



GROWING FOOT CHECKLIST

WALKING DEVELOPMENT

- At **3 months** a baby may begin to press their legs against your lap when holding them
- At **6 months** old a child will start to bounce up and down when held
- Most **12 month** olds stand up and cruise along furniture. Their legs may be more bowed at this age
- 12-18 month** old's walk / run with fewer falls
- Your child at **2 years** may begin to walk smoothly, turn corners, run and climb
- 3 year olds** begin to be able to stand on one foot

FOOT DEVELOPMENT

- At birth the foot contains **22 partly developed soft bones**. Correct development can be restricted by tight fitting garments
- The **arch** of the foot may start forming around 3 years but will depend on weight-bearing activities
- At 8 years the **growth plates** are forming and the bones are fusing together
- At 18 years the foot will be fully developed with **26 bones**

NORMAL

- Low or no arches that are not painful and with normal development
- Bowed legs normal up to 1-2 years old
- Tiptoe walking can be normal up to primary school age
- In-toeing /out-toeing walking can be part of normal development. Most children will gradually growing out of this in early teens
- Walking barefoot is normal and arches don't need supporting but shoes need to fit properly and be securely

WHEN TO SEE US

- Persistent pain
- Delayed walking and movement development
- Limping
- Pain or dysfunction that affects normal activities (run, walk, play)
- Deformities (curly toes, leg length differences)
- Lumps and bumps or something that is different on both sides

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