



Children's Feet - What Every Caring Adult Should Know

The immature bones of children's feet are different from adults. The growth plates in children's bones do not finish closing until age 15-17 in boys and 13-15 in girls. When overly stressed, these plates are more susceptible to injury.

Kids feet grow fastest during their first 4 to 5 years. They can easily outgrow their shoes



in a single month during a "growth spurt" until their growth plates close in their mid teens. Frequent checks for proper fit are essential. Training kids to realize when shoes are too small can help, but parents should always double check. Their should be about a thumbs width of space between their longest toe and the end of the shoe, never touching the end. Cramped feet simply can not develop properly. The general timeline for buying children shoes is every 3

months until age 4 or 5 and no more than every 6 months until their mid teens.

Due to their endless energy kids' feet sweat A LOT! Many cheap shoes are made from synthetic materials that don't breathe at all! The result - wet, stinky, unhealthy feet! Breathable footwear materials are essential. Adding moisture wicking socks can prevent blisters and greatly reduce the risk of fungal foot problems. Plus kids love them.

Inserts can dramatically improve most children's gait especially when they over pronate (roll in at the ankles). Correcting this imbalance also improves function of the knees, hips and lower back, just like adults. However, kids are still developing their muscular-skeletal systems. Inserts also greatly improve comfort, balance, confidence and athletic performance, giving them an advantage. Unlike adults, custom made inserts are rarely needed for children. We don't dispense them for children without a prescription. Over the counter (OTC) styles work very well for most. They out grow inserts just like shoes so replacing them with OTC styles is more economical. Sometimes minimal padding in the arch area is sufficient and cost even less.