# stride rite size guide 

For the right fit, print at " $100 \%$ scale" (uncheck "page scaling").

If a credit card fits in this box between the outlines, your print scale is correct.

|  | length | width | date |
| :---: | :---: | :---: | :---: |
| left |  |  |  |
| right |  |  |  |

## what you'll need:

- scissors
- tape
- pencil
- hard floor \& wall
- 1 barefoot child
- sharp eyes
- credit card (for print scale)
- shoelace (optional)


## first: setup your space

1. Cut out the width ruler and set aside.
2. Cut the bottom of the size guide along the scissor line.
3. Tape the size guide to a hard floor with the curved line touching a wall.

## second: measure length



1. Place one foot on the length ruler, aligning heel with curved line.
2. Slide foot so heel is touching the wall.
3. Mark the first visible line past longest toe with pencil.
4. Record measurement in the box above.
5. Repeat for other foot.

## third: measure width*

1. With child standing, wrap the width ruler around
 the widest part, or ball, of the foot.
2. Mark the line that meets the arrows $\longleftrightarrow$ with a pencil. Ensure you mark the side closest to the ankle.
3. Determine where your child's length measurement falls within that line. For instance, if your child's length is 7:

- If arrows align with the 7 , the width is medium.
- If arrows align with the 7 , the width is wide.
- If arrows align with the $\mathbf{7}$, the width is $\mathbf{x}$-wide.

4. Record each foot's width in box above.
*Width can also be determined by wrapping a shoelace around the ball of the foot and measuring it with the width ruler, beginning at the "align here" arrow line.

Note: If your child's feet are two different sizes, choose the larger one. If your child is between widths, use the wider one.

Did you know? A child's foot can grow up to a half size every three months, so be sure to re-measure every two months.


## length ruler

 ruler

