

A QUICK GUIDE TO BUYING SCHOOL SHOES

Are you about to buy school shoes?
Read this practical guide before hitting the shops!

STEP 1

Take this quiz!

Should your child see a podiatrist before you buy school shoes?

Do your child's shoes show uneven wear and tear on the sole, or scuff marks anywhere? YES NO

Do you feel that your child has a 'hard to fit' foot? YES NO

Is it hard to understand which shoe types are most suited to your child's different activities? YES NO

Does your child experience skin rashes, hard skin on their feet, lumps, bumps, excessive sweating, itching or ingrown toenails? YES NO

Does your child complain of foot and/or leg pain? YES NO

Does your child trip or fall frequently? YES NO

Did you answer 'yes' to one or more of these questions?

Consider taking your child to a podiatrist before you buy school shoes. Find a Podiatrist by using Australian Podiatry Association's 'Find a Podiatrist' search tool: podiatry.org.au/find-a-podiatrist

STEP 2

Review this checklist

Here is a helpful checklist to make sure you get the right shoe:

Did you bring your child's uniform-issued school socks or stockings to ensure the shoes fit well with them? YES NO

Have your child's feet been measured correctly for length and width? E.g. at a store that offers trained assistants or by a Podiatrist? YES NO

Can your child wiggle their toes freely in the shoes, both up and down and side to side? YES NO

Is there about 1cm of growing room (no more!) between the end of their longest toe and the end of the shoe? YES NO

Do the shoes match their activities and the season? E.g. breathable material such as leather for school shoes and cotton or nylon for sports shoes YES NO

Do the shoes have laces, a buckle or Velcro? This allows the shoe to be adjusted to meet the growing needs of your child. Avoid elastic shoes and slip-ons as these don't support developing young feet. YES NO

Answered 'yes' to all the above questions?

Go ahead and make your purchase – these shoes will help support your child's foot health!

NEED
MORE
ADVICE?

Podiatrists can make a world of difference and check you have purchased the best shoes for your child.

Head to Australian Podiatry Association's 'Find a Podiatrist' search tool to find a podiatrist near you today:

podiatry.org.au/find-a-podiatrist