

# BACK TO SCHOOL 2026

## STRONG STEPS START HERE

Every great school year starts on the right (and left) foot!



### STEP 1 Take this quick quiz

Find out if your child should see a podiatrist before buying 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, ankle 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 on the Australian Podiatry Association's website here:

[podiatry.org.au/find-a-podiatrist](https://podiatry.org.au/find-a-podiatrist)

### STEP 2 Review this checklist

Here is a helpful checklist to make sure you get the right school 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 approx. 1cm of growing room 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 growing needs of your child. ☐ YES ☐ NO

*Avoid elastic shoes and slip-ons as these don't support developing young feet.*

**Answered 'YES' to all the above questions?**

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