

## Further Help and Information



Centres of excellence for children's shoe fitting in the United Kingdom:

Children's Foot Health Register  
P O Box 123  
Banbury SO  
Oxon OX15 6WB

Tel: 01295 738 726

Email: [cfhr@shoeshop.org.uk](mailto:cfhr@shoeshop.org.uk)

Website: [www.shoe-shop.org.uk](http://www.shoe-shop.org.uk)

Society of  
Chiropodists &  
Podiatrists

Website: [www.scpod.org](http://www.scpod.org)

Shoe Companies  
Websites

[www.clarks.co.uk](http://www.clarks.co.uk)

[www.eccoshoesuk.com](http://www.eccoshoesuk.com)

[www.newbalance.co.uk](http://www.newbalance.co.uk)

[www.startriteshoes.com](http://www.startriteshoes.com)

If you have any questions about the information in this leaflet, please contact Podiatry Services.

Further information about the service and how to manage a range of foot health problems yourself, can also be found on our website:

[www.livewellsouthwest.co.uk/  
project/podiatry](http://www.livewellsouthwest.co.uk/project/podiatry)

## Contact Details

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Beauchamp Centre  
Mount Gould Hospital  
200 Mount Gould Road  
Plymouth  
PL4 7QD

Tel: 01752 434855

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[livewell.podiatrypatients@nhs.net](mailto:livewell.podiatrypatients@nhs.net)

## Podiatry Services Patient Information Leaflet



## Footwear for Children and Young People

(August 2021 V2)

## Wearing the Right Footwear

Choose the right shoes for the right occasion. If you are on your feet for a long time or have to walk around school throughout the day, wear something that fits well and supports your feet.

Well fitting shoes with a restraint are good for walking and ankle boots are good for longer walks. Wear trainers or sports shoes for specific sports. Save dress shoes for special occasions.

## The Structure of Footwear

**Heel Counter:** The portion of the shoe that grasps the heel of the foot at the sides and back, preventing the heel from sliding up and down while walking. Most importantly, it stabilises or helps maintain the position of the heel when the shoe contacts the ground. As the heel counter softens or breaks down and loses its shape, the shoe becomes less supportive – when shoes become old and worn replace them.

**Sole:** The entire bottom of the shoe. It should be flat, except for a gentle slope upwards under the toes. Try to buy something that will cushion your foot. Leather soles tend to be very slippery and hard so they are best avoided

**Upper:** The material that forms the main part of the shoe covering the top of the foot. Ideally, it should be composed of a natural material such as leather, and should be soft without hard seams or stitching.

**Lining:** Found inside the shoe it should be smooth and without seams.

## What Makes A Well Fitting Shoe?

**Length:** Fit to your longest toe leaving a small gap between the tip of it and the end of the shoe. As we get older our feet often become longer and wider.

**Width:** This is not measured across the toe of the shoe and so you

need to ensure that whilst having the correct width fitting across the middle of your foot, that the toe box is equal wide and rounded (see below).

**Fastenings:** This holds the foot in the shoe. Shoes should have laces, straps with buckles, or Velcro to keep them in place. 'Slip on' shoes are kept in place either because they are too small for the foot, or by curling the toes therefore, avoid slip on footwear for everyday use.

**Toe Box:** The toe of the shoe should be rounded, deep and wide. It should match the shape of your toes so they do not become squashed. Make sure the width of the shoe is correct and that the toe box does not taper too much which will squash your toes.

**Heel:** This takes a large proportion of a person's weight. Sadly, the height of the heel is often determined by fashion, not by the needs of our feet. Ideally, the heel should have a broad base and the heel height should be no greater than 4cm/1.5". Young children should not wear heels.

## Points to Remember

Have your feet measured by a trained shoe fitter when possible. Sizes vary between manufacturers and are not universal, so only use the size on the label as a rough guide.

## Simple Method of Fitting Shoes

One of the simplest ways to see if a shoe will fit is to use a cardboard template. Often when trying on a shoe it feels comfortable and it is only later when it starts to rub that you realise it does not fit quite as well as you thought!

Whilst standing on a firm surface, place your foot onto a thin piece of cardboard and ask somebody to draw around your foot whilst you stand up straight looking forwards. Cut out the template of your foot and use it in shoe shops by placing it into a shoe you have chosen.

If the cardboard does not fit or gets squashed in the toe of the shoe you know it will do the same to your foot.