

# Foot Fun

Heeley has left sponges lying around again! How many can you find?

Shoetzanne has left socks all over the place. How many can you find?

Finailay left some nice cut nails, how many can you find?

Toeny has left muddy shoe prints all over my page. How many can you find?

Stepanie dropped the box of plasters. Can you find them?

Answers: 3 sponges, 2 socks, 4 toenails, 8 muddy shoe prints, 7 plasters

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Podiatry Department



Take a Step in the

# MAKING FOOTCARE FUN



This Fun Foot Book Belongs To:

(Under 5s)





Meet Heeley, Shoezanne, Toeny, Stepanie and

 Finailay. We are the **FAB FEET S**. 

We would like to help you take care of your feet.  
They do lots of work each day, so it is really good  
to look after them well.

## About You

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Height: \_\_\_\_\_ Shoe Size: \_\_\_\_\_

Draw a picture of yourself or stick a photograph  
of yourself here



Can you draw round your feet and colour them in?  
Or draw a picture of something you like doing with  
your feet like walking or dancing or  
jumping in puddles.





## Keep Your Feet Clean



It's important to wash and dry your feet every day to keep them clean and fresh

Circle the things that you can use to help you wash and dry your feet well?



Sponge



Soap



Toothbrush



Scissors



Towel



Warm Water



Plasters



Teddy Bear



Socks

### Parent Tip

It's important to encourage children to wash in-between their toes too. Also remember to dry thoroughly between the toes to prevent a build up of moisture.

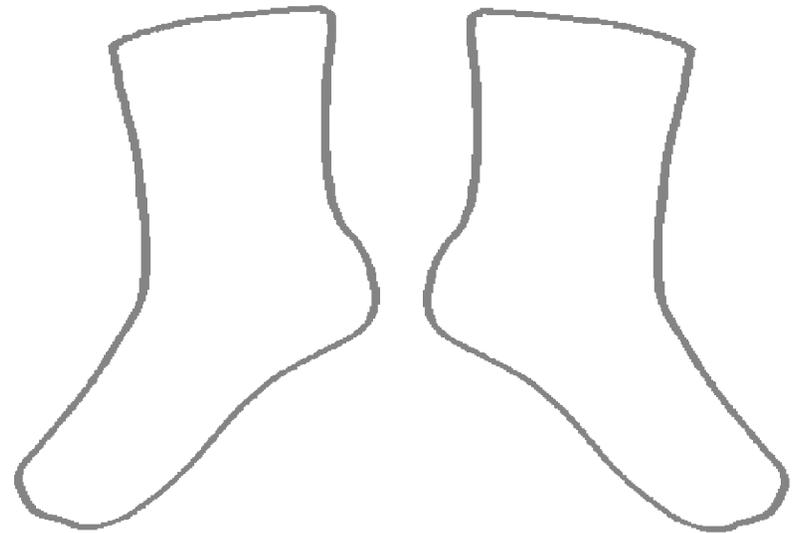


## Wear Clean Socks



Put clean socks on every day. Clean socks are really good for keeping your feet fresh and healthy.

Can you design your own pair of socks?



### Parent Tip



It's recommended to use cotton socks rather than nylon socks. Also ensure that socks fit properly, making sure they are not too tight or rubbing or squashing the toes.



## Choose Good Shoes



Shoes need to feel comfy on your feet, and you have to tell a grown up if they are too small for you.

*Can you match the shoes to the weather or activity?*



### Parent Tip

It's a good idea to get young children's feet measured regularly to check that shoes are still a good fit. Choosing good shoes that support the feet will help their feet develop well from an early age.



## Keeping Nails Nice



If you pick or bite your toenails it can make your toes and your nails really sore!

It's best just to let a grown up cut your nails to keep them looking nice.



*Can you design a nice nail pattern?*



### Parent Tip

Try and cut or trim nails after a bath or shower when the nails are soft. Cut nails straight in line with the toe, and never trim down the side of the nail as this can cause pain and nail problems.