

Footwear Tips for Parents



OFFICE HOURS

Monday	8:00-6:00
Tuesday	7:45-6:00
Wednesday	9:00-5:00
Thursday	7:45-6:00
Friday	7:45-1:00

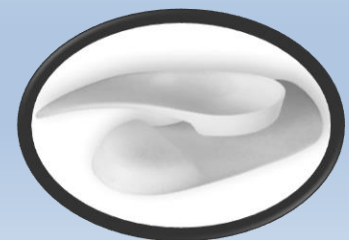
If you are gearing up for school, one of the most important items to consider during your shopping is your child's school shoes. As a parent, we want to make sure the shoes are sensible, comfortable and the child wants the latest trends and fashion. Unfortunately, a lot of time the fashion side of the debate seems to win out over the sensible side.

FEATURED PRODUCT

Custom Foot Orthotics

Orthotics are not just for adults. Children with misaligned feet may not have foot pain right away but may develop it as they grow. Particularly if there is a family history of foot problems.

At the Barrie Foot Clinic, we provide an overall assessment, including a biomechanical exam and gait analysis to develop a complete treatment plan to keep your child's feet healthy for life.



HERE ARE TIPS TO GET YOUR CHILD IN THE RIGHT FOOTWEAR FOR SCHOOL:

- ✓ Don't skimp on quality. Cheap shoes wear out quickly and begin to hurt.
- ✓ Choose a shoe that either fastens with laces, Velcro or straps. Slip on shoes will not provide very much support.
- ✓ There should be enough room in the toe box to accommodate all the toes in their normal position.
- ✓ The middle of the shoe (around the arch area) should be fairly rigid. You should not be able to twist the mid-foot of the shoe very easily.
- ✓ The heel counter should be stiff. If you press on both sides of the heel it should not collapse.
- ✓ Always have your child's feet measured in the standing position when buying shoes. Allow about ¼" at the toe to allow for growth. If one foot is larger, buy for the larger foot.
- ✓ Don't buy shoes that need a "break in" period. They should be comfortable right away.
- ✓ Check your child's shoes halfway during the school year to ensure they still fit. Especially if you noticed that they are going through a growth spurt.

FOOT PAIN IS NOT NORMAL IN CHILDREN! If your child complains of sore legs or feet, has uneven wear in their shoes or any other foot issues, make an appointment to have a complete assessment done.

Barrie Foot Clinic

140 Bradford Street, Barrie ON L4N3B3 705-739-6181

www.barriefootclinic.com