

Let the child walk **without shoes** when it first begins to stand up so that its muscles and sinews develop properly.

A child needs **shoes** primarily for protection against weather and sharp objects.



The shoes should be 1-1.5cm longer than the child's foot and wide enough for it. A firm heel counter can help to support the foot.

All feet are different and shoes shapes themselves to individual feet. Therefore, **warped and worn shoes** should not be passed down.

The brochure is developed by the Municipality of Trondheim, Norway.

Referances:

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Children's Feet



It **varies** how old children are when they begin to walk without support. Half of Norwegian children walk on their own when they are 13 months old.¹ Some children first walk when they are 18 months.²

A child's gait **changes** as the child grows. As a rule, a child has not developed its way of walking before it is 7 years old.³



Children's feet develop greatly from birth until they are fully grown. Their skeletons grow and their muscles strengthen. The angles of their hip joints, knee joints and ankles change continuously as they grow.⁴

For example, one can see that most 0-1 year-olds are **bow-legged**, while most 2-4 year-olds are **knock-kneed**. As a child grows older, such knock-knees become less noticeable.⁴

Before they are 3-4 years old, most children appear to have "**flat feet**" to a greater or lesser degree.⁵ This is also not unusual for older children. As a rule, the flatfoot decreases with age.⁵



It is normal for children to **toe in**⁶ (to walk with their feet turned inward).



As a rule, flatfoot and in-toeing do not cause pain or discomfort and do not usually require treatment.^{5,6}