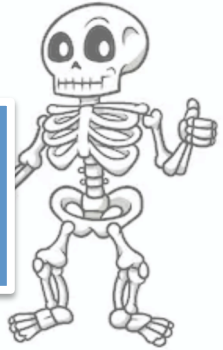


The Perfect Fit



Kids feet grow at a crazy speed!

Did you know that one quarter of the bones in the human body are in the feet? Because these bones continue to grow for the first 18 years, insuring a properly fitting shoe is very important for proper bone development.



Heel: Heel counter at the back should be stiff to hold the shoe upright.

Insole: Should be made of absorbent material for their sweatv little feet

Fasteners: Laces, Velcro or other fasteners are best for keeping shoes secured. That way little ones can focus on school and play instead of keeping their shoes on their feet

Material: Shoes should be sturdy, but still flexible, made of breathable materials such as **leather, canvas, or the newer mesh materials** that allow the feet to breathe are the best.

Sole: The sole needs to bend with the foot (so your preschooler's feet can do their job). You should easily be able to "fold" the shoe in half or twist the toe and have a rubber "gripping" sole.

Measurement: Measure your child's feet in the afternoon or evening because even little feet swell after being active all day. Measure while standing and do both right and left as they may be different.

Fit: There should be about half an inch (thumb's width) from the tip your child's toes to the front of the shoe. The width of the foot should be snug, yet comfortable.



Shoes designed to look like popular adult shoes like backless, slip-on, Crocs, flip flops or cowboy boots aren't designed with a child's active lifestyle in mind.

Most important is that the shoes are comfortable and the kids like them! So, if they can help to pick out the ones that meet the above suggestions yet are your child's favorite color or pattern, all the better!

If you have any questions: walk or run to your child's NIS PT