Find your child's size
1. Somehow or other, convince your child to stand on this paper with his or her heel against the Place Heel Here line. If you can get them to put their weight on the foot and relax their toes, even better.

2. Draw a line to mark the end of the longest toe. If your child is between sizes, round up.

3. Repeat with the other foot. If one foot is longer than the other, choose the larger size. You might even want to round up to a slightly larger size to allow for growing feet.

Check the width
Place the instep of your child's right foot against the Right instep here line. If your child's foot is wider than the dotted line on the far right, you may need a wide (W) size.

Note: Actual shoe sizes may vary by brand.

Children's feet grow fast, measure about every three months.

Name: ____________________________

Date: ____________________________

Put a credit card or quarter here to make sure this is printed true to size.