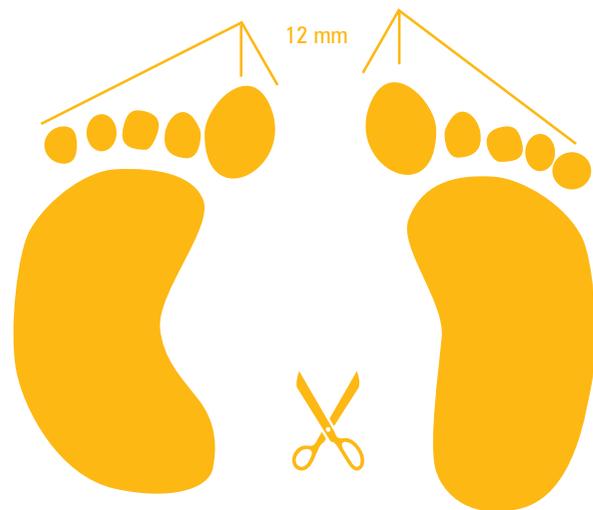


## Measuring children's feet at home:

## Your contact person:

1. Put your child on a piece of cardboard.
2. Get a pen and draw both feet in outline.
3. Take the longest toe (not necessarily the big toe) and add 12 millimetres to it.



4. Now connect the edges and cut out a template
5. Check if the templates fit inside the shoes. If so, the shoes will fit, too.

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Focusing  
children's feet

*Shoes of a good fit are extremely important for a healthy developing of children´s feet but keep in mind that children cannot judge themselves!*

## Children´s feet on closer examination: What is it all about?

Throughout their lives, feet in general, run 41/2 times around the world. Feet not only do a great job but also "function" right - in case they are healthy.

Appr. 98 % of all people are born with healthy feet - but only 40 % of grown ups stay healthy.

### **The "functioning of feet is complicated and therefore susceptible to interference.**

It is mainly slight influences that consequently lead up to a displacement of balance. Influences such as a lack of exercise or shoes that are too tight.

Especially children´s feet are still soft and easily to be deformed. They are relatively insensitive regarding pain due to the child´s nervous system which is still in the process of developing. This process is completed at the age of 16 as well as the final shape and strength of the feet.

Examinations have shown that the shoes kids are wearing are often too small or too tight. Only in few cases are they too big.

The consequences are long-term effects of health - such as deformation of joints and toes, pain of tendon and shortened muscles of the feet - not to mention the pain of the knees, hips and the back.

Furthermore, shoes that are too small lead sooner or later to a disturbance of the circulation and pain of the veins. This is an area that needs to be looked into!

### **Keep in mind when purchasing shoes:**

- Kid´s feet grow fast. Check their shoe size regularly every three months.
- Buy shoes in the afternoon. Feet swell up to 4 % during the day.
- There are different norms! **The shoe-size measured in shops only refers to the norm of measuring instruments!**
- If feet are between two sizes, better choose the bigger and tighter one.
- Check length of feet along with the width.
- To avoid that the child trips over, make sure you let him/her test the shoes before purchase.
- Testing the length of the feet with your thumb does not work with kids because they quickly move back their toes by reflex.
- The simpler the insole the better!

### **Do take your time when buying shoes for your little ones!**

## Useful tips:

Make sure that shoes are suitable for each weather in order to avoid foot perspiration.

Walk barefooted as often as possible, esp. in the nature.

Your feet should be able to "breathe" in your shoes.

Exercise your feet on a regular basis: let your toes grab and pick up a towel or marbles, tiptoe, walk on the heel as well as outside and inside edges; roll your feet on a ball.

Try to go for a walk as often as you can.

Deformation of feet should be diagnosed and treated as early as possible before it might lead to irreparable damages.

