

## First Shoes: Information for parents

### Introduction

The foot grows rapidly during the first few years. Therefore choosing correct fitting footwear and foot covering is important during this vital stage of development. There is no need to put your child in shoes until they can walk unaided. Shoes can be reserved for walking outside initially.

### The Facts

As the foot and lower limb grows and develops, it undergoes various positional changes that may concern parents. These are often due to normal developmental change. Appearance may include:

- Flat Feet
- Bow Legs
- Knock Knees
- Toe Walking
- Feet pointing inwards (in-toeing)
- Feet pointing outwards (out-toeing)
- Overriding toes

### What can I do?

- Allow toes to straighten and grow properly by not cramping them in tight baby-grows, socks, booties or shoes
- Remember once your child is wearing shoes to get your child's feet measured frequently (every six to eight weeks)
- Where possible shoes made of natural materials can prevent perspiration which may cause fungal infections and blisters
- To accommodate growth shoes should be one centimetre beyond the longest toe and wide enough for all the toes to lie flat, this allows growth.
- Shoes with a lace, buckle or velcro fastening hold the heel in place and stop the foot slipping forward. This reduces the risk of damaging the toes.
- Your child's heel should not lift out of their shoe when walking if it fits correctly

### Contact Us

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**Children's Physio Direct**  
Call: 0300 421 6980  
Monday to Friday, 9am to 12pm  
(excluding Bank Holidays)  
For 0-16 years (or 16-19 in full-time education)

## Your experience

Your views are important to us. If you need advice or have feedback on a community hospital in Gloucestershire, or on our community health or adult social care services, you can contact one of the advisers from our service experience team. All enquiries are completely confidential.

You can contact us between 9am and 5pm, Monday to Friday.

This leaflet can also be supplied in braille, audio format, PDF, large print, easy-read and other languages on request.

Telephone 0300 421 8313 (answerphone available outside office hours)

Email: [yourexperience@glos-care.nhs.uk](mailto:yourexperience@glos-care.nhs.uk)

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