



How to measure your kid's feet



M&S



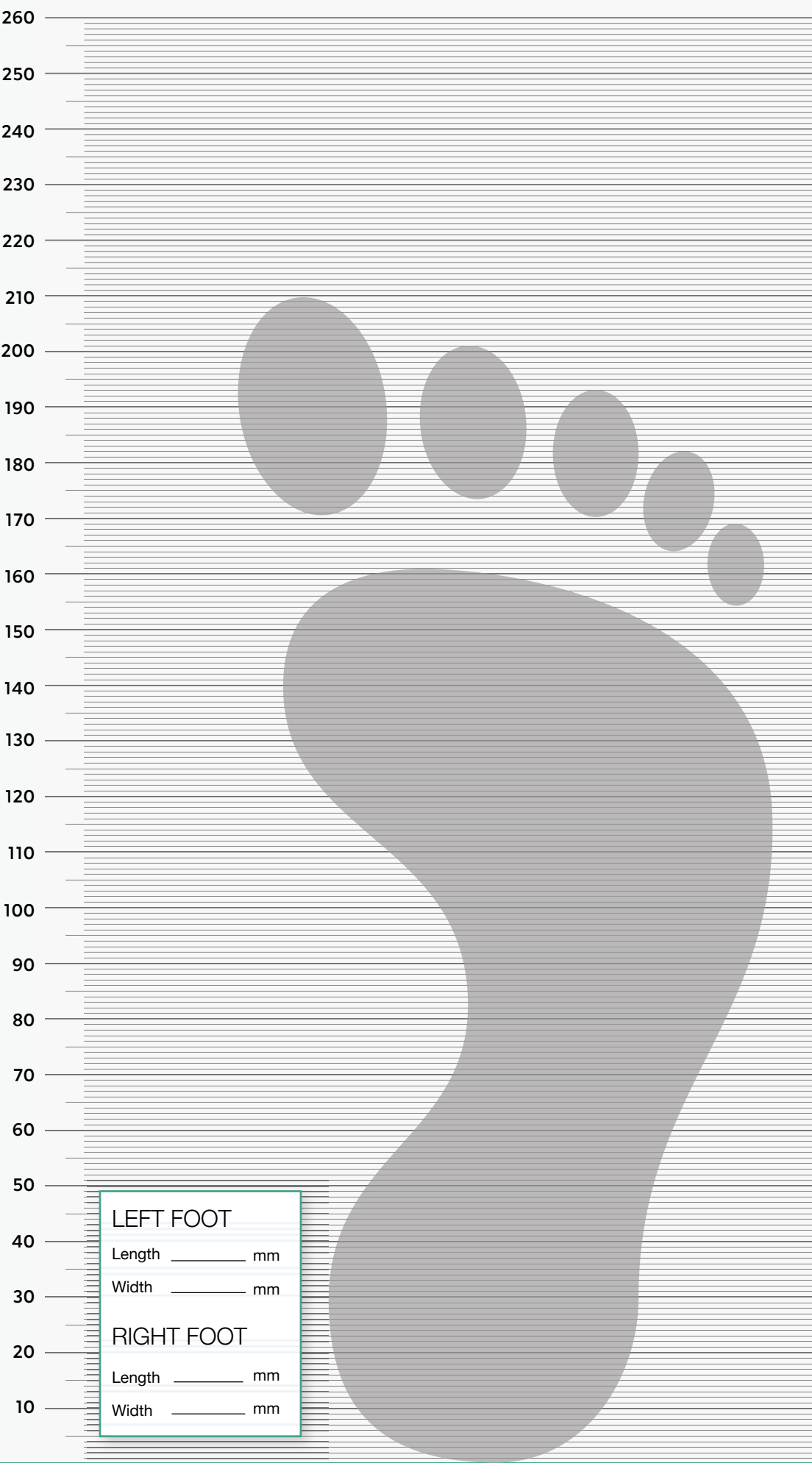


How it works

- 1** Print out the measuring chart on page 3, taking care to print at 100%*
- 2** Follow the instructions on pages 4 and 5 for how to measure
- 3** Use the chart to find the right size and fit
- 4** Browse our range of shoes
- 5** Check how they fit

* If you don't have a printer, you'll need a piece of A4 paper, a tape measure and a pen or pencil

Print on A4 at 100%



LEFT FOOT	
Length	_____ mm
Width	_____ mm
RIGHT FOOT	
Length	_____ mm
Width	_____ mm

RULER

BACK OF FOOT SHOULD TOUCH THIS LINE (AT HEEL OF FOOT)

How to measure length

1

Place the printed chart (p3) on a hard, flat surface and position their foot on it, with their heel on the line indicated

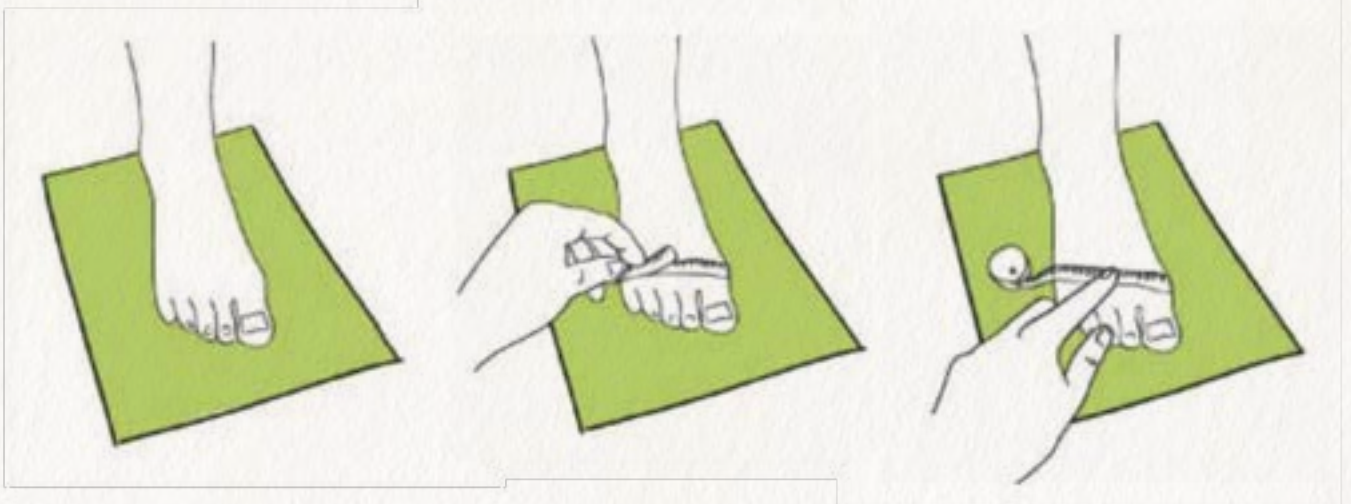
2

Read the length of the foot from the chart and note it down

3

Repeat for the other foot (sometimes they're different)

How to measure width



1

Get them to stand up straight with their weight evenly distributed on both feet

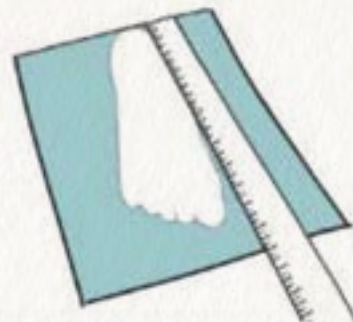
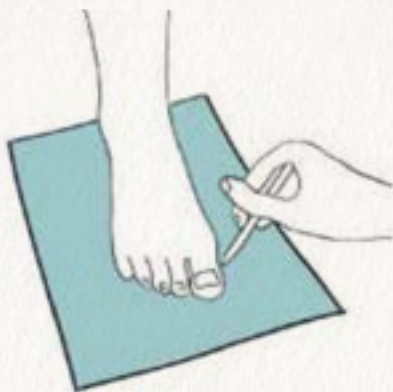
2

Wrap the measuring tape around the widest part of the foot – for most this will be the joint just before the toes

3

Make sure the tape is neither too tight nor too loose and note down the measurement

If you don't have a printer...



1

Tape a sheet of paper to a hard, flat floor. Place their heel at the edge of the paper

2

Draw around the foot with a pen or pencil. Repeat for the other foot

3

Measure the lengths from heel to toe and note them both down

Find the size and fit

UK Size	Europe	Length (mm)	Narrow	Standard	Wide
			Joint (mm)	Joint (mm)	Joint (mm)
4	20.5	123	130	136	142
4.5	21	126	133	139	145
5	21.5	130	136	142	148
5.5	22	134	139	145	151
6	23	138	142	148	154
6.5	23.5	142	145	151	157
7	24	146	148	154	160
7.5	25	149	151	157	163
8	25.5	153	154	160	166
8.5	26	157	156	162	168
9	26.5	161	159	165	171
9.5	27.5	165	162	168	174
10	28	169	165	171	177
10.5	28.5	172	168	174	180
11	29	176	171	177	183
11.5	30	180	174	180	186
12	30.5	184	177	183	189
12.5	31	188	180	186	192
13	32	192	183	189	195
13.5	32.5	196	186	192	198
1	33	200	190	196	202
1.5	33.5	205	193	199	205
2	34.5	209	197	203	209
2.5	35	213	199	205	211
3	35.5	217	202	208	214
3.5	36	222	205	211	217
4	37	226	209	215	221
4.5	37.5	230	213	219	225
5	38	234	218	224	230
5.5	38.5	238	222	228	234
6	39.5	242	226	232	238
6.5	40	247	230	236	242
7	40.5	251	235	241	247
7.5	41.5	255	239	245	251

Shop our range

Whether for playtime or going back to school, we've got just the right pair of stylish and truly comfortable shoes



[Click to shop boys' shoes](#)

[Click to shop girls' shoes](#)

Check how they fit

Follow the steps to ensure their shoes fit just right



With your child sat down, lift up their foot, holding their ankle with one hand and the shoe in the other. Pull the shoe down lightly at the heel to make sure the shoe doesn't slip off their foot. Repeat with their other foot



With your child standing, use your fingers to feel around the top edge of both shoes. Check that the shoe fits well: not too tight, but not too open. Pay specific attention to the heel area



Feel around their ankles and ensure that the shoes do not touch their ankle bones, as this may cause discomfort and rubbing



Feel the tops of the shoes at their toes. Feel for their longest toe by applying gentle pressure. There should be a thumb's width of space at the top to allow for growing room

Check how they fit

Follow the steps to ensure their shoes fit just right



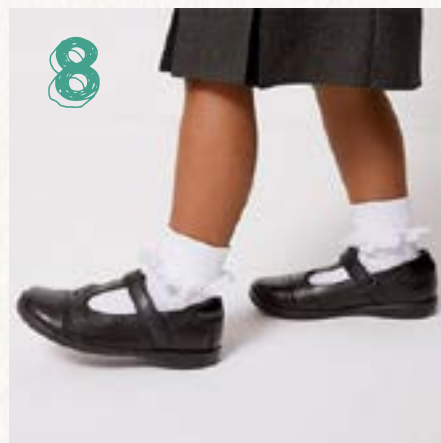
Feel the sides of the shoes. Check for any bulging. This can be seen visually, but by feeling the sides you'll be able to note any pressure



Using your thumb, apply gentle pressure and rub it across the tops of the shoes. The material should move slightly, but if a ridge forms, the shoe is too wide. If there is no movement, the width is too narrow



For shoes that are cut away, check the width by running your finger around the inside edges. It shouldn't feel tight or bulge but equally shouldn't have a big gap or be loose



Check the shoes when your child is walking. They shouldn't slip at the heels, have any gaps or collapse when they're walking. More importantly, your little one shouldn't walk any differently than they normally do