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TODDLER, KIDS AND JUNIOR

CHECK YOUR LETTER PRINT SIZE

2cm I inch

PLACE HEEL

PLACE TOES

SIZING

- I. Print the guide to IOO% and check the 2cm or I inch measuring line with a ruler to make sure it is printed to scale
- 2. Place your heel on the mark and check your heel alignment with a ruler
- Mark the position of your longest toe on the chart, it might be your big toe or second toe
- 4. Repeat steps 2 and 3 with your other foot
- Allow 6-I4mm additional toe space from the end of your longest toe for grow room and optimal natural foot movement.
 *Remember: feet grow by up to IImm per year between ages 6 to I5



FIND OUT MORE

25.5

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