



FIRST SHOES FOR FIRST STEPS

HELPFUL TIPS

BAREFOOT IS BEST!

- LET THOSE TOOTSIES BREATHE, STRETCH, STRENGTHEN AND DEVELOP!
- ENCOURAGE YOUR CHILD TO GO BAREFOOT WHEN WALKING IN PROTECTED ENVIRONMENTS.
- SAVE THE SHOES FOR COLD WEATHER, WALKS OUTSIDE AND SPECIAL OCCASIONS!

Children's feet grow in spurts and shoes may need to be replaced as often as every 3-6 months!

Frequently check your child's feet for redness or blisters, which may indicate they need larger or wider shoes.



Shoes should be lightweight - kids use a lot of energy when learning to walk!



Shoes should be flexible - you should be able to easily bend the sole and also feel your baby's toes.



Shoes should have nonslip soles to prevent slipping and sliding.



Shoes should allow your baby's feet to breathe, preferably made of leather, cloth or canvas - avoid plastic material.



Shoes with a rounded toe box allow more room to move.



Choose shoes with secure closures - adjust laces, velcro or snaps to ensure a good fit.



Be sure the shoe fits - easy enough to get on, but snug enough to safely stay in place. If the shoe has an insert, take it out and have your child stand on it to visualize the fit.