

# DAWiD

*healthy and comfortable*



[www.butydladzieci.pl](http://www.butydladzieci.pl)

## ABOUT US

We are a small family business that specialises in manufacturing children's shoes. Long-term cooperation with many specialists allowed us to learn the secrets to kids' feet and design shoes that foster their natural growth.

From day one, our company has been committed to caring for the youngest feet and our shoes are the best evidence of this commitment.

What we give you is a high quality product.

Our shoes – both for first-time walkers as well as older children – make the healthy growth of feet possible.

Our advantages include natural leather, flexible soles and shoes adjusted to children's feet.

Parents! If you want your child's feet to develop properly, please read this information carefully and choose shoes that best fit your child's needs.

*made of natural leather*

*orthopaedic*

**DAWiD**  
*healthy and comfortable  
shoes with the „healthy feet“ mark*



*all year round*

## Children's feet are special

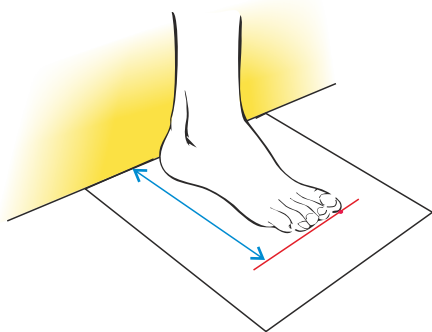
These are not miniature feet of a grown-up. They grow fast and change shape. Sometimes they grow slower, sometimes quicker. Feet of children aged 3–7 grow 5 mm on average in six months, whereas younger toddlers' feet grow faster.

Therefore, it is worth to check how much they have grown and whether the shoes are not too small.



## How to measure feet at home?

Place your child's foot on a piece of paper so that the heel slightly leans against the wall.



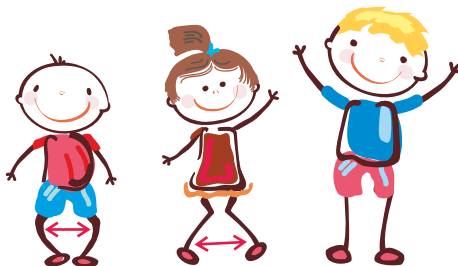
- mark the most protruded point on the big toe (sometimes, it is the second toe)
- take a ruler and measure the distance from the edge of the paper to the marked point
- both feet need to be measured, as one is often longer than the other; pick shoes according to the longer foot
- please remember that your child needs to stand astride, so that the weight is equally balanced



## Not only do they grow, they also change shape

Infants' feet are of a roughly "O" shape (pigeon toe), later to form an "X" at around 2 years (knock-knee). Children aged 4–6 usually have a correct knee position.

Changes in positioning of the knees can be controlled by observing the distance between knees or ankles in a standing child.



The attached visuals will help you with this observation. If the knees do not touch when the ankles are joined, measure the distance between the knees. If the ankles do not join, measure the distance between them.

The results are best written down together with the date in the "My child's feet" notebook. You can also use your camera to photograph the entire feet from the front and back. Photographs collected and catalogued in the notebook will allow you to track all occurring changes.



## Monitoring foot changes

Children's feet seem flat as the fat pad on the soles masks the shape of the feet's skeletal structure and looks like flat feet, which in fact is a physiological state. If the child is developing properly, physiological flat foot disappears around age 4–5.

A print of the child's foot should be made by placing the toddler's wet feet onto pre-organised sheets of paper and tracing the wet shape of the foot. It will be easier to situate the child if you make a print of one foot first and then of the other. Don't forget to write down the date when the print was made. This is the easiest way. The best image of the feet, however, is achieved if you smear them with children's colour paints (they're not toxic and will do no harm).



examples of footprints

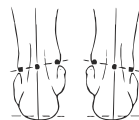
You can present it to your child as a fun activity. The print you have should be compared to the patterns presented. After examination, glue the print inside the notebook.

Little children are often found with tarsus deformity (valgus heel). This will evolve with time. It is useful to observe the position of the heels, compare it with drawings below and write down the observations in the notebook.

If you observe an incorrect position of knees or heels in a four-year-old and the longitudinal arch is not curved, seek advice from an orthopaedic paediatric surgeon.



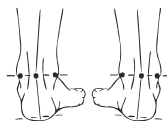
correct curvature



neutral position



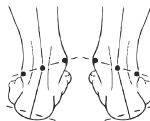
high instep



supinated foot



flat foot



pronation

# Shoes for your baby girl and her older brother!

The size of the shoe needs to be adjusted to the kids' age and the conditions of wearing it:

**pre-walking stage** does not require shoes (don't put a harness on the "freedom of the feet"), use soft socks to protect your baby from the cold;

**the marching toddler** needs shoes, laced or velcroed to be adjusted well to slimmer or heavier feet, light, flexible, wide-toed shoes to set the wriggling toes free. Hardened heel will support correct position of the feet and prevent shoes from getting deformed;

**the older pre-schooler**, who is very apt at walking, can wear shoes as well as low shoes and sandals with a closed heel or a heel cavity (a depression under the heel that keeps it in the right position)

as the child spends a few hours every day in the kindergarten, they should wear shoes that meet their expectations;

**school children**, provided their feet are healthy, can wear all types of shoes.

The girls should not wear heels higher than 3.5 cm; for kids in all ages, shoes should be made of materials appropriate for the conditions in which they are used.

If shoes are worn in plus temperatures and the top covers the whole foot, the materials used should have good hygienic qualities in order to absorb moisture which accumulates inside the shoe. Natural leather is best for these types of shoes. Shoes with an open top can be made of various materials. Winter shoes must protect feet from the cold and the soles must protect against sliding.



## We're buying shoes!

**Before heading to the store, measure the size of your children's feet.** When choosing shoe sizes, remember they have to be longer than the foot by approx. 10 mm, because feet grow fast and change their size during walking!

**Take kids with you, not the ruler, as the ruler will not replace the foot;** it has the length, but not the “substance”.

When buying new shoes, **take the foot size into account and not the previous shoe size** – it's not a rule that if the toddler has grown out of 0, you should buy him/her size 1.

Sometimes, children's feet grow very fast and the shoes will prove too small.

It's better to go shopping in the afternoon, when the child's feet are a bit tired and thus larger than in the morning.

Older kids can say if the shoe is too small (girls might not object if they like the shoe design). It's best to do the following: if the shoe inserts are not glued in, you can take them out, place the child on them and check once again if the size is correct.

By placing the child on the box with the shape of our shoes' inserts on it, check the size you should buy.

**Shoes are meant for walking,** you can't assess the size when the child is sitting.

**Feet that don't carry the body's weight are smaller than those that do so.** After putting the shoes on and lacing or fastening them, observe whether the child moves naturally and freely.

**Also check whether the top of the shoe is not going to pinch the ankles** or the Achilles tendon (above the back of the heel), and the insides of the shoe have no bulges or sharp elements that could hurt the child's foot.

If you decide to buy the selected model, make sure that: the shoe bends easily in the feet joint area, there are no bulges (especially in the big toe and the little toe areas), no sharp elements that could hurt feet, etc.



# Wearing the wrong shoes harms your feet!

**too short** – can disfigure toes: each step makes them hit the top of the shoe, the big toe directs towards the other toes and becomes crooked, whereas the second and the third toes take on a hammer shape;

**too long** – the child will stumble and walk unnaturally, the joints of the top shoe elements can fall for sensitive, inadequate areas of the foot and cause blisters;

**too tight** – tight shoes squeeze children's feet, blocking blood flow and causing calluses. Feet with bad blood circulation get cold sooner;

**narrow top** – squeezing toes can result in deformations such as valgus toe, varus fifth toe, hammer toes. When toes remain lifted, painful corns easily appear;

**low top** – when the child bends toes during walking, the area around the joint is lifted and toes may bruise against the shoe's surface;

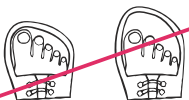
**bulges in foot sensitive areas** – any bulges or uneven surface inside the shoe can cause bruises and injuries of the foot's skin;

**ill-adjusted top to the external and internal ankle** – the top will bruise and injure the ankles;

**inflexible soles** – force unnatural way of walking and limit feet's fitness;



properly fitted



too short

too long



**slippery soles** – children lead an active, energetic way of life so slippery shoes may cause falling and injuries;

**too heavy** – hinder and distort the child's natural way of moving. Heavy shoes make children tired more quickly;

**made of inflexible, unhygienic materials** – an inflexible material is “against” the foot, squeezing it and blocking circulation, bruising and even deforming it. Materials with unhygienic properties which do not absorb perspiration increase the likelihood of excessive development of microorganisms which cause skin diseases such as athlete foot;

**unstable heel** – soft heel of the shoe is deformed by giving in to the weight of children's feet and deformed shoes can cause valgus or varus foot. The axe of the heel is incorrectly positioned against the axe of the shin;

**deformed tops** – it happens sometimes that the tops of shoes are incorrectly mounted at the production stage. They will cause varus or valgus position of the child's feet;

**elevated heels** – wearing heels too early in life can result in changes of the position of feet, legs, pelvis and spine.



healthy shoes for  
your child

**DAWID**  
guarantees:



## Make your feet fit!

Barefoot walking on sand and grass is a wonderful exercise for feet; children should use every opportunity to do it, especially during summer holidays.

The exercises are most effective when repeated as often as possible, as a fun activity at home which brings a lot of joy to the big ones and the little ones.

**15 minutes of everyday exercises will strengthen your feet's muscles!**

## Fitness and fun

Teddy bears want to show their mommy how big they are, so they **walk on tip toes, reaching hands high in the air**.

There's a monster coming, the teddy bears **squat low on their heels** and run to the woods.

Every teddy bear wants to keep the new rug mommy bought. **So they pull it with their toes, each pulls in their own direction**.

Mommy asks teddy bears to pick up the peas, little bears have their hands full so **they pick the peas with their toes and put them into the bowl**.

Teddy bears are resting, **lying on their backs, air cycling and holding their favourite crayons in their toes**.



## Sample exercises

- Tip-toeing with hands in the air
- Toe-curling of cloths, blankets or towels
- Walking on heels when squatting
- Lifting small objects with your toes
- Air cycling on your back – holding a pencil with our toes to make muscles stronger

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# DAWiD

**MEDICAL PRODUCT**  
with certificate





manufacturer:

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