

toes

### Birth

Children's feet differ from those of adults, as they are not yet fully formed. Around 10cm long at birth, the feet will double in size by the time your child is one year old. At 6 months of age the foot is still mostly cartilage, by 18 years, most of the bones (one quarter of all the bones in the body) are fully formed.

### Baby

By 6 months your baby will be aware of and begin to play with both feet. The only footwear babies need is socks for warmth, as they are not constrictive and allow the feet to grow normally.

### Walking

At around 12 months most children begin standing and walking. Those first steps are always exciting but just imagine - your toddler will probably walk the equivalent of four times around the world in a lifetime! Rapid growth during childhood may require changing the size of your child's socks and shoes every few months.

### Play

By the age of three, children are learning to jump, skip, hop, kick a ball and pedal a bicycle. Running, a more complex task than walking, is now also being mastered. Shoes should offer protection from injury or cold and still allow freedom and mobility. Make sure there is enough depth, length and width to accommodate the foot. Laces or straps that hold the shoe securely to the foot reduce slippage when walking.

### School

By the age of six, children's feet will have a quite grown-up appearance and their walking will resemble the pattern of an adult. Teach them to tie their shoelaces - a skill they'll need for school. Keeping feet clean and dry and wearing thongs or sandals around the swimming pool helps to prevent tinea and warts - two common skin infections.



### Healthy feet

Children's feet are not simply little adult's feet - they have a unique developmental pattern of their own. A check-up with your podiatrist is recommended if:

- ▶ You notice uneven shoe wear
  - ▶ You notice any skin rashes, hard skin, lumps or bumps on the feet
  - ▶ Your child complains of recurrent pain in the feet or legs
  - ▶ Your child is constantly tripping and falling,
- or you have any other concerns about your children's feet.

### Your podiatrist

Podiatrists are highly skilled health professionals trained to deal with conditions of the feet and lower limbs.

Podiatrists have completed a Bachelor of Podiatry or higher degree, and are continually upgrading their skills and knowledge through further education and training.

### Where can I find a podiatrist?

Refer to your Yellow Pages (TM) for a list of podiatrists in your area, or contact the Australian Podiatry Association in your state, or the New Zealand Society of Podiatrists. Many health funds provide cover for podiatry services on their ancillary tables and government funded services are available through the Department of Veterans' Affairs, some public hospitals and community health centres.

### MY PODIATRIST IS:

**Christian De Brennan**  
Accredited Podiatrist  
"Your Feet" Podiatry Clinic  
17 Cardinal Street, Mosman NSW 2088  
Phone: (02) 9960 8200  
Email: info@yourfeetpodiatry.com  
Visit: www.yourfeetpodiatry.com



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