

Shoes

“What kind of shoes should I buy my child?” is a frequent question we are asked. We recommend well fitting, inexpensive shoes of your choice. It is unimportant whether they are high top, low top, hard sole or soft sole. Indeed, it is fine for children to be barefooted or wear sneakers or sandals. Infants will outgrow (and toddlers wear out!) a pair of shoes in 2-3 months; therefore, do not be intimidated by the shoe salesman who pushes the expensive shoes as better for your child’s foot. Normal feet need no help from shoes to grow normally. We examine your children’s feet at each checkup and will refer you to an orthopedist if corrective measures are needed.