



NEW YORK  
**FOOT  
HEALTH**

## Back to School Footwear Tips

It's still summer, but sandal season will soon be at an end, and it's time to shop for back-to-school shoes. Your child may beg you for shoes inspired by a favorite band or Disney movie, but it's important that they be sturdy and comfortable.

Here are some tips for selecting the right shoe for all school activities:

Check the school dress code to see if a certain color is required for a uniform or if sandals are prohibited.

Choose shoes that are flat and flexible. Toes and heels should be level with the ground, and the shoe should bend easily.

Get a professional fitting each time, measuring not only the length of the foot but also the arch and width for properly fitting footwear.

Make sure the shoe is made of durable, quality materials. Leather shoes may be more expensive but they will last longer than those made of cheaper materials.

Have your child wear his own socks and try on both shoes. Make sure there is no discomfort in any area, and watch that the heels don't slip.

Avoid hand-me-down shoes, as these will have molded to the feet of the prior owner and won't fit properly.

Podiatrists are happy to assess your child for any conditions such as flat feet and in or out-toeing and recommend the best footwear for these conditions. With some careful shopping, and maybe a little negotiation, you'll send your child off to school in shoes that are comfortable, well-fitting, and fashionable.

If you have questions about your child's size, choosing the proper fit, concerns regarding wear patterns, or other noticeable changes in your child's feet, please do not hesitate to contact your podiatrist.



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