



WEAR & CARE

Thank you for choosing school shoes from Ten Feet Tall. All our shoes are crafted from the highest quality leather to ensure they stand up to any challenge, whether your child is a ballerina at break time or a footballer at lunch. Our ten top tips will not only help you care for your child's shoes in a tropical climate like ours but also look after their feet for years to come.



Feet contain 26 bones, 19 muscles and over 100 ligaments, which can take up to 18 years to harden and form properly. Children's feet are therefore incredibly malleable so make sure they wear quality shoes which are measured and fitted properly (flip flops are fine as long as not worn all the time!).



Use the Rule of Thumb test at the end of every term to check there is still enough room for growth. There should be a mum's thumb width between your child's longest toe and the tip of their shoe when they are new. When the space gets to half a thumb width it's time to think about buying new shoes.



Children's feet have as many sweat glands as adults. Only choose school shoes made of high quality leather and limit the wearing of trainers. Rotate shoes regularly, change socks each day and wash feet thoroughly. Barefoot is best whenever possible.



Poorly fitted socks can be as damaging as poorly fitted shoes so don't forget to buy the right size socks made of natural fibers.



Encourage your child to open their velcro or laces right up when getting shoes on or off. Forcing feet in or out of their shoes will damage the shape of the shoe and reduce the level of support.

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Cleaning shoes properly not only helps to ensure your child's shoes continue to look smart but also prolongs the life of the leather/shoe.



To remove dirt or dust, wipe gently with a dry cloth then dampen with warm water and wipe again.



Use a high quality black cream polish, then buff to a shine (avoid liquid shoe polishes and silicone sprays).



For patent shoes use a soft damp cloth and a drop of mild soap to clean. A patent leather cleaner which contains silicone will return the high gloss



Allow leather to dry naturally, away from direct sunlight and direct heat sources (like heat vents) which can dry out the leather and cause it to wrinkle or crack.



If shoes are really damp, fill them with newspaper overnight to absorb moisture and help them to keep their shape.

PS Don't forget to bring your old pairs of shoes back to our School Shoe Bank when you visit us to buy new ones. We'll polish, package and send every pair to children in other parts of Asia who really need them.



www.tenfeettallshoes.com

Written in partnership with our consulting podiatrist,
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