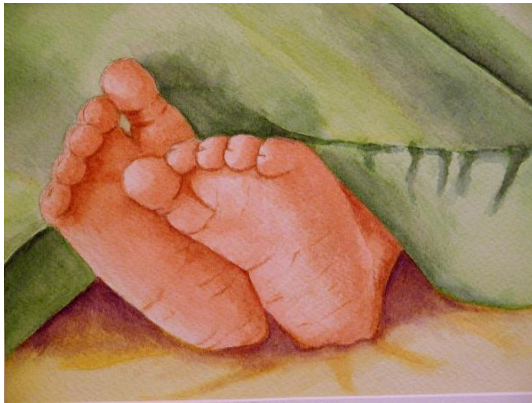


Foot care awareness month for children!

1st September to 30th September

[Kid's foot health information sheet.](#)



[Foot care for your baby](#)

A baby's foot is not a smaller version of an adult foot. At birth the bones are mainly soft and are not fully formed. The bones at birth are also vulnerable to damage.

Below are some tips to help allow your baby's feet to grow and develop normally.

- Look carefully at your baby's feet. If you notice anything abnormal seek medical advice.
- Change your baby's position several times per day to avoid excessive strain on the feet and legs.
- Keep clothes loosely fitted so that the feet are not restricted as the baby moves throughout the night.
- Encourage your baby to exercise their feet by kicking or similar movements. This helps the foot muscles to develop.

A child's feet will grow rapidly during the 1st year. It is important to follow these tips above in the 1st year.

Care for your toddler

As your baby grows into a toddler you will notice crawling and the first signs of walking. This will approximately occur at 10-18 months of age. You should:

- Encourage crawling and walking bare foot in the house as this allows the foot to develop and strengthen.
- Inspect the feet at every bath time or bed time. You should look out for lumps, breaks, cuts or any unusual changes in temperature and colour.
- Avoid socks that are too small for the feet as this could cause curling of the toes.

FACT – A child who has just begun to walk will take 176 steps per minute.

Buying Shoes

It is important that when the time arrives to buy shoes for your child, you visit an independent specialist children's shoe shop. The staff in these shops are fully trained and not only measure the length, width or size of the feet but are also trained to notice any abnormalities present on the foot or any abnormalities during walking. The specialist shops only stock the most suitable shoes for children that are wide fitting and sometimes available in half sizes.

When buying shoes for your child you should:

- Keep in mind suitability, protection and allowance for growth and movement
- Choose a more appropriate shoe not a fashionable shoe.
- The ideal shoe will be soft, flexible, have adjustable fastenings and have breathable leather uppers.
- It is important to take your child back to the shop every 6-8 weeks for fitting check.

Feet grow an average of 2 full sizes every year up to the age of 4 or 5. The WalkWell Clinic would recommend Niki-Lu's Boots & Shoes to purchase appropriate shoes for your child. The podiatrists also recommend certain brands to consider such as; Start-rite, Ricosta, Ecco or Geox

Back to school

The months of August and September are the busiest times to shop for school shoes. If you were to shop early you would avoid disappointment and waiting for long period of time. Most independent shoe shops have a wide range of shoes, however only order and stock a certain amount. A delay in buying the shoes may provide less choice and a limited amount of shoes available. When taking your child to buy school shoes, make sure that they wear the same type of socks that will be worn to school. A shoe with a lace up, zip or Velcro fastening is the most appropriate for school shoes. This helps ensure a secure and correct fit. After purchasing the shoes encourage that the child wears the shoes around the house for several hours a few days before. This will avoid any unwanted blisters or pains occurring.

Things to look out for:

Flat feet	Early childhood	Characterised by a waddling gait and flattened arches. A podiatrist will help by adding small wedges or inserts to the shoes.
In-toeing or out-toeing	Early childhood	Some toddlers walk with their feet pointing inwards or outwards. This is not a normal position of the feet. A podiatrist will check where the problem arises from and will advise and treat accordingly.
Athletes Foot	Mid-childhood	A fungal infection of the skin on the foot, characterised by a red itchy rash present commonly in between the toes. This can be caught from swimming pools or school showers. It is easily treated and best to visit a podiatrist for some advice.
Blisters	Mid- childhood	Common from ill fitting socks or shoes. They also occur due to excessive sweating of a child's feet. They can be sore when full or popped. Gently pop the blister to release the fluid and place a sterile plaster over the area to allow it to heal.
Verruca's	Mid to Late childhood	Verrucas are very common in children. They are caught from swimming pools or school showers and changing rooms. They can spread to other areas of the feet if left untreated. They can be tricky to treat with over the counter products. It is best to visit a podiatrist to have them treated and stop them from spreading further.
In-growing toenails	Late childhood	In-growing toenails are commonly caused by improper cutting of the toenails. Also when the sides of the nails are picked. A nail spike will grow into the skin which causes an inflammatory reaction with redness and swelling. Ingrown toenails can be painful. They are successfully removed by a podiatrist.

Links & Information:

Walkwell Clinic - www.walkwellclinic.co.uk

Start-rite shoes – www.startriteshoes.com

Ricosta shoes – www.ricosta.de/

Niki-Lu's Boot and Shoes

9 Bank Street

Rugby

CV21 2QE

01788 537502

If you would like to speak to our podiatrists
or would like to book your child in for a free check,

Please do not hesitate to contact us on

01788 537300 or walkwellclinic@talktalkbusiness.net