

## Fashion & Beauty

### ***Feet First***

ask an expert: shoes



**When buying good quality footwear for my little ones, I try to get the shoes a size or two bigger to ensure that they last longer (and stretch my dollars). But how big is too big? Am I doing their feet harm by going up a size?**

*June F. emailed us at [expert@sweetspot.ca](mailto:expert@sweetspot.ca) and children's shoe expert Katherine Chapman answered;*

If you're thinking about buying shoes for your children that are a couple sizes too big, remind yourself how you feel when your shoes are too big. Your feet swish around, you might trip with the extra space at the end, and they are just plain uncomfortable to wear. Not to mention, they're a bit disorienting when you are walking. Having shoes that are too large, especially for children who are developing their gait as their bones grow is a big no-no. They need to feel secure and snug in their shoes.

Children grow in spurts and while they may grow a size in two months, sometimes it takes six months or more. To accommodate their growth, the general rule is to buy a shoe that is a half-size up, and never buy a shoe that is more than one size too big. If a shoe is only slightly too large, insert an extra insole and heel grip to create a good fit. As the child's foot grows simply remove the insole and heel grip. Check for a store with trained fitting associates that can help ensure your children's footwear is the correct fit as they grow.



Katherine Chapman is the co-founder and chairman of **OLLY Shoes**, a one-stop destination for high quality children's footwear with a unique, proprietary computerized fitting system.