



# Look after your children's feet and they will #Keep on Walking..... for Life!

## Early care



Let your baby's feet develop as naturally as possible. Remember! Socks and babygrows must fit correctly and not be restrictive.

## The human foot

is a highly complex structure which enables us to stand, climb, balance, walk and run!

Looking after babies' and young children's feet is vital.



## Did you know?

Nails need to be cut straight across. Do not cut down or probe into the sides of nails.



## Be patient

Do not be tempted to make your baby walk before they are ready. The age varies as to when they will take their first steps.



**26**  
bones in each foot



## Barefoot!

Young babies don't need shoes. It is best to let them walk barefoot indoors – to strengthen the muscles in their feet.



## First baby shoes



## Buy well

fitted shoes



## Fact!

On average children's feet grow at two sizes per year in the first four years of life.



## Teaching good habits

Wash and dry feet every day.  
Change socks daily.  
Wear appropriate shoes for each activity.

