

Take a closer look at your little one's feet



“Flat feet” is another item we see on parents’ worry lists. Take a close look at [your little one’s feet](#) as they stand (if you can get them to stay still for a second or two!). Can you see any arch at all peeking up from the floor? Or is the whole foot flat? Most young kids experience flat feet at an early age. Obviously, most of them seem to turn out fine, although that’s not always the case. We need to dig a little deeper to find an answer.

So What Is a Parent to Do?

Whenever you notice something odd about your child’s feet or the way they

walk, it’s never a bad idea to bring them in for a checkup. However, the main thing you should be looking for is pain.

If your child doesn’t appear to be in any discomfort, especially if they’re still on the young side, there’s no particular reason to be concerned. If they’re out running, playing, and showing no signs that their feet are slowing them down in any way, then there really isn’t a problem.

If, however, your child is complaining about feet that hurt, or they’re shying away from active play for reasons you don’t under-

stand, it’s time to bring them in for a visit. No amount of foot pain is normal for a child. We’d also recommend you bring them in for at least checkups if they reach age 8 or 9 and still have flat feet.

Hopefully, your child is motoring around and showing no signs of pain, and you can let go of all of those fears! **If** there are any signs of pain, be sure to bring them in and let our caring doctor have a look.



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