

# August Newsletter



**BAYSHORE**  
Podiatry Center

## Step into School with Confidence: Top Footwear Tips for Your Kids

### Hello and Happy August!

As the new school year approaches, it's time to think about more than just books and backpacks. Ensuring your child wears the right footwear is crucial for their comfort and health. In this issue, we'll share essential tips on choosing the best shoes for your kids and how to prevent foot pain as they step into the school year.

#### 1. Importance of Proper Footwear

Children's feet are still developing, so it's vital to provide them with shoes that offer the right support and fit. Ill-fitting shoes can lead to various problems, including arch pain, heel pain, blisters, calluses, and even long-term foot issues.

As a rule of thumb, a child's foot should be measured for shoe size once every 6 months. Dr. Niehaus recommends that her parents check the shoe size during summer and winter breaks. This allows parents time to purchase the new size needed before a child returns to school.

#### 2. Tips for Choosing the Right School Shoes



**Fit Matters:** Make sure there is about a thumb's width of space between the longest toe and the end of the shoe. This allows room for growth and prevents cramped toes. If you shop for shoes at Target®, look for the shoe size guide on the floor. You can use this to measure your child's feet and ensure you're selecting the appropriate size!



**Check the Heel:** The heel should be snug to prevent slipping but not too tight. A firm heel counter can provide better stability. Observe your child walking and look for their heel lifting out of the back of the shoe. This would indicate the shoe is too big and can cause issues in the toes and the heel.



**Breathable Material:** We know it's hot at the beginning of the school year here in Tampa. The heat and humidity can lead to excessive sweating in some children. Excessive sweat and heat create the perfect environment for fungus and bacteria to thrive. Opt for shoes made from breathable materials like mesh to keep feet cool and dry. Older children should bring a change of socks to use after gym class or sports.

### 3. Signs Your Child Needs New Shoes



**Complaints of Foot Pain:** If your child frequently complains of foot pain, it might be time to check their shoes. They may complain of pain along the arch of the foot which can be an indication that the shoe lacks the support they need. Other children may complain of pain in the toes or have damaged toenails. This is a direct sign that the shoe is too small, and they are ready for a new size.



**Visible Wear and Tear:** Let's face it: kids are hard on their shoes! Look for worn-out soles, holes, or loose seams. Worn-out soles place a child at greater risk of injury during gym class. Young children won't often tell parents when they have worn a hole in their shoe, so stay vigilant in monitoring for this.



**Red Marks or Blisters:** These can indicate that the shoes are too tight or the wrong shape for your child's feet. Look for shoes with a wide toebox and consider an over the counter arch support.

### 4. Preventing Foot Pain: Simple Tips



**Alternate Shoes:** Avoid wearing the same shoes every day to allow them to air out and maintain their shape. If a child is required to wear a certain style or color of shoe, consider purchasing two pairs.



**Proper Socks:** Ensure your child wears socks that fit well and are made of breathable materials to prevent moisture build-up. We love the Bombas® socks for kids. A cotton blend increases breathability.



**Monitor Foot Health:** Regularly check your child's feet for any signs of issues, such as toenail changes, fallen arches, redness, swelling, or discomfort. Early intervention is the key to keeping the feet happy!

### 5. When to See a Podiatrist

If your child experiences persistent foot pain, difficulty walking or running, trouble keeping up with their friends during sports, or frequent stumbles or falls, it is best to consult with one of our expert podiatrists! Your parental intuition can pick-up on a foot condition early, and prompt intervention can prevent minor issues from becoming major problems.



#### 6. Back-to-School Shoe Checklist

- Measure both feet for accurate sizing.
- Choose shoes with good arch support.
- Ensure there is enough room for toes to move.
- Opt for breathable materials.
- Check for a snug but comfortable fit around the heel.
- Purchase well-padded, supportive socks.

#### We're Here to Help!

If you have any questions or concerns about your child's foot health or need recommendations for the best footwear, don't hesitate to contact us. Wishing all the students a happy, healthy, and comfortable school year!

Sincerely,  
**The Team at Bayshore Podiatry Center**

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