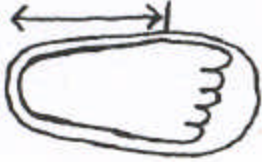









Shoe Sense for Small Feet

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 <p>SIZE: Big toe joint should come to widest part of shoe</p>	 <p>SHAPE: Line drawn through middle of heel should pass between 2nd and 3rd toes.</p>
 <p>SOLE: Sole should flex at ball of foot and provide some traction. Thick or "platform" soles cause trips</p>	<p>OPENING: The wider and deeper the opening, the easier the shoe will be to get on.</p> 
<p>CLOSURE: Laces with double knots provide the most secure fastening. Velcro should pull through a D-ring and lap back on itself.</p>  	
<p>TOE: Look for a "blunt" toe that has room for you fingers right to the end.</p> 	<p>HEEL: The heel counter stiffens the back and rear sides of the shoe. Do a pinch test to be sure it provides the support needed.</p> 

If the Shoe Fits

When to Recycle

Spring is in the air and it's time to put away the winter boots and celebrate! For many children, last fall's boots don't fit, and the scramble is on to find shoes that match both the feet and the budget. Many of you have older children or friends whose feet are just a little larger who have shoes that they have outgrown. The question often comes up: "Can my child wear used shoes?" Well, it depends on both the shoes and on the feet that wore them first. Here are some points to check when deciding:

Alignment: Set the shoes flat at eye level, heels facing you. The heel section should be straight, not leaning inward or outward.

Soles: Turn the shoes upside down and check the soles. They should be level, not tilted at the heel or toe section. Check that wear is even, if it's not, it will shift the next foot out of line in the same direction.

Front of shoe: Steer clear of shoes that seem to have big wrinkles worn into the toe area- they will likely rub.

Fastenings: Be sure that Velcro or laces and their eyelets still do a good job of holding the foot.

Lining: Slide your hand into the shoe. If there are marked depressions where the last toes rested (or curled!), the next toes won't have much choice.

Size: In general, smaller shoes are worn less and a small body has less influence on the shaping of the shoe. As feet get larger, the shoes are worn more often, and usually harder.

Common Sense: If the shoes fits you, would you feel comfortable wearing them?

Good luck and happy walking.