

## THEY GROW SO QUICK

### MEASURE THEIR LITTLE FEET

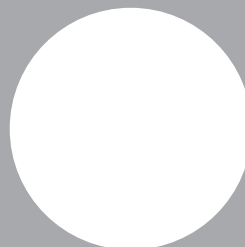
At the rate children's feet grow in the first 3 years it is really important that you get them measured and checked often. We would suggest every 2-3 months as that is approximately the growth rate.

### STILL GROWING

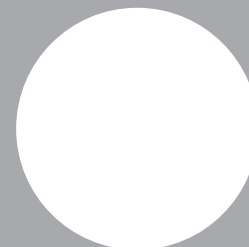
It is especially important for smaller children as their nerve endings in their feet are not fully developed therefore it is difficult for them to tell whether their shoes are too tight.

This checklist helps remind you to have your children's shoes checked every 2 months. Use the monthly reminders and colour in each month once you have checked.

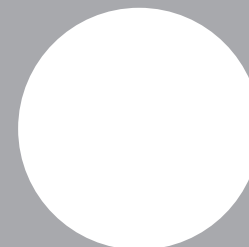
## CHECKLIST



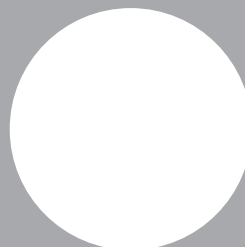
2 MONTHS



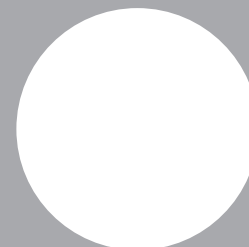
4 MONTHS



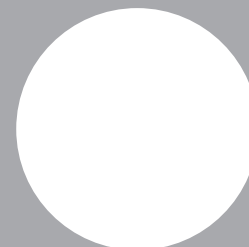
6 MONTHS



8 MONTHS



10 MONTHS



12 MONTHS