

THE FIRST STEPS

to foot health

The first steps a child takes mark an exciting milestone, beginning a journey of around 128,000 kilometres that will be walked in a lifetime.

Set your child on the path to lifelong foot health by:

- Ensuring their shoes are professionally fitted;
- And visiting a podiatrist if
- You notice uneven shoe wear.
 - You notice any skin rashes, hard skin lumps or bumps on your child's feet.
 - Your child complains of recurrent pain in the feet or legs.
 - Your child is constantly tripping or falling.

Or you have any other concerns about your child's feet.

Visit www.feet.org.au for more information about children's feet or to find a podiatrist.



A foot health message
from Steel Blue and the
Australasian Podiatry Council

