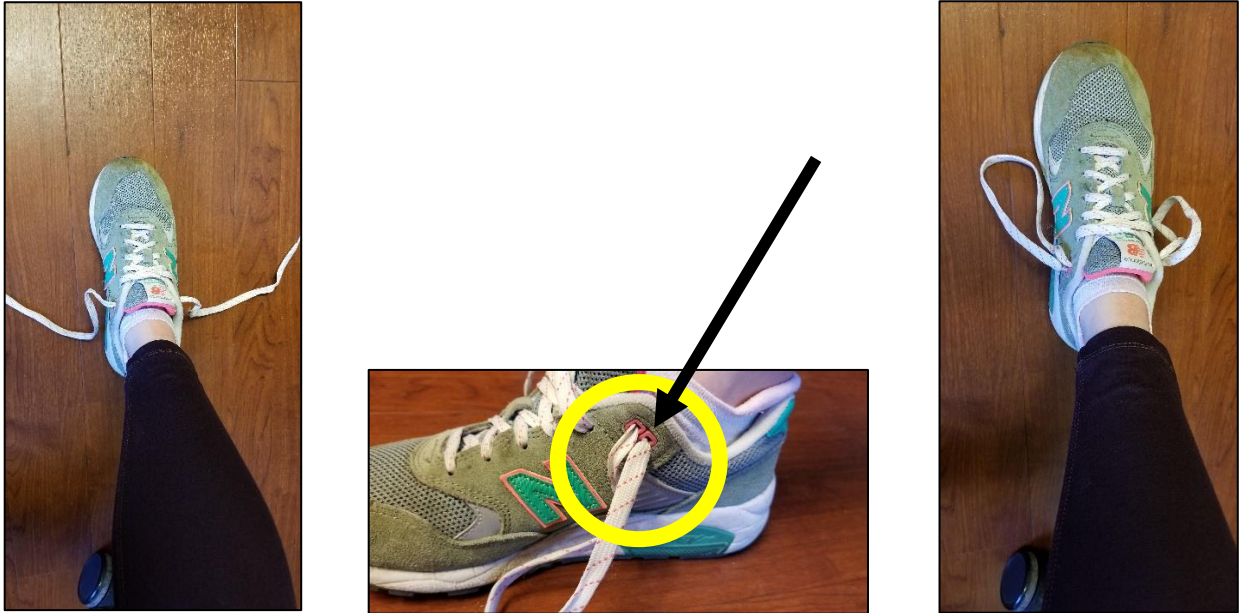


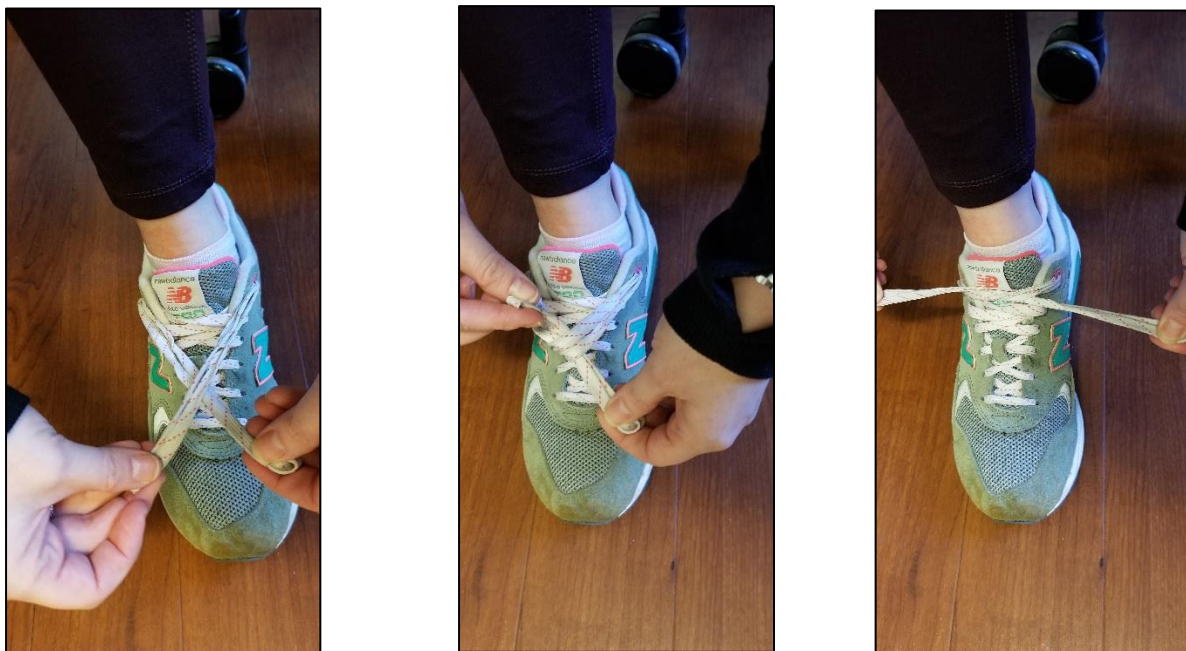
## New Way to Learn How to Tie Shoes

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.**

