

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



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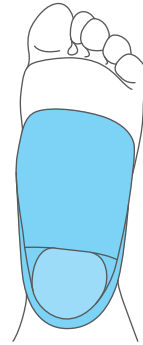
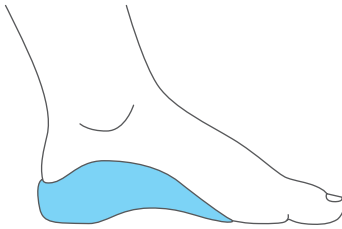
A brand of the AM Healthcare Group

## How to check your child's insoles

Children's feet grow quickly, so it is important you check whether your child's insoles fit on a regular basis – roughly every 3 months.

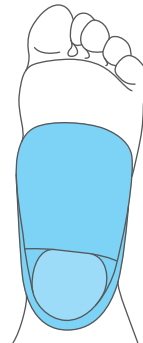
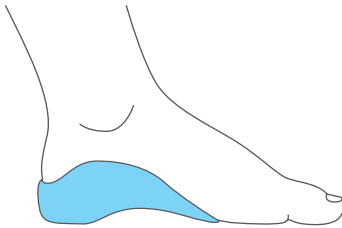
### The insoles still fit if:

1. They end just behind the ball of your child's foot
2. The highest point of the arch of the insole matches the arch of your child's foot



### The insoles are too small if:

1. The end of the insole is closer to the arch of the foot than the ball of the foot
2. The highest point of the arch of the insole is no longer in line with the arch of your child's foot
3. Your child is reporting new pain or discomfort



If you believe your child's insoles are too small, please contact your Orthotic Service to arrange an appointment.