

# stride rite®

## size guide

To accurately measure, print at "100% scale" or "Actual Size" (uncheck "page scaling").

If your **credit card** fits in this box, your print scale is **correct**.

	length (#)	width (cm)	width (M, W or XW)
left foot			
right foot			

### what you'll need

- scissors
- tape
- pencil
- hard floor & wall
- credit card (for print scale)

### step 1: set up your space

1. Cut along the dotted lines.
2. Find a spot where a hard floor meets a wall.
3. Tape the length ruler to the floor, with the curved line against the wall.

### step 2: measure length

1. Place one foot on the length ruler, aligning the heel with the curved line (against the wall).
2. Mark the first visible line past the longest toe with the pencil. This is the length measurement.
3. Record the measurement in the box above.
4. Repeat for other foot.

### step 3: measure width

1. Identify the ball of the foot (see visual on length ruler).
2. Wrap the width ruler around the ball of the foot with the child standing. Have your child step on the middle of the ruler face-down, and wrap both ends up around the foot.
3. Mark the measurement that meets the arrows  $\longleftrightarrow$  with a pencil.
4. Record the measurement in the width (cm) box above.
5. Repeat for other foot.
6. Use the sizing key on [striderite.com](http://striderite.com) to determine the width (M, W or XW) given the cm measurement.

**Note:** if your child's feet are two different sizes, choose the larger one. If your child is between widths, use the wider one.

video tutorial available on [striderite.com](http://striderite.com)!

