

**Poorly Fitted Baby Shoes May Mean Ailments Later**  
 Nearly all infants are born without foot ailments, but by the time they are 15 years old, seven out of ten teenagers complain of foot disorders. The basis of good foot health begins during infancy and childhood. An infant's bone structure begins with cartilage which gradually develops into bone. Until the bones in his feet are firm enough, a child won't stand. Shoes aren't necessary for your baby until he begins to stand. Socks or booties will keep his feet warm, but when he starts to stand and tries to walk, you should put shoes on him. Shoes will give

the baby a firm base to walk on and a certain amount of protection. They will also encourage him to walk in a natural way. Be sure the baby's shoes are larger and wider than his feet. His feet are extremely pliable and shouldn't be constricted in shoes that are too small. Encourage the child to walk without shoes. Keep him on a rug indoors or on soft ground or sand when he is outside. Of course, when he really starts moving around, he needs leather shoes with a semi-soft sole. And as he grows older and more active, you need to get him shoes with a somewhat stiffer thought still flexible sole.

**TOYS**

During the excitement of new gift toys don't overlook common, ordinary materials in the home as possible playthings. These may give a child the chance for self-expression that he needs. Crayons, paints, colored chalk and finger paints used with big sheets of newsprint or rolls of shelf paper are ideal for a child to express his feelings, ideas and emotions. "Play" to the child means constantly learning something new through action by doing and by using his senses. He doesn't learn as well by following directions as he does by experience. It's best if you can provide a relaxed atmosphere where he can experiment with new

materials and ideas. An old shirt without sleeves and buttons down the back makes a good smock to protect him and his clothes. Spread papers over an easy-to-wash floor to save you a great deal of worry. Give him the time space and materials for his experiencing. Learn to understand his need for time to learn. The child isn't interested in detail or photographic representation. You can make finger paint for him by whipping soap flakes in water or putting wheat paste in water. Oil laundry starch in soap flakes also makes good finger paint. You can add powdered tempera to the mixture for color.

Dough is a good expressive material. You can get potter's or mud clay or the regular soft but not sticky clay at most variety stores. A box holding odds and ends of material and fabrics to be used with library paste on paper is a wonderful afternoon's fun. Also, scissors with dull points and pieces of colored paper to paste is another idea for creative materials. **Plan Toy Storage Space Near Mother's Work Area** Store toys near the place that they will be used. Children between one and six years of age like to play where their mother or father is working; and they like to have their toys stored within reach. Often a main storage space in the child's bedroom is desirable. This can be in the form of a cupboard or bookshelves. Adjustable shelves 2 inches deep and 3 to 4 feet long are a good size. Don't have them deeper than twelve inches as the child won't be able to reach the toys on the back of the shelf. Thirty-six inches is recommended as the maximum height of storage space. As the child gets older the shelves can be adjusted to suit his changing interests in toys or to hold books. You may want to supplement the main toy storage space by added areas in the kitchen, dining room or in the family room. These might be drawers or space in the bottom of a closet which contains toys the child can play with while his mother is working in that area. If added storage space is (Turn to page 12)

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