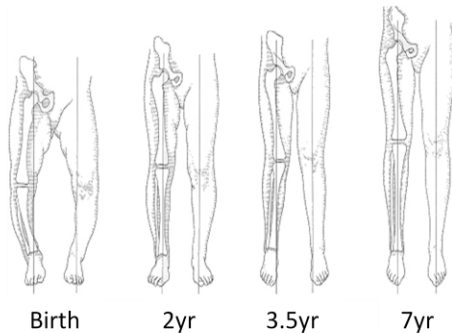


"Parent's guide to a child's feet"






Growth is a defining feature of a healthy child

From birth through to school age your child will progress through many stages of development.



The ages under the legs are a guide only moving from a bowed leg to straight then to "knocked knees" and then straight again. Genetics, sitting positions, gender, ethnicity all impact on variations of growth in childhood and not all children will have straight legs.

Things to avoid with your child's feet

-  sleeping on stomach with knees tucked up underneath
-  avoid sitting in a "W" position
-  rigid hard shoes if under 5 years

Shoes

Under 5 -what to look for;
flexible, breathable shoe that allows natural foot movements
What about barefeet?
Simply put- barefoot is best, especially in the first year
School shoes;
firm heel counter, flexible toe box and most of all -comfy

When to contact your podiatrist

If you are concerned with your child's feet or walking, a podiatrist will assess and provide a tailored treatment plan for your child or reassure you all is well and your child is developing healthily.

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