Before you start:
Print this sheet out at 100% size on A4 paper. (Uncheck ‘page scaling’ or ‘fit to page’).

Step 1: Find out the length of your child’s foot
1. Stand your child on a hard surface with their back flat against the wall and the size guide under their foot.
2. Place your child’s heel on the heel line. Make sure they have both feet flat on the ground.
3. Their length is the millimetre measurement of the first line past the longest toe.
4. Measure both feet. It is normal for feet to be slightly different sizes. You should use the largest measurements when choosing a size for your child.

Step 2: Find out the width of your child’s foot
1. Cut out the width measuring tape on the dotted line.
2. Wrap the width ruler (numbers face down) around the ball of your child’s foot (the widest part of the foot) until it joins the starting point.
3. Record the measurement where the tape overlaps.

Step 3: Head to shoesandsox.com.au
Match the size with the corresponding CM from our Size Conversion Chart.