Buying shoes
A straightforward guide

• Always have both feet measured for length and width.
• Ask if the assistant is a trained shoe fitter.
• A newly fitted shoe should be approximately 12-16mm longer than the longest toe.
• Avoid slip-on shoes. Shoes should be held on the foot with laces, straps or Velcro fastenings.
• Heel height should be no more than 4cm. Lower for younger children.
• The heel should have a broad base and be made from a shock-absorbing material.
• Natural material uppers are best e.g. leather.
• The toe area of the shoe should be foot-shaped and also deep enough to allow the toes to move freely and not be squashed.
• The shoes should fit exactly around the heel.