

# Shoes

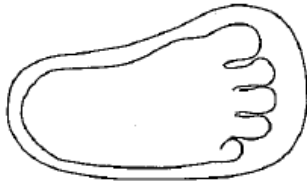
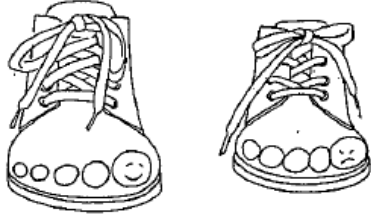
Barefoot people have the best feet!

Your child needs a flexible, soft shoe that allows maximum freedom to develop normally.

## POINT IN SHOE SELECTION:

### 1. Adequate size

Shoes are much better too large than too small.



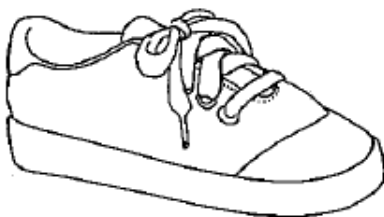
### 3. Flat, nonskid sole

Children's falls cause many injuries. A flat, nonslippery sole may prevent a fall.



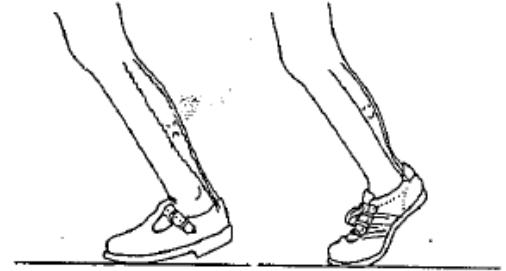
### 5. Soft, porous upper

A material that breathes may be best, especially for warm climates.

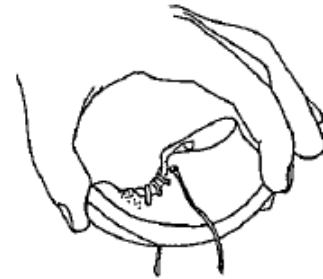


### 2. Flexible

Stiff, supportive shoes are not good for feet because they limit movement that is needed for developing strength and retaining foot mobility.



s foot needs protection from old and sharp objects, but also needs freedom of movement.



### 4. Avoid odd shapes



shoes needn't be expensive



### REMEMBER:

The best shoe keeps the foot warm and protected, but allows freedom of motion and space to grow.

**BUY SHOES LARGE!**