

# Keeping Your Kids' Feet Healthy

Here are 5 tips to help your kids' feet stay healthy for longer:



## Go barefoot.

Letting kids walk around barefoot, wherever possible, is the best thing you can do for growing feet. It helps the muscles develop and get stronger. It also lets air move freely around the entire foot. Just make sure it is in a safe place.



## Wash their feet every day.

Kids' feet need to be washed and dried very well every day—especially between the toes. It is very easy for kids to get fungal infections, like athlete's foot, if their feet are always sweaty and moist.



## Keep their toenails trimmed.

Always cut kids' toenails in a straight line. Never try to cut around the corners. This can lead to in-grown toenails. Toenails that are too long can dig into other toes or into the shoe, and cause pain.



## Choose the right socks.

Get socks that are made of at least 50 percent natural fibers, like wool or cotton. These socks will let the feet breathe.



## Get the right shoe size.

As soon as you think that your kids' shoes are too small, don't wait! Replace shoes that no longer fit right away.

# Tips for finding proper fitting shoes for your child:

One of the most important items on any parent's shopping list during the back-to-school season, and throughout the year, should be a pair of proper fitting shoes for their child. Here are a few tips to help you find the best fitting shoes for your child:

- **Your child's feet will change with age.** Children's feet grow quickly with age. Sock and shoe sizes may change every few months.
- **Shoes that don't fit the right way can hurt your child's feet.** Measure your child's feet before buying shoes. Watch for signs of irritation.
- **Never hand down shoes.** If a shoe's size fits one child comfortably, it does not mean it will fit the same way for another child. Sharing shoes can also cause problems such as athlete's foot and nail fungus.
- **Look at the heels of the shoe.** Your child may wear through the heels faster than outgrowing the shoes. Look to see if there is uneven heel wear. This could mean there is a foot problem that should be checked by a foot doctor.
- **Take your child shoe shopping.** Every shoe fits differently. Let your child have a choice when buying shoes to help them form healthy foot habits in the future.
- **Buy for the larger foot.** Your child's feet are often not the exact same size.
- **Avoid buying shoes that need a "break-in" period.** Shoes should be comfortable right away. Make sure your kids try on shoes with socks or tights.

A good shoe fit will cover the whole foot.



A bad shoe fit will not cover the whole foot.

CHN's podiatrists (foot doctors) can treat patients of all ages at our centers.

Call [866.246.8259](tel:866.246.8259) if you have questions or to plan a visit.

