

Know the facts on

Children's Feet

Top Tips for Children's Feet

- Always have your child's feet measured
- Alternate shoes, this will allow them to dry out
- Avoid plimsolls in school, a fitted pair of lacing trainer is best
- Children have sweaty feet but not smelly, this may be an indication of poor hygiene
- Inspect their shoes regularly for unusual wear, this may be an indication that there is a problem with foot or general posture
- Be aware that blisters and sores may occur in new shoes
- Regularly inspect children's feet for inflamed toe nails and red pressure marks
- Wash their feet daily and dry well. Also trim their toenails regularly
- If in any doubt about the health of your children's feet, always consult your podiatrist



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Babies feet

Babies feet are growing rapidly, feet are a key part of how you baby explores the world. When cold, a babies feet should be covered but do avoid shoes before they can walk. It is essential that you check your babies socks are not too tight as their feet are constantly growing.

Bathing a babies feet is important, but so is drying them. Makes sure they are bathed regularly and that they are dried thoroughly, especially between the toes.

Toddlers Feet

Where possible let your little one explore safe areas whilst barefoot, We have an abundance of nerve endings in the feet to help us balance, walk and learn new skills.

When buying shoes for your toddler, ensure that they are fitted by a trained professional. Shoes should have adequate growth room but should not slip off when walking.

School Shoes

Fit, support and quality is key. A good shoe retailer will help with fit. When measuring make sure your child is stood up as the foot size can increase when bearing weight. Try on and walk round for at least 3 minutes. A fastening shoe will support the foot better than a slip on. The shoe should support in the midfoot but still flex at the ball. A quality shoe will last longer. Make sure the material is of high quality and the shoe is constructed well. Most foot deformities are caused by ill fitting footwear.

What is normal?



Most children are born with flat feet, their arch is yet to form. This should develop around the age of 3 - 4 years. There are two type of flat feet:

Flexible Flat Feet

Nearly all children will have flexible flat feet. No treatment is require unless the below symptoms are apparent:

- Pain, tenderness or cramping in feet, legs or knee
- Outward tilting of the heel
- Awkwardness or changes in walking
- Difficulty with shoes
- Voluntary withdrawal from activities

Rigid Flat Feet

Rarely, a flat foot can be rigid. This is caused by the bones in foot being joined together or badly aligned, This can restrict movement and can cause pain. X-rays may be require to diagnose the problem. Children with rigid flat feet will usually require a supportive orthotic insole which fits into their shoe and will reduce pain. this will not change the shape of the foot but will help support the foot during growth. The orthotic can be provided by your podiatrist.