NHS Lothian - University Hospitals Division
Children and Young People's Occupational Therapy

Top Tips for Putting on Socks and Shoes

General Tips

- Think about **when** - practise at quieter times of the day when there's no time pressure.
- Think about **where** you practise - sitting on the floor or a step with back against the wall can be helpful.
- Watching you put socks and shoes on can help your child learn these skills.

Socks



- If your child will tolerate it – bigger socks are easier to get on.
- A coloured heel and toe help get socks the right way round (see picture).
- Encourage your child to put their thumbs into the sock opening and pull it open nice and wide.
- Turning the top edge of the sock over means there's less to get on.
- Practise through play – cut a sock into rings for your child to practise pulling on over their feet (see picture or scan the QR code for a video).
- If your child is still needing help:
    - Encourage them to sit how they would if they were doing it themselves – so they are learning while you help.
    - If you get the sock over their toes could they do the rest?



Shoes



- Consider how easy it is to make the opening nice and wide when buying shoes.
- To help put shoes on the right way round try:
    - A sticker cut in half to match up before you put your shoes on.
    - Small pen dots or spots of nail varnish on the inner edge of the soles can be matched together.

Useful Websites:
https://www.nhsggc.org.uk/kids/resources/ot-activityinformation-sheets/socks-and-shoes/

For a video about shoelace tying please see:

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If your child finds dressing hard, and you need advice to help them, please contact the Children and Young Peoples Occupational Therapy Service.

Website: www.children.nhslothian.scot Final Version
Facebook: @NHSLothianAHP **YouTube:** Children and Young People's Therapies and Support
Telephone: 0131-312-1070 (Edinburgh)/ 0131-446-4013 (East & Midlothian)