

# A guide to your child's footwear: Are they too small?



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# How to check whether your child has grown out of their footwear

Children's feet grow quickly and require checking regularly to ensure they do not grow out of the footwear provided. Whilst children grow at different rates, we would recommend the following guidelines:

For children aged **1 - 2 years**, check every 2 months

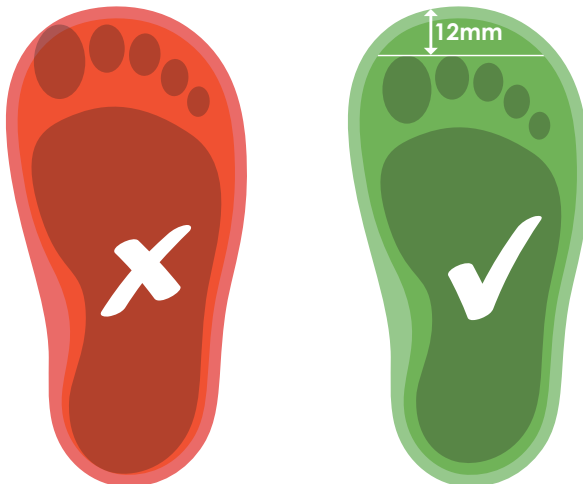
For children aged **3 - 4 years**, check every 4 months

For children aged **5+ years**, check every 6 months

## The two main things to look out for are insoles and width

### 1. Remove the insole from the footwear

Your child's feet will have marked the insoles simply through wearing the shoes. If this mark is at the very end of the insole, the footwear is too small. If there are no markings, ask your child to stand on the insoles outside of the shoes. Ensure their heels are at the back of the insoles. If their toes are close to the end of the insoles, the footwear is too small. We aim to have just over 1cm of space between the end of the insole and your child's toes.



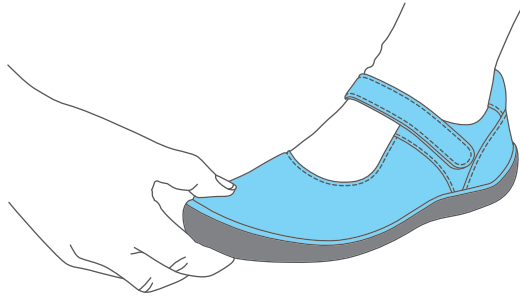
## 2. Check the width

You can check the width when your child is wearing their shoes: simply squeeze across the widest part of the footwear. This should feel snug but not tight.

You can also check the depth and heel grip of the shoes.

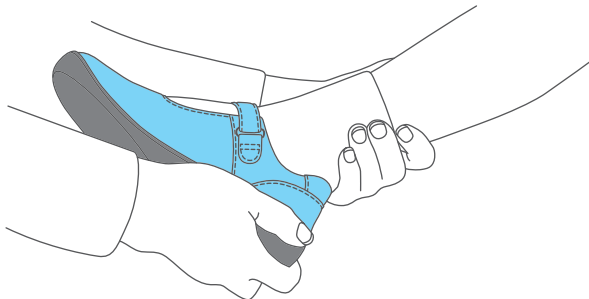
## 3. Check the depth

Your child's toes shouldn't be touching the top of the shoe. You will need to depress the end of the shoe whilst your child is wearing them. Your child should be able to wiggle their toes.



## 4. Check the heel grip

Your child's footwear shouldn't slip at the back of the heel when they are wearing them. To check this, ask your child to sit whilst wearing their footwear, take hold of the heel of the footwear and pull gently. There should only be a small amount of movement.



If you are unsure, or if your child is reporting any discomfort, please contact your Orthotic Service.

**Your notes:**