




Tying a Tie:

Get your child to look at the tie: discover that one end is much wider than the other and that one side of the material has a seam and the other side is smooth.

	<ul style="list-style-type: none">• Ask your child to put up the collar of their shirt and to put the seam side of the tie around their neck, with the wider side on the right as least twice as long as the other side.
	<ul style="list-style-type: none">• Firmly grasp the narrower side of the tie with left hand and hold it out in front - do not let go.• Take the wider end of the tie and put it over the narrower side and then let it go.
	<ul style="list-style-type: none">• Pass right hand underneath the tie being held out in front and grasp the wider side of the tie.



- Pull the tie through and then place it over the narrower part of the tie again and let go.





- Place right hand underneath the narrower part of the tie and grasp the wider end and take it to chin.



- Thread the wider part of the tie through between the neck and the tie and flop it forward over the tie.



- Letting go with left hand, hold the underneath tie and make a hole between the layers of tie to pass the upper-most wide part of the tie through.

	<ul style="list-style-type: none"> • Thread all of the tie through.
	<ul style="list-style-type: none"> • The size of the knot will depend on how tight the knot is pulled. • The two ends of the tie should now be approximately the same length.
	<ul style="list-style-type: none"> • Make sure that your child knows how to take off their tie: • Holding the left side of the tie around the neck firmly in left hand and the knot in the right hand, gently wriggle the tie and the knot apart enabling a larger hole to remove the tie over the head or pull the left side of the tie until it becomes free.

Contact details

Children's Therapy Services

Telephone number: 0300 019 2936

For further general health-related information, please ask the relevant department for an information prescription or contact:

Patient Experience
 University Hospitals Dorset NHS Foundation Trust
 Longfleet Road
 Poole
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Telephone: 0300 019 8499

www.uhd.nhs.uk

We can supply this information in other formats, in larger print or have it translated for you. Please call the Patient Experience Team on 0300 019 8499 or email patientexperienceteam@uhd.nhs.uk for advice.

If you wish to make any comments or to ask about any research evidence used to write this leaflet, please contact the Patient Experience Team on 0300 019 8499, write to the Patient Experience Team (address above) or email patientexperienceteam@uhd.nhs.uk

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