

# Easy steps to checking the fit.

Measuring is only a guide and different styles and types of shoes can fit differently, therefore we recommend you check the fit of your kids shoes once they arrive. Follow the simple and easy steps below, or watch our video at [here](#), to find out how.



1.



**Heel** – grip whilst your child is sitting, lift one foot and hold the ankle with one hand. Grip the heel of the shoe with your other hand and pull down gently a few times to check the shoe is gripping the heel well. Repeat on the other foot.

2.



**Top** – of the shoe ask your child to stand up. Use your fingers to feel around the top of the shoe to check there are no gaps, particularly between the shoe and the heel.

3.



**Ankle** – feel around the ankle bone to check the shoe does not touch as it could rub. If the shoe has a padded collar it is designed to support the ankle and will touch the ankle bone, it will feel soft and padded.

4.



**Width** – feel along each side of the shoe with your hand, you shouldn't feel any pressure or bulging at the sides and the widest part of the foot should be in the widest part of the shoe.

5.



**Depth** – rub your thumb across the top of the shoe, you should feel the fabric or leather move with a shallow ripple effect.

If there is no movement at all, the shoe is too narrow. If you can push the shoe leather into a ridge, the shoe is too wide.

6.



**Depth** – with a low cut shoe, run a finger under the top part. Make sure it's not so tight that the foot bulges out of it, and not so loose that there's a big gap underneath.

7.



**Length** – feel the top of each shoe for the end of your child's longest toe. Apply gentle pressure to check the toe is not pressing against the end of the shoe. All our shoes have growing room built in; you should be able to feel the growing room with your thumb.

8.



**Walking** – ask your child to walk in the shoes, they should be able to walk easily and naturally. The shoes should not slip off the heel and there should not be excessive gaping at the sides.