

## Measuring your child's feet

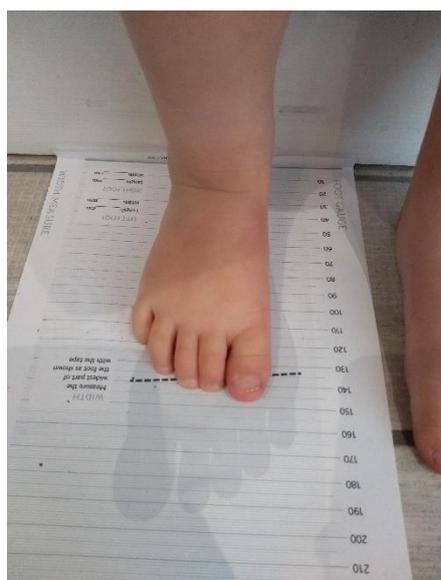
Due to the current Covid-19 pandemic we are following government advice to not hold routine outpatient appointments. As your child's feet are growing and they still require orthotic footwear, we have put together this guide so that you can measure your child's feet at home so we can still provide footwear for them.

We have posted out a measurement chart for you to use. Please take the measurements on a hard floor if possible as this will make it easier to measure and more accurate. Please measure both feet as it is normal to have feet which are slightly different in size. Measuring when your child is barefoot will be the most accurate although you can measure over thin socks or tights if this is easier.

Once you have taken the measurements as per the instructions below, if possible please mark the measurements on the sheet, scan it and email it to [riah.orthoticsreviews@nhs.net](mailto:riah.orthoticsreviews@nhs.net) including your child's name and date of birth or hospital number for identification. If you don't have access to a scanner please email us the measurements or alternatively phone us with them on 01691 404442.

### Measuring shoe size

Fold the measuring chart along the thick line at the back of the chart. Place the measurement chart on the floor with the folded edge against a wall or another vertical surface. Please get your child to stand one foot at a time on the measurement chart with their heel touching the wall so that the back of their heel lines up with the folded edge of the paper. Ask them to stand normally with equal weight through both feet. Measure your child's foot length to the end of their longest toe and either mark the chart or note down the measurement.



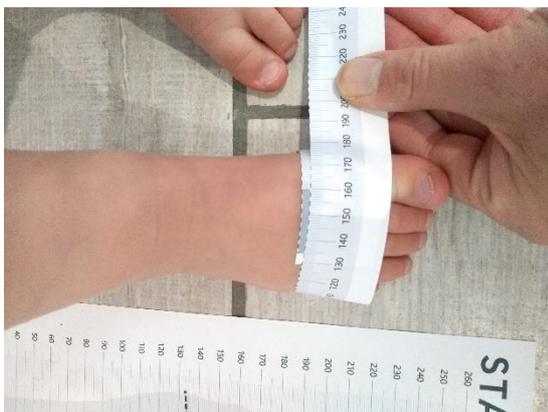
## Measuring foot width

Cut the width measuring tape off of the side of the chart. Please get your child to stand with the width measure under the ball of their foot measuring the widest part of their foot which is usually a diagonal line between the bones you can feel on the sides of their forefoot. The approximate location is shown on the chart. Ensure the zero on the tape measure is sitting flush to the side of their foot. Either write down or mark the width on the measuring tape.



## Measuring circumference

The tape measure can stay in position under the ball of your child's foot at the widest point but move it out slightly so you can wrap the tape around their foot. Pull the tape measure so it is snug around your child's foot and note the circumference measured.



**If you are having difficulties measuring your child's feet or you need any advice please contact us on 01691 404442. We can carry out a telephone or virtual appointment to assist you.**