

Factsheet 5

Feet Factsheet - the importance of caring for young feet

When you're born you have no bones in your feet just cartilage and gristle.

Between the age of 5 and 8 years old 45 bones develop in your feet – this process is called ossification.

These bones fuse together so that by the age of 20 years old you have 26 bones in your feet. This is why it's very important not to cause any damage to babies' feet.

Damage can be done to a baby's foot by wearing baby grows and socks that are too small. A good idea is to cut off the feet on baby grows and add socks for warmth or better still only buy baby grows without feet in.

The temperature inside a child's shoe can reach 120 degrees! So keep their shoes leather!

Feet grow, on average, two full sizes (18mm) a year until four or five years of age when growth starts to slow down. So get your under 5's checked every 6-8 weeks.

Babies' feet will grow faster during its first three years of life than at any other time in its life. Children's feet often grow faster in the spring and summer.

If a child wears shoes that don't fit, it could permanently damage their feet. That's why it's so important to only buy shoes from a qualified shoe fitter.

