

5 Tips for Healthy Feet

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



Get them to 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. Socks that are too small can feel tight around the feet and affect circulation. Socks should be 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. This will prevent harm to your child's feet.

By following these 5 tips, you can avoid most of the common foot problems that can affect kids. Talk with your CHN podiatrist (foot doctor) if you have more questions!