

Back to School Shoe Shopping?

Tips On Buying Athletic Shoes For Kids Part 1

- For comfort and injury prevention, children who regularly participate in a sport should wear shoes designed specifically for the demands of that sport. For example, tennis shoes are designed for side-to-side motion, while running shoes are made for forward momentum and have extra cushioning.
- When shopping for athletic shoes for kids, remember the basics of good fit. There should be a thumb's width from the tip of the child's toe to the end of the shoe. The toes should have room to wiggle freely. The heel of the shoe should not slip off the foot as the child walks or runs.
- If specific socks are required as part of a uniform, it is important to wear these socks, or ones of the same thickness, to try on the shoes.
- Look for good quality athletic shoes that have adequate support and cushioning.
- Running shoes in particular come with a variety of arch supports. Knowing what type of arch the child's foot has—high, medium, or low—can help in selecting the most comfortable and supportive shoe. An additional arch insert is recommended for high arches.

For any specific questions about your kids shoes or any particular foot problem bring your child's shoes and their feet in to be evaluated. We make seeing the foot doctor fun.

1-800-600-6740

Look for part 2 of this article next week.