## mothercare shoe sizing guide

220 mm 220 mm uk size euro size -34 2 209 mm 200 mm 32 13 192 mm 30.5 12 184 mm 29 11 176 mm 28 10 169 mm 26.5 161 mm 25.5 8 153 mm 24 146 mm 23 6 138 mm Place instep of **RIGHT** foot on this line 5 130 mm 20.5 4 123 mm 19 3 116 mm 2 18 110 mm Back of child's heel should line up with this line.

## how to measure

- 1. Ask the child to stand with the heel of their right foot on the baseline and inner edge of their foot along the left line (keeping tights or socks on if that's how the shoe will be worn).
- 2. Take the measurement from the longest toe and record it.
- 3. Repeat steps 2 and 3, using heel of left foot on the baseline, and inner edge of their foot along the right line.
- 4. The final measurement is the one from the longest foot.

## fitting – the 3 point fit test

Once the child has both shoes on, be sure to do our 3 point fit test:

1. Ask your child to stand up straight 'like a soldier' with equal weight distribution. There should be about a thumb's width of space between the end of the longest toe and the front of the shoe. This should be the case for both feet, as feet can often be different sizes.

Place instep of **LEFT** foot on this line

- 2. With your fingers check there is no gap between their heel and the shoe.
- 3. Watch the child walk and check the shoes are not slipping off the back of their heel.

measure your baby's feet every 2 months, pre-schooers every 3 months, and school children every 5 months.