

Baby Shoes



Foot Development

- Children's feet do not fully develop for several years.
- Babies have a fat pad where the arch of their foot is which makes them look flat-footed.
- Between 2-5 years the fat pad disappears and children develop a natural arch.
- If your child has severe flat feet and delays in motor skills they should be evaluated by a healthcare provider.



Barefoot vs Baby Shoes

Walking barefoot supports:

- Strengthening the foot muscles
- Providing sensory input to feet
- Building the natural arch
- Developing balance

Wearing baby shoes supports:

- Balancing on uneven surfaces
- Protecting feet from injury
- Protecting from heat and cold
- New walkers when outside

Children should walk more barefoot rather than wearing baby shoes.

Types of Shoes

- Shoes should be flexible and lightweight (sole should bend at the toes).
- Shoes should be shaped like your child's foot, front of the shoe wider than the heel.
- Non-skid rubber soles help prevent falls.

Children with delays in motor skills may need more supportive footwear and should be evaluated by a healthcare provider. Contact our office to speak to our physical therapist.

