

Approximately 98% of people are born with healthy feet, but only 40% of these still have healthy feet by the time they reach adulthood.

There are a number reasons why feet get damaged. One of the most notable is the problem of unsuitable footwear. Wearing proper footwear from childhood can prevent the majority of causes of foot deformation.

Approximately two thirds of people complain of having problems with their feet – problems that can be significantly prevented by wearing proper footwear of a suitable quality.

Children's feet can remain healthy, active and will develop correctly in high-quality shoes. These will prevent injuries to feet and ankles, thus increasing the amount of sports activity possible, which is good not only for healthy physical development, but also for improving self-respect and fitness.





FRODDO SHOES FOR CHILDREN

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FRODDO footwear has a mission to nurture the healthy growth and development of the feet of its customers, and precisely for that reason Froddo footwear is made exclusively from healthy, certified materials, without Chrome VI.

FRODDO shoes protect children's feet and are ergonomically adapted. Free movement in the shoes enable feet to have good musculature, circulation and proper development.

They are ideal for all children because they come in several lines adjusted to the age and anatomy of the feet.

Comfort and physical care is achieved by installing ergonomically shaped insoles, which make the shoes more comfortable to wear and influence the healthy development of your child's feet.

FRODDO shoes are made in cooperation with Professor Javor Vrdoljak, dr. med.

"The development of children's feet demands special attention. The criteria of quality, functionality, comfort and design must be satisfied. High-quality children's shoes allow for proper development while retaining foot functionality."

Professor Javor Vrdoljak, dr. med.



Children taking their first steps:

At this age, to the extent possible, it is healthier for them to go barefoot. Podiatrists agree that the fastest and simplest method for children to learn to walk is to allow them to do this barefoot. Of course, if the child ventures outside, small feet must be protected from the sun and cold using footwear that is soft, flexible and made using natural materials.

Once the child has started taking its first steps, its small toes and feet must be protected with shoes. Podiatrists recommend footwear with a firm but flexible sole.

This is the reason why parents choose FRODDO minis for their children – to make those first steps simpler and safer.









When it comes to teenagers, designs and trends are crucial when selecting footwear.

31-40









Inspired by and bathed in nature

Vegetabile leather is formed in the classic, most natural way, giving leather particularly valuable properties and characteristics – uniqueness in appearance, softness when touched, and comfort when worn.

Such methods in the natural, vegetabile tanning of leather are synonymous with only the most traditional, healthy and natural processes contributing to a unique appearance with emphasis on environmental awareness.



MEASURING FEET

When buying shoes, apart from checking the manufacturing quality, the use of natural materials and the attractive design, it is of prime importance to select shoes of the right size. Shoes should definitely not be too small or too large. The ideal gap between the big toe and the tip of the shoe is 6mm, which will allow the child's toes to move freely. This is important for the proper development of the feet.









Foot outline on cardboard Feeling the toes

Here is a simple method for checking whether your child's foot has enough space in the shoe:

- * let the child stand on a piece of firm cardboard (barefoot, or in socks)
- * draw an outline of both feet
- * add 6mm to each foot from the furthest toe
- * connect the endpoints to the outline, and make a cut-out
- place the cardboard cut-out foot in the shoe if it enters easily into the shoe, this means that the shoe is the right size

By feeling the toes in the shoe, we can estimate whether the shoes are long enough.

The foot will have enough space if, between your child's big toe (or longest toe) and the edge of the shoe, there is enough space for your finger.

Also, check whether the toes are cramped while in the shoes by lightly pressing the toes with one hand, and feeling how far they reach with the other

Always measure both feet.



CHILD'S AGE RECOMMENDED

I-2 YEARS

EVERY 2 MONTHS

3-4 YEARS

EVERY 4 MONTHS

5-6 YEARS

EVERY 6 MONTHS

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More advice

- 1. Shoes that are not the right size can harm the feet. It is therefore important to measure the child's foot during every purchase.
- 2. Don't give away or accept previously worn children's shoes. Shoes that perfectly fit one child won't necessarily fit another.
- 3. Pay attention to the sole in the heel of the shoe. The child will often wear out the heel before growing out of the shoe. If the sole in the heel is unevenly worn on the left or right foot, then you should go with the child to visit an podiatrist.
- **4.** Make sure you take your child with you when buying shoes. Let the child say whether the shoe fits, because every shoe fits differently.

- 5. Measure and try the shoes on both feet. Always buy shoes for the biggest foot (feet are rarely the exact same size). Often the biggest foot is on the opposite side to the hand the child writes with
- 6. If you are buying shoes that the child will wear with socks, make sure they try them on in that way.
- 7. The perfect time for buying shoes is in the late afternoon, when the feet are a little swollen
- 8. When trying on shoes it is very important that once you have fitted the shoes, the child stands up and takes a few steps in them.





BEST MATERIALS FOR CHILDREN'S FEET

FRODUO

particularly concerned about the healthy growth and development of its consumers feet, that's why we create only high-quality and comfortable footwear, made from healthy, certified material, without any harmful substances.

WHY

FROD₍₁₀°

EXPERIENCE AND HERITAGE

NATURAL MATERIALS

WITHOUT CHROME VI

MANUFACTURED IN THE EU

CERTIFIED MATERIALS

VEGETABLE MATERIALS

ADJUSTED TO THE AGE AND ANATOMY OF FEET

COMMITMENT TO QUALITY

SAFE PRODUCTS

CONTROLLED PRODUCTION IN ALL PHASES OF THE DEVELOPMENT PROCESS

- I. Thermoformed cap with enough space for healthy and unobstructed foot development
- 2 Insole made from natural leather
- 3 Anatomical insole
- Basic insole that retains the shape of the sole part of the mould
- 6 Heal stabilizer shapes the heal part and stabilizes the child's foot while walking
- Lining made from natural materials, the softness of which provides comfort while allowing the foot to breathe
- 7. Flexible sole absorbs impact with the ground



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