

Tying Pointe Shoe Ribbons

1. Slide foot through the elastic hoop.
Place padding on toes.
Continue sliding foot into shoe.
2. Take inside ribbon, cross over the foot.
Wrap around ankle just above the ankle bone two times.
3. Take inside ribbon, cross over the foot.
Wrap around the ankle directly over the other ribbon one and a half times.
4. Tie ribbons in a knot between the ankle bone and Achilles tendon in the soft spot.
5. Cut excess length on a diagonal leaving enough to work with
OR Cut excess length and with adult supervision, singe the ends with a lighter.
6. Neatly tuck ends and knot under the layers of ribbon around ankle so they are hidden.

