

Set Children on the Right Path for Life

by Dr. Eunice Ramsey-Parker, DPM, MPH

Clinic Administrator, Foot Center of New York



into the big, healthy feet that will help children play sports, dance and be at their best.

Children are constantly growing and changing and their feet are no exception. Many parents will buy new shoes or sneakers for their children for the new school year. That's great, but please don't assume that you know your children's sizes; have the store measure their feet every time, even if you bought new shoes for them relatively recently. While sneakers are fine footwear, have your children switch off to a more supportive leather shoe occasionally. And no matter the shoe,

On the morning of September 9, 2015, the ground will almost shake as more than a million children in our city set off for the first day of the new school year.

As a podiatrist, my attention is on their feet. Little feet need care and awareness from parents if the little feet are to grow



make sure your children always wear socks, and that those socks are cotton or mostly cotton so the feet can breathe.

You should examine

children's feet periodically; they are prone to a variety of problems. This is what you're looking for:

Walking – watch for walking on toes, or an un-

even gait.

Toenails – look for ingrown toenails, or nails that appear to be infected.

Athlete's foot – check between toes. Look for

cracks, scaling, or persistent redness.

Warts – these are really common on children's feet and often appear in September and October.

General – look for callouses or corns.

Listen – is your child complaining about pain in the foot, heel or ankle?

Please take your child to a podiatrist trained in the pediatric foot if you find any of the above. You'll be setting your child's feet on the right path for life!

Dr. Eunice V. Ramsey-Parker, DPM, MPH, is Clinic Administrator of the Foot Center of New York at 55 East 124th Street between Park and Madison Avenues. Learn more about the Foot Center at www.footcenter-ofnewyork.org.

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