

# Children's Foot Health

## First Steps: Keeping Kids' Feet Healthy and Happy



Whether it is a precious baby's first steps or a quick-maneuvering teenager's winning soccer goal, healthy feet and sure-footedness make milestones in a child's life possible. Starting at birth, paying close attention to your little one's feet from proper grooming to gait will ensure a solid foundation as your youngster grows. After all, their feet are meant to last a lifetime!

Luckily, today's podiatrist is uniquely qualified among medical professionals to treat the complex structure of the foot and ankle, based on their education, training, and experience. They can provide guidance for keeping children's feet healthy at all developmental stages, and treat any injuries or abnormalities.

Learn more about promoting children's foot health with APMA's new "First Steps" campaign. A suite of patient education materials are available, including a brochure, poster, customizable newsletter, videos and even a Pinterest board of children's products that have earned the APMA Seal of Acceptance.

To learn more about children's foot health, or if you suspect your child is experiencing foot pain, visit a podiatrist!