



Australian Podiatry Association (NSW)  
20/450 Elizabeth St  
SURRY HILLS NSW 2010

**Foot Health Week**  
**Sunday 14th to Saturday 20th October 2007**  
**Children's Feet**  
**The First Steps to Foot Health**

**MEDIA RELEASE**

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**Protect children's feet for life, say podiatrists**

Children's feet are fragile and can be damaged easily, according to the Australian Podiatry Association (NSW).

For Foot Health Week (14<sup>th</sup>-20<sup>th</sup> October) the Association is focusing on children's feet, outlining the first steps to foot health.

"Children's feet are not just miniature versions of adult feet; they are still forming," says Brenden Brown, Vice President of the Association. "At birth, feet are mostly cartilage and in childhood and adolescence the bones in the feet, 52 in all, will form. During this time they are extremely fragile and any undue pressure can cause deformities. At the same time, they will grow rapidly, requiring regular shoe size checks."

The campaign aims to educate children and parents about the best ways to care for feet. The Association is promoting foot care, correct shoe fitting and professional follow up on foot problems.

"Walking is one of the first concerns for parents. It is important to remember that all children achieve this milestone in their own time – children usually walk between ten and 24 months of age," says Mr Brown. "Some children walk with toes pointed in or out while others walk on their toes. While this variation is generally normal, investigation is required if there seems to be a problem or if these walking styles persist beyond the age of two."

As children grow it is common for them to experience pain in the feet or legs.

"While pain in the legs or feet is common it is not considered normal. Foot pain in children should be investigated especially if it is associated with falling or tripping, reluctance to participate in activities and difficulty finding shoes that fit comfortably,"

