

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.

