

# Improper shoe fit prevents feet from growing properly

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Features

If a child may be because of an improper shoe fit. If a child is tripping a lot it "Every toddler is going to trip, but if

it becomes a frequent thing," it may be a sign that

the shoe doesn't fit, said David Stout, owner and manager of Kiddie Kobbler in the Markville Mall.

There should be an index finger width (for toddlers and pinky width for infants) between the longest toe and the end of the shoe, said Stout. Any more room, a child might trip. Any smaller, blisters, redness and toe nail problems may develop.

But there are other reasons why a proper fit is important.

## FASHION

vent the feet from growing properly. Parents who are worried about a proper fit should go to a store that does fittings, he said.

Shoes serve two purposes - to give ankle and arch support as well as to protect the feet



Photo courtesy of Kiddie Kobbler. Low-cut leather shoes give children good ankle support as well as allowing their feet to breathe.

studies show that many adult back problems relate back to a child's first pair of shoes

the bottom of a child's feet are round. Shoes flatten the feet out which improves balance

shoes support the ankles which makes it easy to walk. This in turn makes the learning process quicker

an infant's bones are soft and an improper fit can pre-

vent the feet from growing properly (toe stubbing and so on).

A good pair of leather low-cut shoes not only give a child good ankle support, the leather also allows the feet to breathe.

And because a child is continuously growing, the average lifespan of a shoe is about three to six months.

Parents can go through five pairs of shoe within a year, he said.

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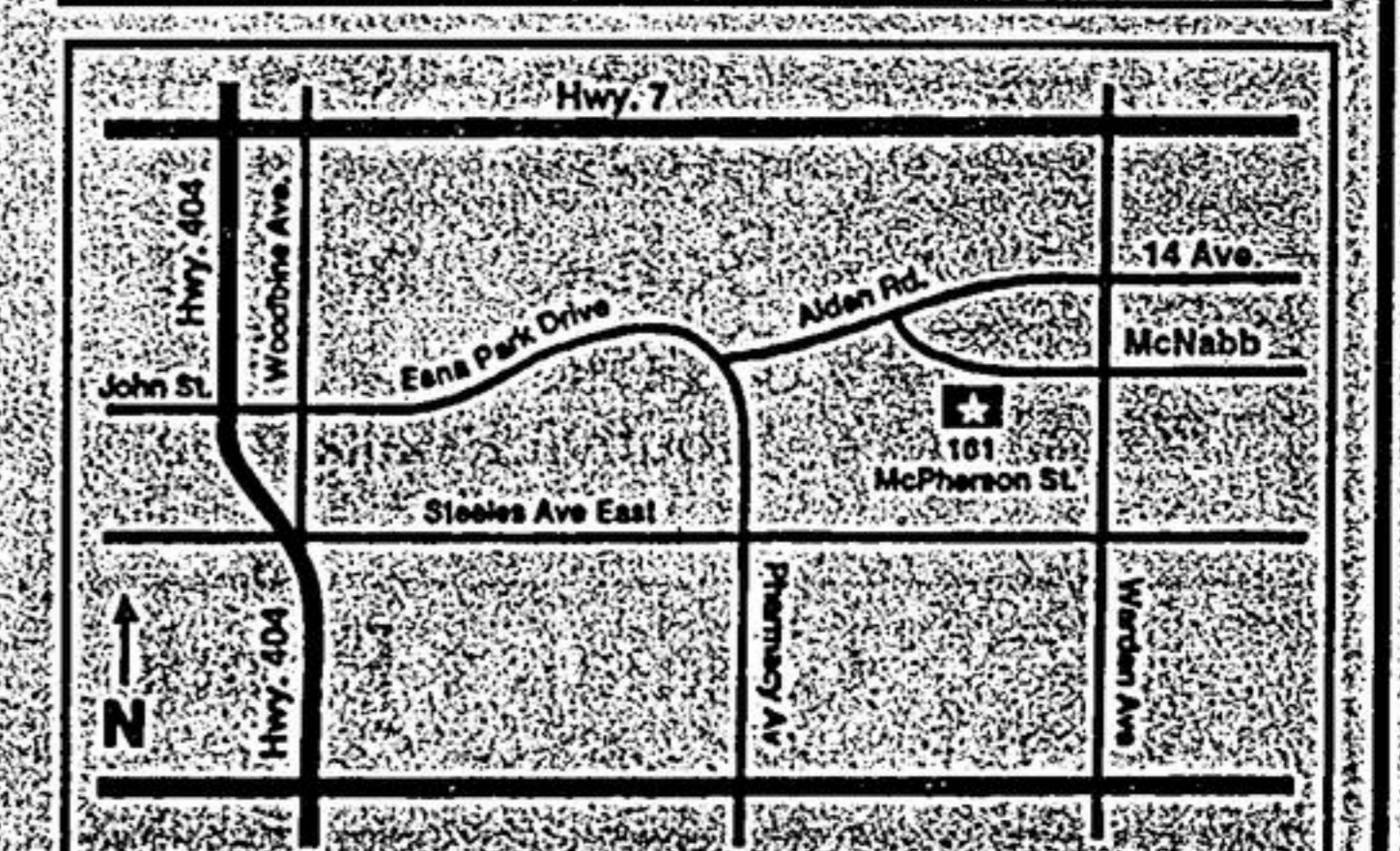
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