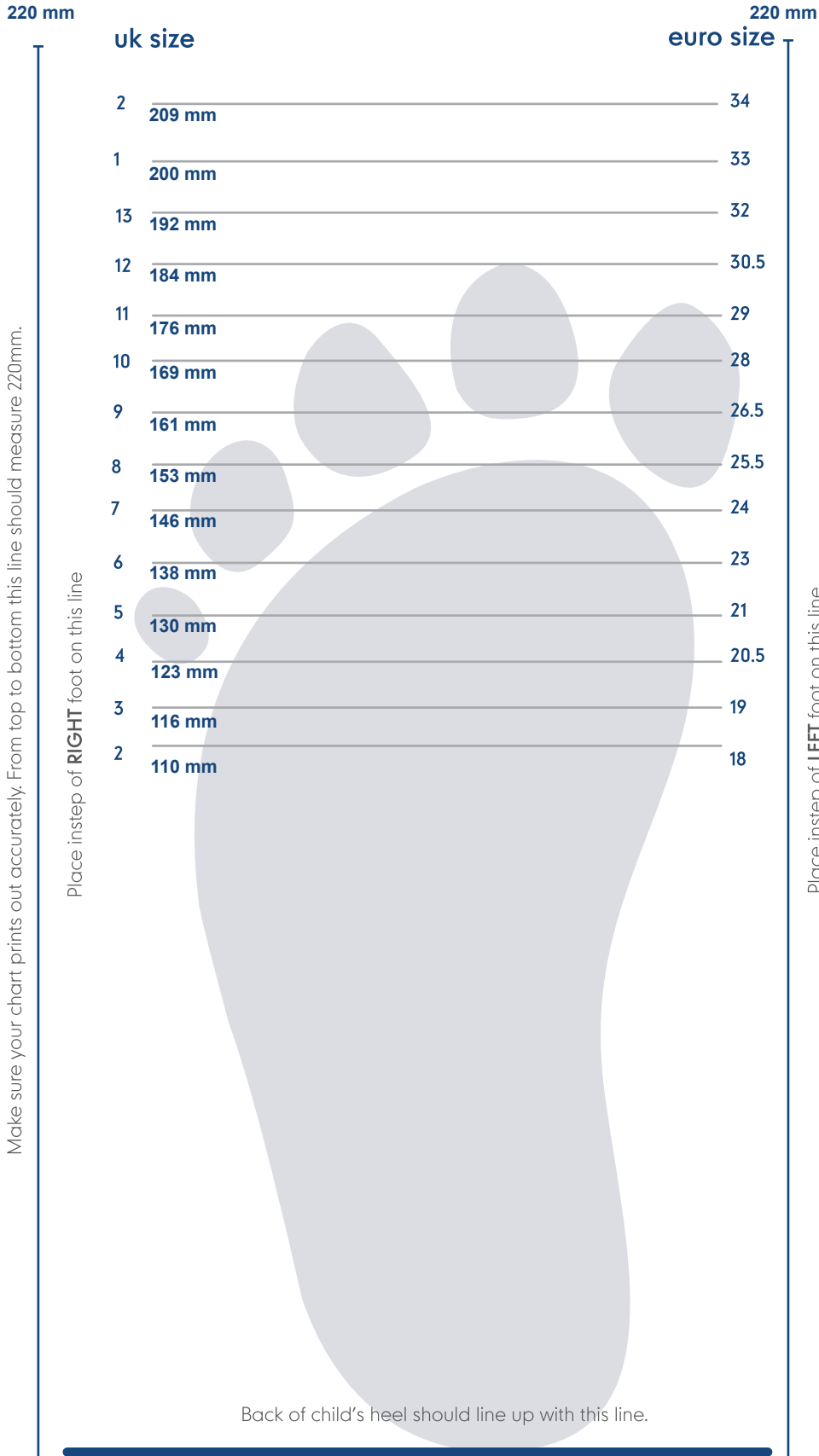


# mothercare shoe sizing guide



## how to measure

1. Accuracy check!  
Ensure your print settings, page scaling is set to "none" or "100%". Once printed, line a ruler up with the line on the left. It should measure 220mm.
2. 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).
3. Take the measurement from the longest toe and record it.
4. Repeat steps 2 and 3, using heel of left foot on the baseline, and inner edge of their foot along the right line.
5. 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.
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-schoolers every 3 months, and school children every 5 months.**