

Proper footwear ~ A key component to accident prevention

The staff and children at the centre experience accidents and injuries on a regular basis, and we've noticed that many of these episodes have come as the result of inappropriate (don't offer enough support for the foot) or ill fitting footwear (shoes that are too big or too small).

We are aware that for many children, getting comfortable in your own feet is a process, and knowing how to maneuver your body parts in the right direction takes time to learn. All too many times have we witnessed a child trip over their own feet, or trip due to a lost shoe, often resulting in a fat lip or bump on the head. We are very active during the day and proper footwear is very important.

We would like to request your help in preventing as many accidents of this nature as possible. The most important factor in a child's shoes is that they fit. ***Is your child wearing shoes that fit properly?*** Please take time to read the tips listed below:

- children should have their feet measured every 3 months to ensure that their footwear is fitted correctly
- for a shoe to be correctly fitted, there should be thumb width between the end of the shoe and the end of the longest toe
- the shoe should be flexible across the ball of the foot, as it is where the foot bends (avoid bends in the shoe's arch)
- shoes do not need to be 'broken in' this is a sign of poor design & fit