

Put Your Best Foot Forward With the Right Shoes for Back to School

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The new school year is around the corner and parents are frantically checking items off their school shopping list. One of the most important items on that list is foot friendly shoes. On the school bus, in the classroom or on the playground, children need a well constructed pair of shoes to help reduce a child's risk of injury that can lead to more serious problems such as sprains, strains and fractures.

While parents may want to keep their children happy and content, it's important for them to remember their most important task; keeping their children safe and protected. That's why the Canadian Federation of Podiatric Medicine (CFPM) wants all parents to understand the importance of buying properly fitted, supportive shoes that offer protection and comfort.

In spite of what your kids tell you, it isn't all about fashion. "Not every shoe on the market is a healthy choice", says Stephen Hartman, Canadian Federation of Podiatric Medicine CEO, "Parents should look for proper toe flexibility, a rigid middle and a stiff heel when purchasing footwear for their children."

Other factors that should be considered include, buying shoes that do not need a "break-in" period. If they are not comfortable immediately, don't buy them. Never hand down footwear. Just because a shoe fits one child comfortably does not mean it will fit the other the same way. Also sharing shoes can spread fungi like athlete's foot or nail fungus.

Parents are advised to take note of the changes in their children's feet. It may be necessary to change shoe and sock sizes every few months as his/her feet grow. Be aware that children might not complain about their foot discomfort. Proper foot care is important to the overall health of children. Go to your chiropodist or podiatrist at the first sign of foot problems.