



Foot Health Fact Sheet

SCHOOL SHOES

Did you know?

You should avoid shoes made from synthetic materials, as children's feet perspire and need to be able to breathe.

Do you want to keep an eye on your children's feet and ensure their school shoes fit correctly? Learn how to support growing feet – at school and beyond.

Your children's feet will spend most of their growth period in school shoes. This is why it is so important to seek out sound advice on the correct fitting of school shoes. Whether your child is standing, sitting, walking, running, jumping or skipping; their feet are always on the move. Purchasing shoes that support your child's feet is usually at the top of the 'back to school' shopping list.

How do you pick the right school shoe for your child?

All shoes should protect your children's feet – but particularly school shoes, since children spend so much time in them. To ensure their shoes fit properly, make sure you have your children's feet measured regularly for length and width; so the shoe fits the natural shape of their foot, especially around the toes. A podiatrist is well placed to carry out this task.

Specifically, the toe of the shoe should allow your child's toes to move freely and not be squashed from the top or the sides. Make sure there is about 1cm growing room between the end of their longest toe and the top end of their shoe. Also bear in mind that shoes should fit comfortably around the heel, and not be too loose or too tight.

Having shoes fitted by a store that offers trained assistants can also help ensure the correct size and shape to keep little feet running and jumping.

When should you seek advice from a podiatrist?

A podiatrist can help ensure your child's school shoes fit correctly. A check-up with a podiatrist is also recommended if you notice changes, such as uneven shoe wear on the heels; or if pain is reported such as skin rashes, hard skin, lumps, bumps or itching on your child's feet. A podiatrist can also help your child if they complain of recurrent pain in their feet or legs, especially as activities increase at school; or if your child is constantly tripping or falling at school – or outside of school.

You should also consider the help of a podiatrist if you notice your child walks on their tip toes, or their walk does not look symmetrical (the same on both feet and legs); or if you have any other general concerns about your child's foot health.



Find a podiatrist at foothealthaustralia.org.au

This fact sheet is available as a download from foothealthaustralia.org.au



DO YOU NEED TO SEE A PODIATRIST?



DOES THE FOLLOWING APPLY TO YOU OR YOUR FAMILY?

- Can you only walk for a short period before your feet or legs hurt?
- Do you experience pain in your lower limbs at night?
- Do you experience tingling in your feet?
- Have you noticed your legs or feet are swollen?
- Do you have cuts or fissures on your feet that take a long time to heal?
- Are you returning to sport after an injury?
- Are you uncertain about which running or sports shoe to buy?
- Do you find that you wear out the outside of your shoes quickly?
- Have you noticed your toes poke holes in the top of your shoes?
- Does your forefoot become hot and painful after running or walking?
- Do your hips hurt?
- Has pain in your feet or legs stopped you from exercising?
- Are you worried about your child's feet?
- Do you have arthritis in your feet?
- Do you experience reoccurring gouty attacks?
- Are you worried about the thickness of your nails?
- Do you have discoloured toe nails?
- Are you worried about your foot odour?
- Do your toe nails cause you pain?
- Have you noticed your toes are clawed?
- Do you have hard skin on your feet? Is it getting worse?
- Do you find it hard to cut your own nails?
- Do you find it hard to fit your feet into shoes because of your bunion?

Ticked one or more boxes? Then you need to see a podiatrist.

GO SEE A PODIATRIST BECAUSE...

Podiatrists are Foot Health Experts and understand the structure and movement of your feet and lower limbs.

They can assess, diagnose and treat foot, ankle, knee, leg or hip pain.

Given your feet alone house a quarter of the bones in your entire body, a podiatrist is best placed to get you moving, active or pain-free.

FIND A PODIATRIST NEAR YOU

Head to **foothealthaustralia.org.au** and search by postcode or suburb to find a podiatrist close to you.



Find a podiatrist at **foothealthaustralia.org.au**

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