

## Tying a tie

1. Place tie around neck with the wider end on the side of the dominant hand with the pattern facing upwards. Make sure the narrow end of the tie is half the length of the wider side. Hold the narrow end in the non-dominant hand



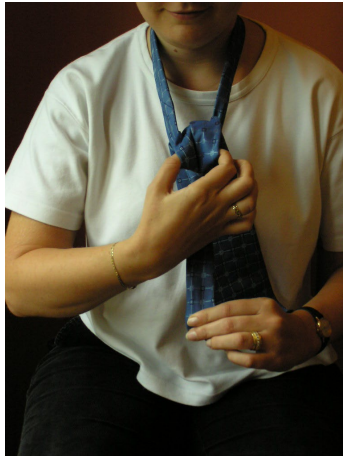
2. With your dominant hand wrap the wider end around the narrow end (over and under) .



3. Do this again so that the wider end is positioned on the non-dominant side.



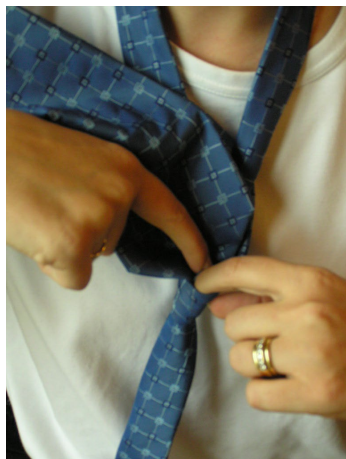
4. Then take the wider end and push under and through the loop at the neck - keep holding the narrow end with the other hand!



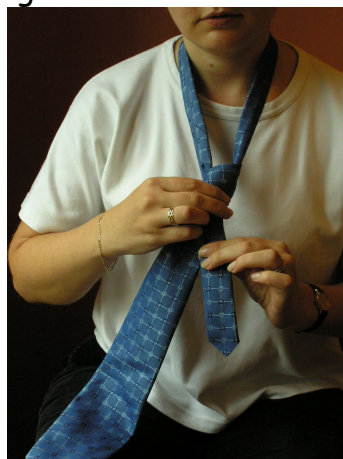
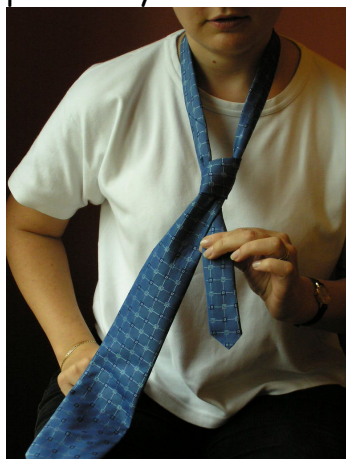
5. Now put the index/pointer finger (non-dominant hand) into the front of the knot to make a wider space.



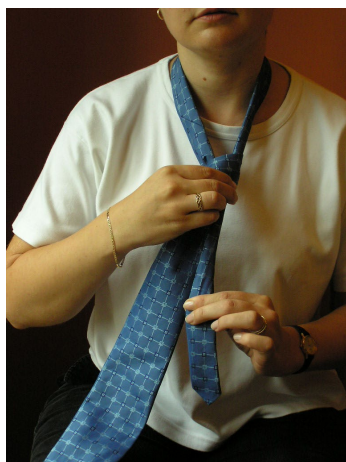
6. Push wider end of tie through this space



7. Now pull the wider end through, whilst holding onto the narrow end and pull slowly until the knot is tighter



8. Hold the narrow end with the non-dominant hand just below the knot so that it is taut. With the other hand hold the knot and gently slide it upwards. Once the knot is in the middle, fold the collar around it. You may need to look in the mirror at this point!

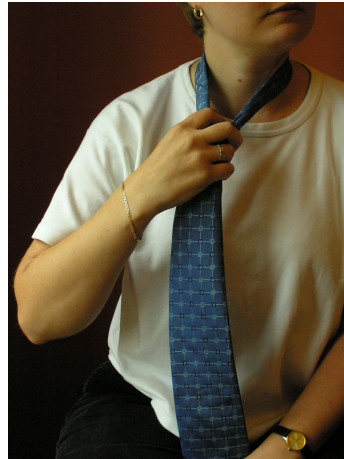
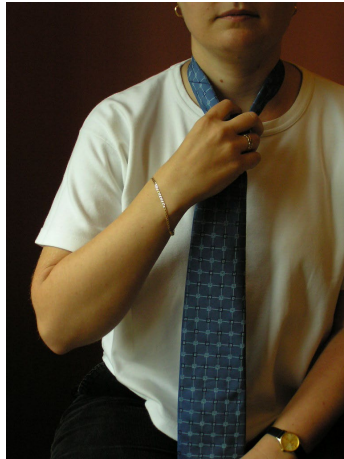


**well done!!!!**



### How to undo it:

Hold knot with dominant hand and gently and slowly pull away from body. You may want to stop pulling when the child can see the knot and use our next tip! If not, use non-dominant hand to pull the narrow end out of the knot.



Tip: As we all know, once the tie has been made, you can gently slip this over your head to remove. The next day just slip it over your head again and complete steps 7 and 8!

