

# BACK TO SCHOOL 2026

## STRONG STEPS START HERE

Every great school year starts on the right (and left) foot!



### STEP 1 Take this quick quiz

Find out if your child should see a podiatrist before buying school shoes.

Do your child's shoes show **uneven wear** and tear on the sole, or scuff marks anywhere?  YES  NO

Do you feel that your child has a 'hard to fit' foot?  YES  NO

Is it hard to understand which shoe types are most suited to your child's different activities?  YES  NO

Does your child experience skin rashes, hard skin on their feet, lumps, bumps, excessive sweating, itching or ingrown toenails?  YES  NO

Does your child complain of foot, ankle and/or leg pain?  YES  NO

Does your child trip or fall frequently?  YES  NO

#### Did you answer 'YES' to one or more of these questions?

Consider taking your child to a podiatrist before you buy school shoes. Find a podiatrist on the Australian Podiatry Association's website here:

[podiatry.org.au/find-a-podiatrist](https://podiatry.org.au/find-a-podiatrist)

### STEP 2 Review this checklist

Here is a helpful checklist to make sure you get the right school shoe:

Did you bring your child's uniform-issued school socks or stockings to ensure the shoes fit well with them?  YES  NO

Have your child's feet been measured correctly for length and width? E.g. at a store that offers trained assistants or by a podiatrist?  YES  NO

Can your child wiggle their toes freely in the shoes, both up and down and side to side?  YES  NO

Is there approx. 1cm of growing room between the end of their longest toe and the end of the shoe?  YES  NO

Do the shoes match their activities and the season? E.g. breathable material such as leather for school shoes and cotton or nylon for sports shoes  YES  NO

Do the shoes have laces, a buckle or velcro? This allows the shoe to be adjusted to meet growing needs of your child.  YES  NO

*Avoid elastic shoes and slip-ons as these don't support developing young feet.*

#### Answered 'YES' to all the above questions?

Go ahead and make your purchase – these shoes will help support your child's foot health!