



Medical Group
PLLC

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Infants, Children And Adolescents

Diplomates of
American Board
of Pediatrics

Fishkill

Modena

Hopewell Junction

Rhinebeck

Newburgh

Hyde Park

SHOES

Contrary to popular belief, a baby's first pair of shoes is really not very important. Shoes are not necessary until a child is ready to walk outside. Before that, they are simply expensive decorations for a child's feet. They do not shape, support or improve the child's foot in any way shape or form. They do not make it easier for a child to walk, jump or run.

Shoes serve only two purposes:

- They provide a measure of protection against sharp objects.
- They give traction on slippery surfaces.

For a toddler, learning to walk barefoot is best and cheap shoes are second best. Any shoe or sneaker that is comfortable, inexpensive and flexible is perfectly fine. Shoes are better too large than too small.

SHOES

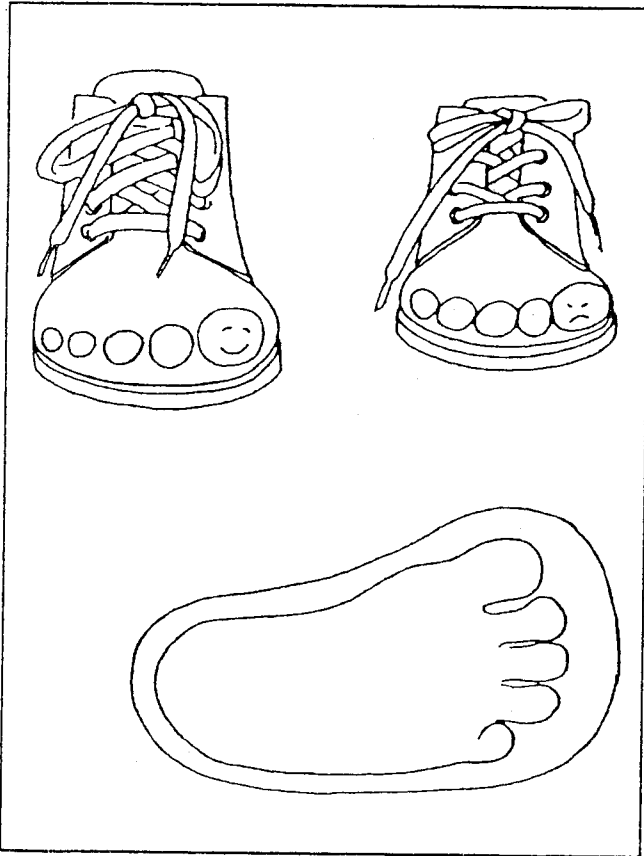
Barefoot people have the best feet!

Your child needs a flexible, soft shoe that allows maximum freedom to develop normally.

Points in Shoe Selection:

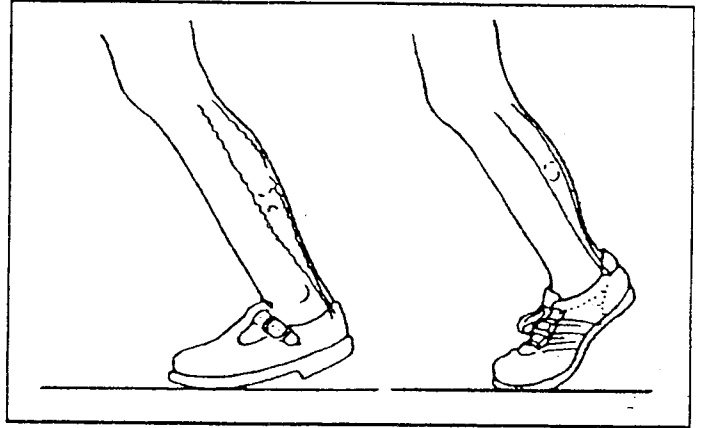
1. Adequate size

Shoes are much better too large than too small.

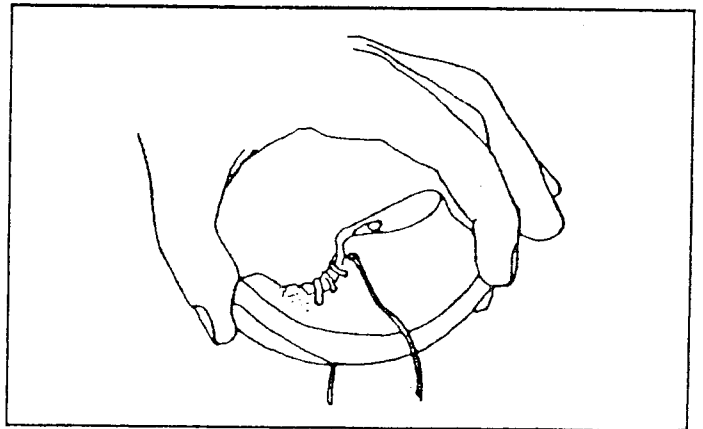


2. Flexible

Stiff, supportive shoes are not good for feet because they limit movement that is needed for developing strength and retaining foot mobility.



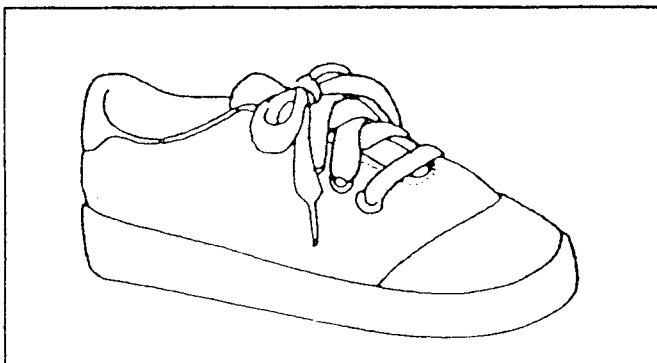
A child's foot needs protection from cold and sharp objects, but also needs freedom of movement.



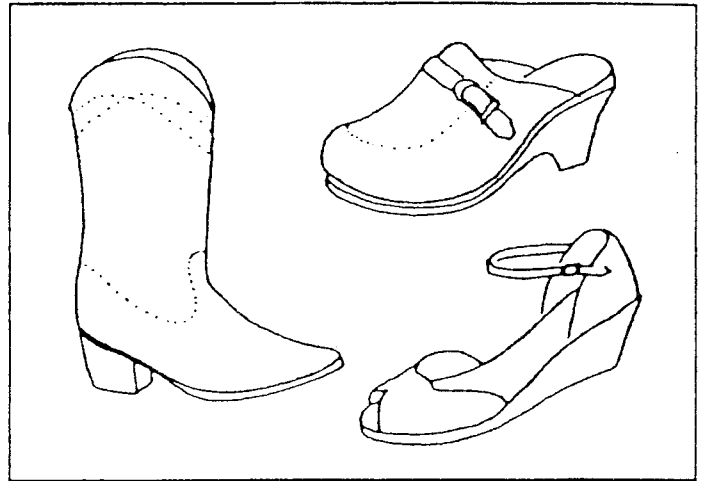
3. **Flat, non-skid sole**
Children's falls cause many injuries. A flat, nonslippery sole may prevent a fall.



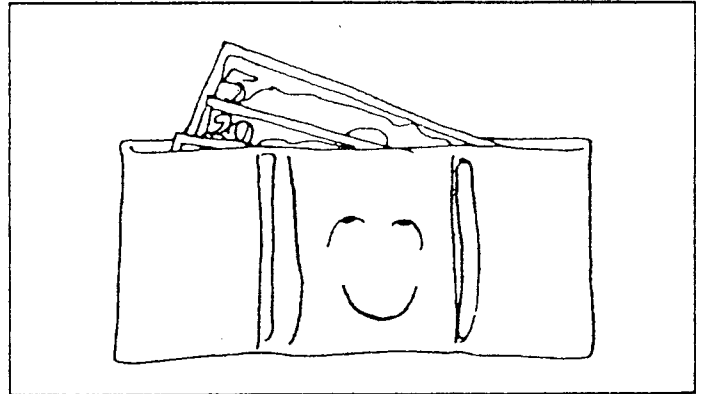
4. **Soft, porous upper**
A material that breathes may be best, especially for warm climates.



5. **Avoid odd shapes**



6. **Good shoes needn't be expensive**



Remember: The best shoe keeps the foot warm and protected, but allows freedom of motion and space to grow.

BUY SHOES LARGE!