Choosing the right pair of shoes for your baby, toddler or child including common facts & myths

Choosing the right pair of shoes!

Choosing the rightpair of shoes for bubs, toddler or child…especially when it’s their first shouldbe an exciting and fairly simple process…but how and when do you choose theright pair? This question has baffledparents for years, as we have often been lead to believe over many generations,that sturdy with lots of support is best but….

Did you know children’sfeet are very different from adults’ – they’re wider across the toes, narrowerat the heel and the inner arch is lined with fatty tissue? There are also largegaps between the bones, which are soft like jelly. So, it’s not reallysurprising that little feet are quite vulnerable.

From new born to aroundfour years old, little feet go through a range of changes. The fatty tissue inthe inner arch is exercised away with movement, little bones start to hardenand form and muscles learn how to grip the floor. Incredibly though, all 26bones and 36 joints are not fully formed until 13 years of age!

Because littlefeet start life so incredibly soft and pliable, they need absolute flexibilityto develop as Mother Nature intended. Tight fitting socks, rigid soles andmaterials that don’t move with wriggles and stretches can hamper healthydevelopment.

ChrisBennett, Bobux founder and directorsays, “All children should be allowed to develop healthy feet for life,”.For the past two decades Bobuxhas recognised that barefoot is best for natural foot development. The companydraws on this philosophy every day to create footwear that mimics the freedomand healthy benefits of bare feet.

Top Common Myths and Facts:

As a parent, you are the best person to decide what to put on your child’s feet. We know that there is lots of confusing scientific research out there to support the benefits of going barefoot, but if you have the facts you will understand the importance of choosing the shoes to allow your child’s foot to grow and develop naturally. 1. Kids feet aren’t like adultsYourbaby was born with two feet, ten toes and only the beginning stages of 26bones. These bones will become strong, hard and supportive so they can holdyour child’s body upright for life, but they start out soft, weak andmalleable. As your baby goes through those magical stages of sitting up,crawling, cruising, walking and eventually running confidently, their littlefeet change so dramatically. If cared for correctly their feet will developnaturally, and look after them for life. Unfortunatelyyou can’t make adult shoes and just shrink them down to fit kids – that woulddamage children’s feet for life.

2. NervesFeethave over 200,000 nerve endings which is the densest of anywhere in the body.Since 70% of the brain’s information related to movement comes from the nervesin feet, the more your child can feel the ground, the greater their body’sability to balance and walk correctly. Flexible shoes with thin soles like bobux allow themaximum sensory connection your child needs to develop appropriate sensoryperception in their feet.

3. BonesBabiesare born with jelly-like bones that harden and form over time. Remember thestories of binding feet in china? This is the most extreme example that showsyou just how pliable babies’ feet are. Putting restrictive or poorly fittedshoes onto children basically has the same effect as binding because they shapethe foot unnaturally. Feet deformed in this way lead to many problems with feet,ankles, knees, hips and even the spine later in life.

4. MusclesExerciseis critical to ensure strong muscle development. A child needs to exercisetheir feet through the natural acts of twisting, turning, gripping, flexing androlling. Allowing feet to be bare provides for this, but for the times theyneed some extra protection put shoes on their feet that allow natural footmovement.

5. SweatYes,you are right, kids feet can really smell! Children’s feet sweat twice as muchas adults and that is why it is important to allow feet to breathe. Leatherbreathes which is why it is the best (and least smelly) option for growingfeet. Leather is also soft and flexible ensuring feet are not restricted orheld unnaturally in place.

6. CirculationManyparents worry their children’s feet might get cold if they don’t wrap them uptightly. The opposite is true. A child who is barefoot or wears flexiblefootwear has improved circulation and their feet are naturally kept warm.

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