

Youngsters' feet need special care

miles of service over a lifetime. But, like any transportation method, feet require maintenance to keep them running smoothly.

Since good habits can stay with a child for life, maintenance should be learned at an early age. Here are a few tips from Dr. Scholl's:

From day one, feet are finely tuned and fully equipped to provide 115,000

• Examine children's feet often. Look for red, tender spots that may

signal a developing blister. Blisters result from friction between the foot and an ill-fitting shoe.

To prevent further irritation, mole-skin can be placed around, not on, the tender area. Never pop or tear a blister because infection may develop.

• Wash feet daily and dry thoroughly, paying special attention to the area between the toes, where bacteria

tend to gather. Keep feet dry with foot powder.

• Cut toenails straight across, never rounded, to avoid ingrown nails.

• Check to see that a youngster's shoes fit well. A good way to test is to place the width of your thumb between the child's toe and the tip of the shoe. The shoes should be wide enough that the feet can spread with every step.

Keep in mind that a young child's feet can grow quickly. New shoes may be required as frequently as every three months.

• Place insoles inside children's athletic shoes to provide extra cushioning and shock absorption. Youngsters tend to wear athletic shoes long after their built-in support systems have worn out.

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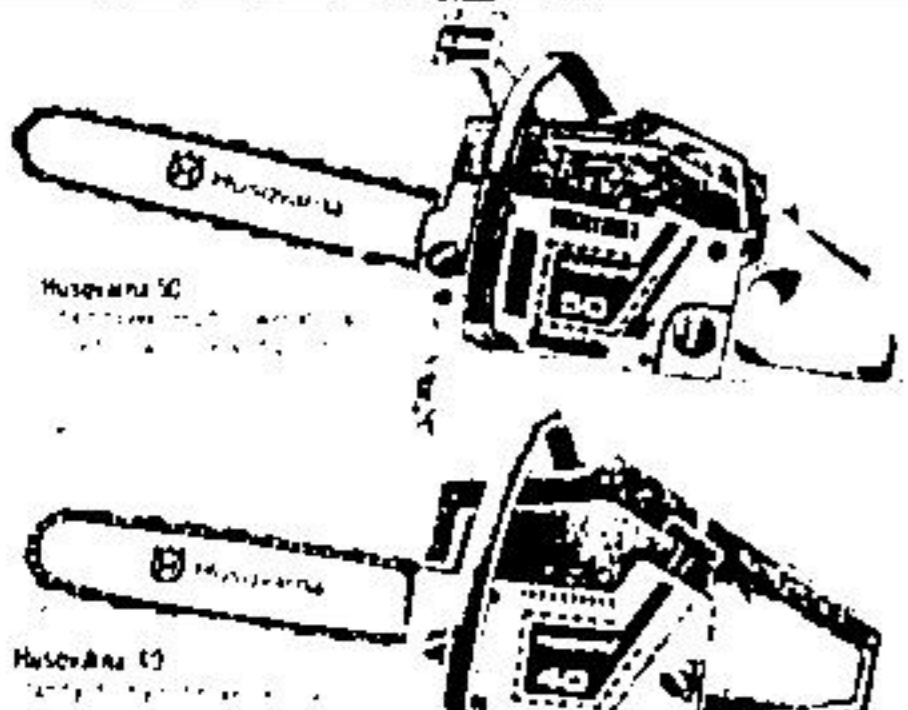
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