Winter shoes

What to measure at home and check when trying on

The main thing: an insole 1-1,5 cm longer than the foot, trying on with a warm sock, a non-slip sole, a fastening that holds the heel.



FOOT LENGTH, CM

INSOLE LENGTH, CM

DATE TO CHECK AGAIN

Size

- [ ] Measured in the evening, standing
- [ ] Both feet, take the larger
- [ ] Room 1-1,5 cm
- [ ] Not two sizes ahead
- [ ] Check every month

Warmth

- [ ] Fur or wool for frost
- [ ] Membrane for slush
- [ ] Thermal sock under a membrane
- [ ] Shaft above the ankle
- [ ] Reflective details

Sole

- [ ] Rubber, deep tread
- [ ] Bends under the toes
- [ ] Firm heel counter
- [ ] Wide toe box
- [ ] Heel up to 2 cm

Trying on

- [ ] Both boots with a warm sock
- [ ] Heel does not slip out
- [ ] Toes can wiggle
- [ ] No breaking in needed
- [ ] No red marks after a walk

Notes

- [ ]
- [ ]
- [ ]

Advice from AAP, the Canadian Paediatric Society and HSE. Check the size chart of the model with the maker.

The full article: **babyrabby.shop/en/blog/zymove-vzuttya-dlya-dytyny/**

November 26, 2026